# 10 Things to Do: Be COVID-19 Ready

**GET YOUR SUPPLIES**
Make sure you have a thermometer, medications like extra strength Tylenol (Acetaminophen) and Ibuprofen, and things like gatorade and snacks.

**ON GROUNDS STUDENTS: PACK A GO BAG**
Pack toiletries, water, snacks, clothing, laptop and school supplies, chargers, towels and washcloths, medications, and personal items to last 14 days.

**COME UP WITH YOUR PLAN**
Students living on Grounds will be provided with isolation and quarantine housing. Students living off Grounds should create a COVID-19 housing plan.

**STAY HOME FOR REQUIRED TIME PERIOD**
Do not go to class, dining halls, social events, or use public transportation. In some cases, the best solution may be to move back to your permanent home.

**MONITOR YOUR SYMPTOMS**
Student Health and Wellness will check in with students who have tested positive and are isolating locally. If you are quarantining and develop symptoms, please call SHW.

**GET REST AND STAY HYDRATED**
If you are on Grounds, you will have meals delivered to you through Dining Services. If you are off Grounds, you will need to arrange for your meals.

**KEEP UP WITH PREVENTION MEASURES**
Wear a cloth face covering if you must be around other people or in any shared space. Wash hands with soap and water or use hand sanitizer frequently.

**CONTACT TRACING**
If you have been identified as a close contact of someone with COVID-19, a public health worker will call you to notify you and check on your health.

**KEEP UP WITH YOUR ACADEMICS**
While students should notify their instructors of any need to miss class (in-person or remote), you can also ask for assistance from the Office of the Dean of Students.

**STAY POSITIVE**
Keep in touch with friends and family virtually! Check out UVA well-being resources like WahooWell, SilverCloud, and the Contemplative Sciences Center.

**notes**
Other suggested medications include: nasal saline rinses, sore throat lozenges, Pseudoephedrine (Sudafed or generic), Robitussin DM (dextromethorphan), and nighttime symptoms medication (Nyquil or generic).

My Go Bag “Don’t Forget!” list:

Should I go home to my permanent residence, if it is safe to do so? Does my isolation location include:

- Private bathroom/bedroom?
- Laundry access?
- Kitchen access?

Student Health and Wellness phone #s: Call: (434) 924-5362
After-Hours: (434) 297-4261
Call 911 for emergencies.

My food plan / friend is:

UVA masks are available at UVA bookstores!
In your isolation space, disinfect “high touch surfaces” every day.

It is important that everyone engages with public health workers during contact tracing to maximize the opportunity to limit further spread of the virus. Please take these calls or return a message ASAP!

For Office of the Dean of Students or Dean on Call:
434-924-7133 (weekdays, 8am - 5pm)
434-924-7166 (after hours, weekends)

Check out the Student Health and Wellness COVID-19 well-being page:
studenthealth.virginia.edu/covid19-wellbeing

COVID-19 information and protocol can change quickly. If you have any questions, don’t hesitate to email returntogrounds@virginia.edu