

**BE PREPARED****Winter Break I/Q**

**All UVA students will be offered a COVID-19 test prior to departing for winter break. As with any COVID-19 test, students should be prepared to make decisions based on the results.** As students leave the Charlottesville area to travel for break, it's especially important for students and their families to discuss and plan for a close contact or positive COVID-19 test result. Consider the different options, think about both mental and physical health and well-being, and remember that UVA is here to help.

**QUARANTINE**

is the separation of a student who is a close contact of a person with COVID-19 from others.

**ISOLATION**

is the separation of a student who has tested positive for COVID-19 from others.

If a student lives on Grounds and is a close contact or has tested positive for COVID-19, they will have the option to either move into University-arranged I/Q housing OR return to their permanent home.

**What happens if I need to go into I/Q right before departing for break?**

**There are obvious risks for a family who decides for their student to come home when they've been asked to quarantine or isolate, and it is not a decision that should be made lightly.** Here are some questions to consider:

- Do we have others in our home (or visiting our home) who are at high-risk for COVID-19?
- Is our student at high-risk for COVID-19 complications?
- Will our student be in danger due to mental health issues that may be exacerbated if they were in quarantine or isolation away from home?
- Is there space in our home for the student to have their own bedroom and bathroom?
- If there is not space in our home for the student to have their own bedroom and bathroom, do we have the capacity to wear masks in our house, clean shared spaces frequently, and follow other CDC and VDH guidelines?
- Are all family members comfortable with this plan?

While a test is one tool for slowing the spread of COVID-19, **the best way to protect yourself and loved ones is to be vigilant with protective measures for two weeks prior to travel.** Wear a mask, maintain physical distancing with those outside your household, and avoid large gatherings.

**ADDITIONAL RESOURCES TO REVIEW**

SHW: Isolation/Quarantine Resources

VDH: Suspected/Confirmed COVID-19

VDH: Ending Isolation/Quarantine

CDC: Cleaning + Disinfection at Home

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All students travelling who are traveling home for break should follow **steps 1-3** to prepare for potential isolation or quarantine periods.

**to do****notes**

BEFORE

**1****STOCK UP ON MEDICATIONS**

Make sure you have a thermometer and medications like extra strength Tylenol (Acetaminophen) and ibuprofen at home.

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

**2****ROOM READINESS**

You should not need to leave your room and bathroom at home. Make sure it's supplied with towels, hand sanitizer, toiletries, snacks, and water.

**3****COME UP WITH A TRAVEL PLAN**

Please avoid taking public transportation if at all possible. If driving home with family, everyone should wear a mask. Try for open windows and 6ft+ separation.

**4****STAY SEPARATED FROM OTHERS**

Stay in your room/bathroom. If it is necessary for you to leave your room, wear a mask and gloves at all times. Wash/sanitize your hands frequently.

Visit the CDC's "Caring for Someone Sick at Home" webpage for additional instructions and suggestions.

**5****MONITOR YOUR SYMPTOMS**

Check your temperature every day. If you would like to speak to a provider about symptoms, see your local care provider or schedule a virtual appointment with SHW.

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

**6****GET REST AND STAY HYDRATED**

Especially if you have symptoms, get plenty of rest and drink water.

**7****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.

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!

**8****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.

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

**9****STAY POSITIVE**

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

Check out the Student Health and Wellness' Coping with Isolation/Quarantine webpage:  
[studenthealth.virginia.edu/coping-quarantine-isolation](http://studenthealth.virginia.edu/coping-quarantine-isolation)

**10****ENDING QUARANTINE/ISOLATION**

Your quarantine or isolation period depends on if you were a close contact, have symptoms, and/or had positive COVID-19 test result.

