CLOSE CONTACT

Some examples of close contact with a person who has tested positive for COVID-19 include: being within six feet of them for a cumulative total of 15 minutes or more over a 24-hour period (e.g. having lunch or being part of a gathering with them); living with them; providing care for them; or having exposure to respiratory secretions (e.g., being coughed or sneezed on, sharing a drinking glass or utensils, kissing) from them.

“I was in close contact with a person with COVID-19, am vaccinated OR unvaccinated, and am experiencing symptoms consistent with COVID-19.”

Common COVID-19 symptoms include: Fever, chills, cough, shortness of breath, fatigue, muscle aches, headache, loss of taste or smell, sore throat, nasal congestion or rhinorrhea, vomiting or diarrhea, and skin rashes. Source = CDC

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“I was in close contact with a person with COVID-19, have no symptoms, and I am...

- fully vaccinated and have a booster. OR
- fully vaccinated in the past 5 months with Pfizer, 6 months with Moderna, or 2 months with Johnson & Johnson, but do NOT have my booster shot. OR
- fully vaccinated or unvaccinated, but have tested positive for COVID-19 in the past 90 days.”

“I was in close contact with a person with COVID-19, have no symptoms, and I am...

- fully vaccinated and have a booster. OR
- fully vaccinated in the past 5 months with Pfizer, 6 months with Moderna, or 2 months with Johnson & Johnson, but do NOT have my booster shot. OR
- fully vaccinated or unvaccinated, but have tested positive for COVID-19 in the past 90 days.”

“I was in close contact with a person with COVID-19, have no symptoms, and I am...

- was vaccinated more than 5 months ago with my Pfizer 2nd dose, 6 months ago with my Moderna 2nd dose, or 2 months ago with my Johnson & Johnson 1st or 2nd dose.
- do NOT have my booster shot.” OR “I am unvaccinated.”

“I’m unaware of a close contact exposure, have no symptoms, but have tested positive - what’s next?”

• Do not attend class, work, or social gatherings.
• Separate yourself from others as much as possible, wear your mask, and wash hands frequently.
• Schedule a COVID-19 testing appointment at Student Health and Wellness online or call (434) 924-5362.
• Follow the instructions of the local health department if they have been in contact with you.
• If possible, have a friend pick up/order food for you. Friends can go to UVA Dining for a to-go meal if you provide them with your ID and a note that permits them to pick up a meal for you.
• Review this CDC webpage for helpful guidance.

• You do not need to quarantine. You do need to wear a well-fitting mask for a full 10 days after exposure. You can attend class.
• Get tested on day 5 after your exposure. Schedule a COVID-19 testing appointment at Student Health and Wellness online or call (434) 924-5362.
• NOTE: If you have tested positive in the past 90 days, you do not need to test on day 5 post-exposure.
• Follow the instructions of the local health department if they have been in contact with you.

• You need to quarantine for 5 days (e.g., do not attend class, work, or social gatherings) per CDC guidelines.
• Wear a well-fitting mask for a full 10 days after exposure.
• Get tested on day 5 after your exposure. Schedule a COVID-19 testing appointment at Student Health and Wellness online or call (434) 924-5362.
• Follow the instructions of the local health department if they have been in contact with you.

• Isolate for at least 5 days unless symptoms or fever persists. Wear a mask for a full five days after your isolation period, including around household members.
• If asymptomatic, isolate for 5 days from the date of the test. Wear a mask for a full five days after your isolation period, including around household members.
• Upload your test result to HealthyHoos if you tested positive with a provider other than SHW or UVA Health.
• If you tested positive with a rapid antigen at-home test, please schedule a “COVID Test Only” appointment at Student Health and Wellness using HealthyHoos.

Additional Q&A can be found at www.studenthealth.virginia.edu/quarantine-isolation

COVID-19 information and protocol can change quickly. If you have any questions, please email covidinformation@virginia.edu revised 3/18/2022