

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 all movements that may put you in contact with others 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 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.

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 isolate**, you will receive a campus email with 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 and need access to a safe 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 in isolation, 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 in isolation.

- If Campus Health instructed you to isolate, you will receive an email that verifies your [University Approved Absence](#) which you will be responsible for forwarding to your faculty.
- If you have tested positive off campus, send your result to Campus Health by emailing campushealth_records@unc.edu in order to be included in the process as outlined above.

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.

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.

Re-testing for COVID is not recommended for 90 days following a positive test result.

Once you have completed isolation, please consider vaccination if you have not been already vaccinated.

ADDITIONAL 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
- For additional information and resources including the COVID-19 Community Standards, visit CarolinaTogether.unc.edu