

Guidance for college 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 related to COVID-19. See a list of possible symptoms [here](#).
- You are informed by a [contact tracer](#) from the health department that you have been in close contact with someone with COVID-19.
- 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 self-[isolate](#) 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\*.

If your test is **negative**:

- Continue to [quarantine](#) for 14 days if you were identified as a close contact of someone with COVID-19 by the health department.
- OR**
- Ask your healthcare provider if additional testing and isolation are recommended if you were tested because you had symptoms.

\*Note that loss of taste or smell might persist for weeks or months and this should not delay the end of isolation



## COVID-19 Symptoms

### If You Develop COVID-19 Symptoms:

- 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 if you become ill, so that they can monitor their health.
- 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, bluish lips or face, inability to wake up or stay awake.
- 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 911 dispatcher and paramedics that you are under isolation/quarantine for COVID-19.

**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.
- You should not prepare or serve food or drinks for anyone else.
- 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.
- 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](#).



**Contact Tracing**

- If you test positive, you may receive a call from the Virginia Department of Health to check on your health, discuss who you may have been around, and ask where you have spent time while you may have been able to spread COVID-19 to others.
- Health department staff will ask you to stay at home away from others and self-isolate, if you are not doing so already. It is important that you answer this call and help the health department slow the spread of COVID-19 in your community.
- Your personal and medical information will remain confidential. This means **your information will be kept private and will not be shared with your contacts or your school**, unless you give permission.