

Isolation Guidance

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

Restrictions during Isolation

To minimize spread of 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 current 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 and food. Before going to any medical facility, please call the facility first.
- **Separate yourself from other people in your residence as much as possible.** Stay in your specified room and away from other people in your residence. Do not prepare or serve food to others.
- **Do not allow visitors** in your residence. 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.** Wear a medical grade mask when you are around other people.
- **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. 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

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 supports provided by campus outlined below.

Food and Housing:

- **If you live on campus**, it is strongly recommended that you complete your isolation at home. You may also choose to isolate in your residence hall room or University apartment, leaving only for food pick-up and to receive medical care. During the isolation period, you should not eat or drink in the campus dining locations. The university is not providing separate housing or meal delivery to those who need isolation. Further instructions and information will be provided in a follow-up email. Additionally, a member of the Carolina Housing COVID Response Team will be calling you soon and it is important you pick up or return this call so we can ensure you have the proper support you need during this time.
- **If you do not live on campus:** While dining delivery options are not provided 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 your 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 UAA process.

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 in isolation. 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

[End isolation after 5 full days](#) if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving. If you did not have symptoms, end isolation after at least 5 full days after your positive test.

Take precautions until day 10 - including wearing a well-fitted mask any time you're around others inside your home or in public. Do not go to places where you are unable to wear a mask. Avoid travel and avoid being around people who are high risk.

You cannot test out of isolation. A negative result does not override the positive result.

ADDITIONAL INFORMATION

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

- CDC guidance <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
- For additional information and resources including the COVID-19 Community Standards, visit CarolinaTogether.unc.edu