

## **Isolation Procedures for Students with COVID-19**

**(Updated as of 9/8/2023)**

If you test positive for COVID-19, you can spread the virus to others. There are precautions you can take to prevent spreading it to others.

Regardless of your immunization status, if you have a positive COVID test, you must isolate for a period of at least **5 days**.

If you have symptoms:

Day 0 of isolation is the day symptoms started, regardless of when you tested positive.

Day 1 is the first full day after your symptoms started.

If you have no symptoms:

Day 0 is the day you tested positive.

Day 1 is the first full day following the day you tested positive.

If you develop symptoms within 10 days of when you tested, the clock restarts at day 0 on the day of symptom onset.

### **Isolation:**

Stay home and in a room alone. Use your own bathroom if one is available to you. If you must leave your room to get food or use the bathroom, wear a mask and return immediately to your room. Do not go to work, class, meetings, or sports practice.

### **Ending isolation:**

If you had no symptoms, you may end isolation after day 5.

If you had symptoms:

-If symptoms are improving and you are fever free for 24 hours, you may end isolation after day 5.

-If symptoms are not improving, continue to isolate until fever free for 24 hours and your symptoms are improving.

**After isolation, until day 11**

-You may leave your room or home, but continue to wear a high quality mask when you are out or around people

-Avoid being around people who are more likely to get very sick from COVID-19

-After day 5, if you have two negative home COVID tests at least 48 hours apart, you can discontinue the mask.

Telemedicine appointments are available with Student Health if you need medical evaluation or consultation. Our providers are available Monday through Friday from 9am-3:30pm on days when undergraduate classes are in session (Fall and Spring semesters).

Treatment options are available to people who are high risk for developing complications from COVID. Contact your physician or the student health center to make an appointment to discuss treatment options.

Please monitor yourself closely during the full 10 days. If you develop a fever of 103, weakness, inability to walk or stand without help, trouble staying awake, vomiting or diarrhea that won't stop, chest pain or trouble breathing, call 911 immediately for hospital transport.