

ISOLATION BASICS



Dear Student,

You are receiving this letter because you have been advised to isolate due to the the coronavirus (or COVID-19) or you have tested positive for COVID-19.

We imagine that this is overwhelming, as you balance time, your health, academic, and personal commitments. You are a valued member of the Spartan community, and we are here to support you during this experience and hereafter. We are happy to answer any questions or concerns you may have. Below you will find a few action items, resources, and contact information to assist you in navigating this time.

STUDENT HEALTH SERVICES DIRECTIVES

- If you develop symptoms, your symptoms worsen or you have medical questions, contact Student Health Services (SHS) at 336-334-5340 or you healthcare provider.
- How long do I need to isolate?
 - You should isolate for 5 days after your symptoms started, or after your positive test if you did not have symptoms.
 - You should only leave your isolation space to seek medical care (wear a mask).
 - You may also leave to get food to bring back to your room(wear a mask).
 - You can come out of isolation on day #6 if you:
 - never had symptoms or symptoms are improving and
 - are free of fever for 24 hours without taking fever-reducing medication.
 - If you are isolating in a place where there are other people, make sure you are wearing a mask when you are around them.
 - Continue to isolate yourself if you continue to have fever or your symptoms have not improved.
 - Continue to wear your mask through day 10. If you have 2 negative antigen tests 48 hours apart, you can remove your mask sooner than day 10.
 - There is a CDC (Centers for Disease Control) Isolation and Exposure Calculator that may be helpful: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

TO DO LIST

- Secure basic necessities.**
Make arrangements for any basic necessities that you may need during your isolation period: food, clothes, personal hygiene/medicine, books, technology, chargers, entertainment, etc.
- Contact your professors.**
Inform them that you will be unable to attend any in-person classes due to isolation and make arrangements to make-up any missed work. Per the University attendance policy, excused absences and make-up work are decided at the instructor's discretion.
- Let your family and friends know.**
Reach out to your support system when you need someone to talk to. While you cannot see them in person, your loved ones are a call, text, or video chat away.
- Take care of yourself.**
In addition to following the Student Health Services/your health care provider's guidance, make sure to allow yourself grace during this time. Your health and safety is imperative to your overall well-being and success.

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FOR RESIDENTIAL STUDENTS

- In the event of a fire alarm, please wear a mask and social distance accordingly.



**Medical Concerns - Student
Health Services - 336.334.5340**



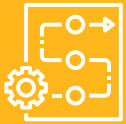
**Housing Questions - Housing and
Residence Life 336.334.5363**



**Working with your Professors -
Dean of Students office
336.334.5514**



**Mental Health Concerns-
Counseling Center Center
336.334.5874
<https://shs.uncg.edu/cc>**



**Internet and Computer Issues
- IT Services 336.256.8324**



**Study Materials - Library Services
<https://library.uncg.edu>**

IMPORTANT NOTE

**IF YOU ARE EXPERIENCING A LIFE
THREATENING EMERGENCY, PLEASE
CONTACT UNCG POLICE**

336.334.4444 | emergency
336.334.5963 | non-emergency

