VDH VIRGINIA DEPARTMENT OF HEALTH

GUIDANCE FOR COLLEGE AND UNIVERSITY STUDENTS

Guidance for college and university students on COVID-19 testing, symptoms, isolation and quarantine, and contact tracing.

COVID-19 Testing

You Should Be Tested for COVID-19 if:

- You develop symptoms of COVID-19, regardless of vaccination status.
- You had close contact with someone with COVID-19, even if you are fully vaccinated. There are some exceptions for people who recently recovered. Visit the VDH Testing website for more details.
- A healthcare provider or the local health department recommends you get tested.

Call your healthcare provider or Student Health to arrange for testing and see the community list of COVID-19 Testing Sites in Virginia. Follow recommendations for isolating or quarantining (staying home) while waiting for your test results.

COVID-19 Test Results

After Receiving COVID-19 Test Results

If your test is **positive**, you should remain in isolation until you have met **ALL** of the following criteria:

- ✓ It has been 10 days since the onset of your symptoms or if you never developed symptoms,10 days have passed since the first positive test.
- ✓ You have not had a fever for at least 24 hours without using fever-reducing medication.
- ✓ If you developed symptoms, those symptoms have improved. (Note: the loss of taste or smell might last for weeks or months after recovery. This should not delay the end of isolation.)

If your test is **negative:**

- **Continue to quarantine for 14 days if you had close contact with someone with COVID-19**. If you are not able to quarantine for 14 days and do not have symptoms, there are options to end quarantine earlier.
- If you have recovered from COVID-19 or been fully vaccinated for COVID-19, you might not need to quarantine, but you should still monitor for symptoms for 14 days.
- Ask your healthcare provider if additional testing and isolation are recommended if you were tested because you had symptoms.

COVID-19 Symptoms

If You Develop COVID-19 Symptoms:

- Separate yourself at home in a specific room away from other people and animals. Do not go to work or school. This is called isolation.
- Seek medical attention if you develop any of the following **emergency warning signs or if your symptoms get worse**: worsening cough, difficulty breathing, pain or pressure in the chest, new confusion, inability to wake up or stay awake, or pale, gray or blue-colored skin, lips or nail beds, depending on skin tone.
- If you need medical attention, call the healthcare provider's office, Student Health, or hospital ahead of time to inform healthcare personnel you are under isolation/quarantine for COVID-19.
- Call your healthcare provider's office or Student Health to arrange for COVID-19 testing. Testing is also available throughout Virginia at COVID-19 Testing Sites.
- Tell people you had close contact with recently, so that they can quarantine, get tested, and monitor their health.

What to Do While in Isolation/Quarantine

- If you need to isolate or quarantine, **notify your college's designated point of contact**, as they may be able to arrange isolation or quarantine housing for you and provide you with services (meal delivery, cleaning supplies, laundry, etc.).
- Stay in your designated isolation or quarantine housing and away from others as much as possible.
- **ALWAYS** wear a mask that covers your nose and mouth if you need to leave your housing. You should not leave your housing except for essential trips such as medical appointments or picking up take-out food if no one is available to deliver it to you.
- If you must travel, take a private vehicle. Do not use public transportation, ride-shares, or taxis.

In your isolation or quarantine housing:

- Limit the number of times you leave your room or anyone else enters your room. Limit contact with people you live with as much as possible, especially those at high risk for serious illness.
- Do not allow visitors into your residence.
- If possible, designate a specific restroom for yourself. Wear a mask when you need to use the restroom if you are sharing with other housemates or with others in your dorm.
- Clean and disinfect shared, "high-touch" surfaces (e.g., doorknobs, counters, toilets, faucets, keyboards, keys, TV remotes, phones) daily.
- When you must leave your designated room, make sure you keep six feet of distance between yourself and others and that everyone wears a mask.
- Wash hands frequently for at least 20 seconds or use hand sanitizer with at least 60% alcohol content.
  - If you must prepare or serve food or drinks to others, be sure to wash your hands.
- Do not share personal items (e.g., cups, plates, utensils, towels, bedding). After use, wash these items with warm water and soap or detergent.
- If you or anyone you live with develops symptoms or tests positive, ensure the individual who tested positive notifies the school and follows the steps to take if you are sick.

Contact Tracing

- If you test positive, VDH might call to give you recommendations, learn who you have been in contact with, and notify your contacts. VDH staff will ask you to stay home (isolate).
- If you are identified as a close contact, VDH might call to give you more recommendations.
- It is important that you answer this call and help the health department slow the spread of COVID-19. Your personal and medical information **will be kept private and will not be shared**, unless you give permission.
- VDH staff might not be able to call everyone. If you test positive, you should immediately notify your contacts, even if you do not receive a call from VDH.