# 10 Things to Do

**1. Be COVID-19 ready**

When returning to Grounds:

- **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**
  - It should contain toiletries, clothing, laptop and school supplies, chargers for electronics, medications, and any other 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? 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.

- **Gatorade and snacks.**

- **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 returntogroups@virginia.edu**