

Isolation Guidance

for UNC students who have a confirmed positive test of Coronavirus (COVID-19)

Restrictions during Isolation

To prevent you from possibly spreading COVID-19 to uninfected people, you must restrict activities and limit movements that may put you in contact with other people during the isolation period.

- **Stay home or in your assigned residence.** Do not go to work, school, or public areas. You may only leave your place of isolation or enter another public or private places to get necessary medical care. Before going to any medical facility, please call the facility first.
- **Separate yourself from other people in your residence.** Stay in your specified room and 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.** It is particularly important to stay away from people who are at higher risk of 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.** When you must be within 6 feet of another person, wear a medical grade mask. Campus Health will provide one to patients during your visit who are asked to isolate. If you don't have a medical grade mask, wear a cloth face covering. *Do not use a face covering if you are having trouble breathing or are unable to remove the mask without assistance.*
- **Cover your coughs and sneezes.** Cover your mouth or nose with a tissue or sneeze into your sleeve – not into your hands – then throw away the tissue into a lined trash can and immediately wash hands.
- **Wash your hands often and thoroughly with soap and water** for at least 20 seconds – especially after coughing, sneezing or blowing your nose – or after going to the bathroom. Alcohol-based hand sanitizer with a minimum content of 60% alcohol can be used instead of soap and water if your hands are not visibly dirty.
- **Clean and disinfect all “high touch” surfaces daily** (such as countertops, tables, doorknobs, faucets, toilets, phones, tv remotes, keys, keyboards) and especially any surface with bodily fluids on them. Use household cleaning disinfectant sprays or wipes according to the product label instructions. More info about Cleaning and Disinfection is on the CDC website.
- **Laundry may be washed in a standard washing machine with warm water and detergent;** bleach may be added but is not necessary.

Get Medical Help When...

Seek medical care if you get worse, especially if you are at a higher risk of serious illness. Symptoms that indicate you should seek medical care include:

- Difficulty breathing
- Can't keep fluids down due to vomiting
- Dehydration
- Confusion

If you develop any of these symptoms or any other symptoms that are concerning to you, get medical care or contact your medical provider. Prior to visiting a medical facility, contact that facility to let them know you are under isolation for COVID-19. **You should not use public transport.** Use a private vehicle if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver, wear a mask or face covering, if possible, and leave windows down. If you need to call 911, please advise dispatch that you are under isolation for COVID-19. 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.*

Care for Yourself

Rest and drink plenty of fluids. You may take acetaminophen (Tylenol) to reduce fever and pain. Remember, no medications cure COVID-19 and nor do they stop you from spreading the virus.

Isolation Support

Food and Housing: UNC has a mechanism in place to isolate students and we will help you access that system if desired.

- If you currently live on-campus and Campus Health has asked you to move to a different isolation location, Carolina Housing will be in touch shortly with your new, temporary room assignment. Additionally, in your campus email you will receive a Housing Isolation 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 or if you and/or if have concerns about your current living situation or access to food, please contact the COVID-19 Student Care Hub at covidcareforstudents@unc.edu.

Work/School: If you are taking in-person classes or online classes and you are experiencing symptoms that inhibit your ability to attend classes or complete coursework, you can submit a request to the University Approved Absence Office for up to 14 consecutive days of University Approved Absences (UAA's). Please note the following important information:

- It is your choice to request UAA's and not every student in isolation may want or need them. To submit a request for UAA's please go to attendance.unc.edu.
- Make sure you reach out to your work supervisor to let them know you will be unable to work. UAA's apply only to class absences, not to your employment.
- To minimize your need to provide additional documentation in support of your request for UAA's due to being in isolation, Campus Health will work directly with the University Approved Absence Office to verify the validity of your request.
- University Approved Absences will be sent to your faculty as quickly as possible but may take up to 10 business days during high traffic times. In the meantime, you are strongly encouraged to communicate with your instructors that you will be unable to attend class for the time period specified by your medical provider.

General Support and Advocacy: It's difficult to predict what need for support you may have while you are in isolation. For concerns or challenges navigating academic adjustments with faculty, for basic need and financial issues, or for general questions, concerns, or issues, please contact the COVID-19 Student Care Hub at covidcareforstudents@unc.edu.

Self-Care: This can be an overwhelming and scary time. You may be experiencing many emotions. Take care of yourself! If you already practice self-care, continue it by considering modifications to better fit your current needs. Your self-care plan could include:

- Video chats | Phone calls or messaging with family and friends | Meditation practices
- Keeping a journal to record your thoughts and experiences | Watching shows or movies
- Reading for enjoyment | Exercising with online videos if you feel well enough to do so

WHEN ISOLATION ENDS

The isolation period may end when all of the following are true: It has been at least...

- 10 days since you first had symptoms AND
- 24 hours since you had a fever without using fever reducing medication

If you did not have symptoms, isolate until 10 days have passed since the date of your first positive COVID-19 diagnostic test. If you developed symptoms after the positive test, use the bulleted list above to determine when your isolation period may end.

Health science students may be asked to isolate for 14 days before returning to the clinical setting and should contact Campus Health for additional instruction.

FURTHER INFORMATION

Please call or message your Campus Health provider with any questions related to your health.

- CDC guidance [cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html](https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html)
- For community standards and expectations, visit [CarolinaTogether.unc.edu](https://carolinatogether.unc.edu)
- Dean of Students Office odos.unc.edu | dos@unc.edu | 919-966-4042
- COVID-19 Student Care Hub covidcareforstudents@unc.edu
- Residence Life housing.unc.edu
- P2P move.unc.edu/p2p