

# COVID-19 POSITIVE ISOLATION GUIDANCE

*If you have tested positive, you need to stay home and isolate until all symptoms have improved AND you have been fever-free without medication for at least 24 hours.*

## ISOLATION SPACE

Students who are unable to go home may stay in their assigned room and use the Flu Buddy system to have a friend bring food to their door. Well students can be assigned a temporary room if they do not feel comfortable remaining in their room. Students should contact their RA/RD for more information on the Flu Buddy program and temporary room changes.

## WASH YOUR HANDS & SANITIZE

Wash your hands often, with soap and water, for 20 seconds each time you wash them. Clean all common areas and frequently touched surfaces. Wipe down and sanitize shared spaces often.

## QUESTIONS

Students with questions regarding isolation may contact the Student Health Center. Employees with questions can contact their supervisor or Human Resources.

## SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



## WHAT TO DO: STAY HOME, MASK, AND MONITOR

### DAY 1

Stay home on the first day of your positive test.

### DAY 2-10

If all symptoms have improved AND you have been fever-free without medication for at least 24 hours then you can resume regular activities, while taking additional precautions for the next five days — including **masking and limiting close contact with others** to lower the risk of spreading the virus.

One way to know when it is safe to remove your mask is to re-test with an over-the-counter antigen test. Once your test is negative it is safe to assume your viral load is low enough to no longer be contagious.

### MONITOR SYMPTOMS

Continue isolation if you still have a fever or symptoms, regardless of how many days since your illness began.