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WHAT'S CLOSE CONTACT — and what's next?

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.

A person with COVID-19 is considered to be contagious starting from 2 days before they become sick (or 2 days before they tested positive if they never had symptoms) until they meet the criteria to discontinue isolation.

situation

"I am experiencing symptoms that are consistent with COVID-19."

what to do

- **Self-isolate** in your dorm room or off Grounds-residence
- **Call Student Health and Wellness** at 434-924-5362 for further guidance related to your new symptoms
- **Follow the instructions** of the local health department if they have been in contact with you

situation

"I have no symptoms but was in close contact with a person with COVID-19."

what to do

Distance yourself from others, including housemates. Contact Student Health and Wellness for further guidance at 434-924-5362.

situation

"I know someone with COVID-19, but I don't have symptoms and I don't believe I was in close contact with them."

what to do

Continue activities as normal, including standard prevention measures. These include wearing a face covering, maintaining physical distance from others outside your household, and frequent use of hand sanitizer/hand washing. The health department will reach out to you with more recommendations if you are identified as a close contact—please answer the call.



Call 911 or go to the nearest emergency room if you are:

- Having trouble breathing
- Experiencing persistent pain or pressure in the chest
- Experiencing new confusion
- Having trouble waking up or staying awake
- Experiencing bluish lips or face
- Having any other symptoms that are severe/concerning

***COVID-19 information and protocol can change quickly.** If you have any questions, please email covidinformation@virginia.edu or visit studenthealth.virginia.edu/covid-19

Content Sources: Virginia Department of Health, CDC