

Quarantine Guidance

for UNC students who have been in close contact with a person infected with COVID-19

Being a close contact means you have been **within 6 feet of an infected person for more than 15 minutes cumulative time**, regardless of whether a face mask was worn by either party. Even though you feel well now, it is possible that you are also infected. It can take 2 – 14 days to show symptoms, so you may not know for up to 14 days if you are infected or not. Some individuals do not develop symptoms but can be infected and are contagious.

Carolina continues to work in close collaboration with the Orange County Health Department (OCHD) on contact tracing. Campus Health, UEHC and OCHD are continuing to follow the CDC definition of a close contact. If anyone — faculty, staff or student — is considered to be a close contact of someone who has tested positive for COVID-19, they will be individually contacted as part of the tracing process. If you are not contacted or if a positive case is not in your household, then you are not considered a close contact. For example, people who are at least six feet apart in a classroom or group setting will typically not be considered a close contact.

The Contact Tracing Staff can advise on your specific situation.

GENERAL GUIDANCE FOR VACCINATED CLOSE CONTACTS

In most cases, vaccinated close contacts do not need to quarantine unless directed to do so by a contact tracer or medical provider based on their specific situation. Monitor for symptoms for 14 days and:

- Vaccinated, **asymptomatic** close contacts should be tested 3 to 5 days after last known exposure. This test can take place at CTTTP. You may attend class unless symptoms arise or you receive a positive test result.
- If vaccinated and **symptomatic**, test as soon as possible at a medical facility such as Campus Health. Limit interactions and do not attend class until you receive your test result.

Do not use the Carolina Together Testing Program sites if you are symptomatic. If you test positive, notify Campus Health and follow isolation instructions.

UNVACCINATED CLOSE CONTACTS: QUARANTINE AND TEST

Testing Protocol

All **unvaccinated close contacts should:**

- **Test immediately.** If asymptomatic, you can test at CTTTP. If symptomatic, test by appointment at Campus Health or with another testing health care provider. **Do not use the Carolina Together Testing Program sites if you are symptomatic.**
- Once tested, if you received a negative result, re-test 5-7 days after last known exposure.
- Stay in quarantine for the full 10 days.
- Continue to monitor for symptoms for a total of 14 days. COVID-19 can take up to 14 days to show in a person's symptoms or in test results. Test at a medical facility such as Campus Health if symptoms arise.

If you test positive, notify Campus Health and follow isolation instructions.

Quarantine Guidance

To prevent you from possibly spreading COVID-19 to uninfected people, you must avoid all activities that may put you in contact with others during the quarantine period.

- **Stay home or in your designated quarantine space on campus.** Do not go to in-person classes or activities, including those connected to school, work, or located in other public areas. You may only leave your place of quarantine to get necessary medical care; call the medical facility before visiting.
- **Separate yourself from others in your residence.** Stay in your specified room & away from other people in your residence. Use a separate bathroom. Do not prepare or serve food to others. Do not handle pets or other animals.
- **Do not allow visitors**, especially stay away from those at higher risk of a serious illness. This includes people who are age 65 years or older or have a health problem such as a chronic disease or a weak immune system.
- **Stay at least 6 feet away from others** and wear a medical grade mask if in spaces that other people use. *Do not use a face covering if you are having trouble breathing or are unable to remove the mask without assistance.*
- **The Contact Tracing staff will advise you of how long you should remain in quarantine.** In general, close contacts quarantine for 10 days from the most recent encounter with the infectious person. People who are

positive with COVID-19 are considered to be infectious from 48 hours before their symptoms first appeared or from the date of their positive lab test if they did not have symptoms.

Food and Housing:

- **If you currently live on-campus and Campus Health has asked you to quarantine**, you will receive a campus email with a Housing Quarantine Fact Sheet that provides further instructions on dining options, package operations, who to call should you need help and our community standards. Please note that you must open this email and fill out the meal questionnaire to receive food during this time.
- **If you do not live on campus and need access to a safe quarantine/isolation space**, please contact Campus Health via the patient portal at healthyheels.unc.edu.
 - While dining delivery options are not possible for off-campus students who are quarantining, you will receive outreach from the COVID-19 Student Care Hub with information about various grocery delivery options that available locally, as well as resources to support mental health and well-being.

Classes: Most instructors are providing instructional options for students who need to miss class. Communicate with your instructors that you will be unable to attend class for the time-period you will be quarantined.

- If Campus Health instructs you to quarantine, you will automatically receive a [University Approved Absence](#) that you can forward to your instructor.
- If you have been instructed to quarantine by an off-campus provider or health department, go to the [University Approved Absence](#) website.

Work: Make sure you reach out to your work supervisor to let them know if you are unable to work. University Approved Absences (UAA's) apply only to class absences, not to your employment.

General Support and Advocacy: It's difficult to predict what need for support you may have while you are quarantined. For guidance and support navigating academic impacts, basic needs and financial challenges, please contact the COVID-19 Student Care Hub at covidcareforstudents@unc.edu. Health-related questions or questions specific to the duration of quarantine should be directed to Campus Health.

Self-Care: This can be an overwhelming and scary time, filled with many emotions. Take care of yourself! If you already practice self-care, continue it by considering modifications to better fit your current needs. Visit go.unc.edu/IQWellness for strategies and resources you can use.

MONITOR YOUR HEALTH FOR COVID SYMPTOMS

Fever | Cough | Shortness of breath or difficulty breathing
Chills | Repeated shaking with chills | Muscle pain | Headache | Sore throat
Vomiting or diarrhea | Nasal congestion | Runny nose | New loss of taste or smell

If you develop any of these symptoms or other symptoms that are concerning to you, contact Campus Health. It is particularly important to let your Campus Health provider know if you are at high-risk of more serious illness due to chronic disease, a weakened immune system or other health problems.

If you are having difficulty breathing, feel pain or pressure in your chest, have bluish lips or face or are experiencing a new onset of confusion or difficulty waking up, call 911 or go to the nearest emergency room.

If you do have to go out for medical care, contact the medical facility prior to visiting. Wear a medical mask. If you don't have one, wear a cloth face cover. *Do not use a face covering if you are having trouble breathing or are unable to remove the mask without assistance.* Use a private vehicle if possible. If you cannot drive yourself, be sure to keep as much distance as possible between you and the driver, wear a mask or face covering, if possible, and leave windows down.

You should not use public transport. If you need to call P2P or a ride-share service, please advise that you are sick and need to go to Campus Health so the driver may prepare for your transport.

Once you have completed quarantine, please consider vaccination. Those who have been fully vaccinated will not be required to quarantine if identified as an asymptomatic close contact.

For more information, resources, and support:

- CDC guidance [cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html)
- For additional information and resources including the Community Standards, please visit CarolinaTogether.unc.edu