

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 when any person was not wearing a face covering.

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.

The Campus Health 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 Campus Health Contact Tracing Staff can advise on your specific situation.

Testing is not advised unless you develop symptoms. Even 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 test results. Any people testing positive for COVID-19 will need to follow instructions provided by Campus Health. Contact Campus Health 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 work, school, or 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 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 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

It is important to monitor your health for signs and symptoms of COVID-19 which may include:

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

This list of symptoms is not all inclusive. 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 move to a different quarantine location, Carolina Housing will be in touch shortly with your new, temporary room assignment. Additionally, in your campus email you will receive 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 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 quarantine 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 quarantined, 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 quarantined. 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

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 [Carolina Together.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