Quarantine Guidance

for UNC students who were in close contact with someone diagnosed with or suspected to have Coronavirus (COVID-19)

YOU HAVE BEEN IN CLOSE CONTACT WITH A PERSON INFECTED WITH OR SUSPECTED TO HAVE COVID-19.

This 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.

You have been asked to quarantine.

UNC Campus Health is partnering with the Orange County Health Department for contact tracing and quarantining of students. The Contact Tracing Team will advise you of how long you should remain in quarantine based on your most recent close contact with the infectious person or continued housing with or caregiving for an infectious person. In general, close contacts quarantine for 14 days from the most recent encounter with the infectious person. People 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) until they are no longer required to be isolated. The Contact Tracing Staff can advise on your specific situation.

Currently the Orange County Health Department is continuing to require a 14-day quarantine period for close contacts. Campus Health encourages all close contacts to be tested, whether symptomatic or not, at day 5 to day 7 after last known exposure. Make an appointment at Campus Health or with another provider for testing. Do not use the Carolina Together Testing Program sites if you are a close contact. Those who have been tested and receive a negative result need to stay in quarantine for the full 14 days. This virus can take up to 14 days to show in a person’s symptoms, or in test results. Any people testing positive for COVID-19 should notify Campus Health and follow isolation instructions provided. Contact Campus Health or your local testing facility for information on testing.

Restrictions during Quarantine

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

- **Stay home or in your assigned residence.** 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 or enter another public or private places to get necessary medical care. Before going to Campus Health or any medical facility, please call the facility first.

- **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.** 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 who are asked to quarantine at a visit. 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.

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 any other symptoms that are concerning to you, contact Campus Health. Tell Campus Health which symptoms you are experiencing. 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.

**Quarantine Support**

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

- **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.
- **If while in quarantine/isolation, you need assistance** accessing food or other basic needs, please contact the COVID-19 Student Care Hub at covidcareforstudents@unc.edu.

**Classes:** Any student required to quarantine or isolate due to COVID-19 is approved for University Approved Absences (UAA) for any classes missed. Instructors may excuse your absences without official notification from the University Approved Absence Office (UAAO). If needed, submit a request to uaa.unc.edu. To minimize your need to provide additional documentation about your quarantine or isolation, Campus Health will work directly with the University Approved Absence Office to verify your request. While your request is being processed, make sure to communicate with your instructors that you will be unable to attend class for the time-period you will be quarantined/isolated.

**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, or for general questions, concerns, or other impacts specific to COVID, please contact the COVID-19 Student Care Hub at covidcareforstudents@unc.edu.

**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.

**Further Information**

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

- For the COVID-19 Community Standards, visit CarolinaTogether.unc.edu
- Office of the Dean of Students odos.unc.edu | odos@unc.edu | 919-966-4042
- COVID-19 Student Care Hub covidcareforstudents@unc.edu
- Residence Life housing.unc.edu
- P2P move.unc.edu/p2p