GUIDANCE FOR COLLEGE AND UNIVERSITY STUDENTS

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

You Should Be Tested for COVID-19 if:
- You develop symptoms of COVID-19, regardless of vaccination status. See a list of possible symptoms [here](#).
- You had close contact with someone with COVID-19.
- If you have recovered from COVID-19 and do not have any new symptoms, or if you are fully vaccinated for COVID-19 and have no symptoms, you may not need to be tested again. See [here](#) for more information. You should still monitor your health for 14 days.
- 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.

You should isolate (stay home) while waiting for your test results. See [here](#) for more info on who should get tested for COVID-19.

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, you may end quarantine earlier: after 10 days without testing OR after 7 days with a negative PCR or antigen test performed on or after Day 5. If you end quarantine early, you should still monitor for symptoms and follow all recommendations (e.g., wear a mask, watch your distance, wash hands often) for the full 14-day period.
- 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.

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. Use a separate bathroom if possible. This is called self-isolation or home 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. If you need to call an ambulance, inform the 9-1-1 dispatcher and paramedics that 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 those who you had close contact with recently, so that they can quarantine, get tested, and monitor their health.

COVID-19 Testing

COVID-19 Test Results

COVID-19 Symptoms

May 24, 2021
**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:**

- Work with your school's designated point of contact to arrange isolation or quarantine housing. Stay in your designated housing as much as possible.
- Minimize the number of times you leave your room or anyone else enters your room. Minimize 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, ensure 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, especially those that could come into contact with bodily fluids (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 refer to the complete VDH guidance for Living with Someone with COVID-19.