

Guidance for college students returning home from campuses experiencing outbreaks of COVID-19 and their families.



## Students Quarantine for 14 Days

### All Students Should Quarantine for 14 Days

- All students who are returning home from college **or** who have already returned home should [quarantine](#) for 14 days and monitor their health for symptoms of COVID-19.
- If students develop symptoms during the 14 day quarantine, they should call their healthcare provider to get tested. **Students who test negative should still quarantine for the full 14 days.**



## COVID-19 Testing Information

### Students Should Be Tested for COVID-19 if:

- They develop symptoms related to COVID-19. See a list of possible symptoms [here](#).
- They are informed by a contact tracer from the health department that they have been in close contact with someone with COVID-19.
- A healthcare provider or the local health department recommends they get tested.

Students should call their healthcare provider to arrange for testing and see the community list of [COVID-19 Testing Sites](#) in Virginia.



## COVID-19 Test Results



### After Receiving COVID-19 Test Results

If a student's test comes back **positive**, they should remain in [isolation](#) until they have met **ALL** of the following criteria:

- ✓ It has been 10 days since the onset of their symptoms or if they never developed symptoms, 10 days have passed since the first positive test.
- ✓ They have not had a fever for at least 24 hours without using fever-reducing medication.
- ✓ If a student had symptoms, those symptoms have improved\*.

If a student's test is **negative**, they should still quarantine for the full 14 days after returning home from campus. A person may test negative if the sample was collected too early in their infection and test positive later during the illness.

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

**What to Do While in Isolation/Quarantine**

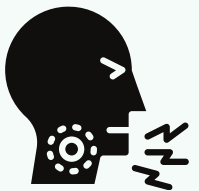
- Students should have a designated isolation or quarantine room. They should minimize the number of times they leave the room or anyone else in the household enters the room. Minimize contact as much as possible, especially with household members at [high risk for serious illness](#).
- If possible, students should have a designated bathroom for their sole use.
- Clean and disinfect shared, “high-touch” surfaces (doorknobs, counters, toilets, faucets, keyboards, keys, TV remotes, phones) daily.
- Students should not prepare or serve food for anyone else in the household.
- When students must leave their designated room, they should keep six feet of distance between themselves and other family members and everyone should wear masks.
- 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 (cups, plates, utensils, towels, bedding). After use, wash these items with warm water and soap or detergent.
- Students should not leave the house except for essential trips such as medical appointments.
- If students develop symptoms or test positive for COVID-19, refer to the complete VDH guidance for [Living with Someone with COVID-19](#).

**Precautions for Other Members of the Household**



- While a student is under quarantine for possible exposure to COVID-19, other household members should take preventative measures by staying separate from the student in the household, if possible, frequently washing their hands, cleaning surfaces, and covering their noses and mouths while sneezing. Be aware of the development of symptoms related to COVID-19.
- If a student tests positive for COVID-19, other household members should quarantine. See the VDH guidelines for quarantine for household members [here](#).

**If Students Develop COVID-19 Symptoms:**



- They should call their healthcare provider's office to arrange for COVID-19 testing. Testing is also available throughout Virginia at [COVID-19 Testing Sites](#).
- They should seek medical attention if they develop any of the following emergency warning signs or if their 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 a student needs medical attention, they should call the healthcare provider's office or hospital ahead of time to inform healthcare personnel they are under isolation/quarantine for COVID-19.
- If an ambulance is called, inform the 911 dispatcher and paramedics that the student is under isolation/quarantine for COVID-19.