DURING QUARANTINE / ISOLATION

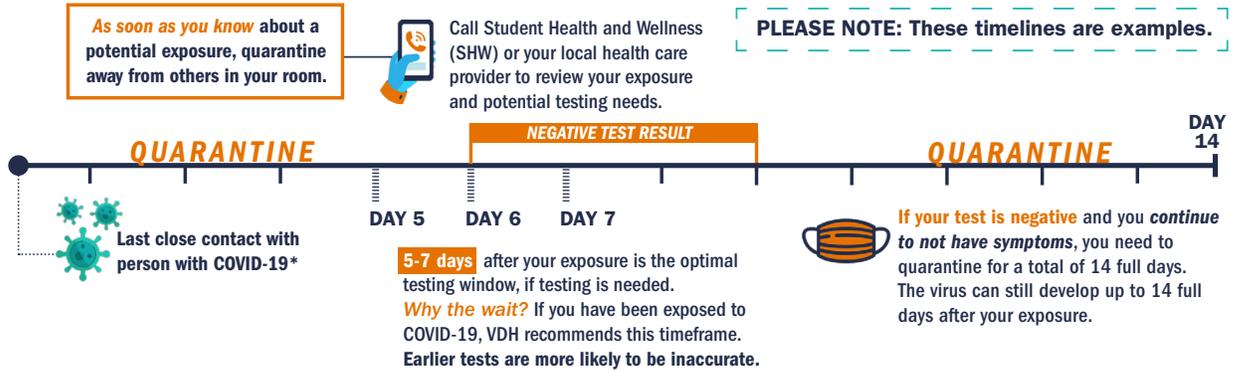


# BE PREPARED

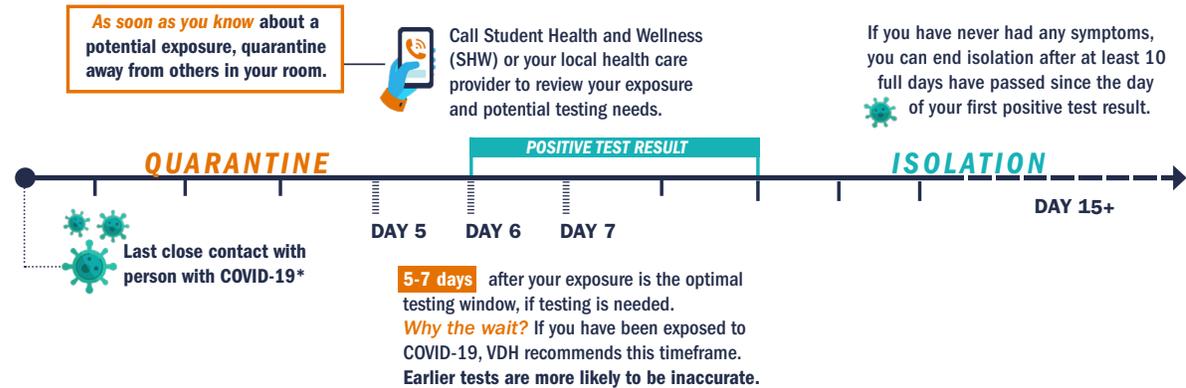
## Winter Break I/Q

If you need to quarantine or isolate in your home, prepare for at least 10 full days in isolation and 14 full days in quarantine. Please consult your health care provider for your specific timeline. If you are in the Charlottesville/Albemarle area, call the Department of Student Health and Wellness to discuss symptoms and/or exposures at (434) 924-5362.

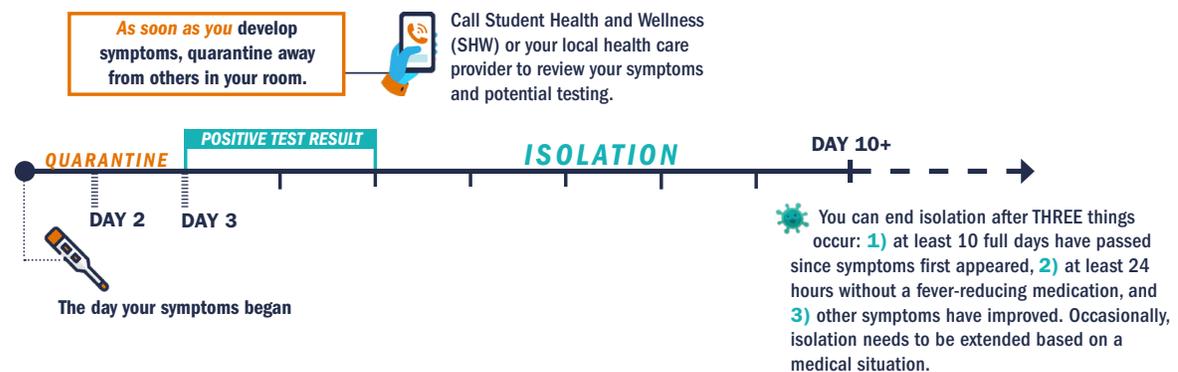
### CLOSE CONTACT/NO SYMPTOMS (resulting in a negative COVID-19 test)



### CLOSE CONTACT/NO SYMPTOMS (resulting in a positive COVID-19 test)



### SYMPTOMATIC (resulting in a positive COVID-19 test or developed symptoms while on other timelines)



### UVA PREVALENCE TESTING (residence halls, satellite clinic, + saliva testing)



\*For the full definition of close contact, visit [vdh.virginia.gov/coronavirus/local-exposure/](https://vdh.virginia.gov/coronavirus/local-exposure/)