Dear Student,

You are receiving this letter because you have been tested recently for the coronavirus (or COVID-19) and are entering a period of isolation/quarantine. 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 during this experience and hereafter.

We are happy to answer any questions or concerns you may have. Additionally, you may be contacted by a Dean of Students office, Division of Student Affairs, Student Health Services, or local Department of Health staff member periodically during your isolation/quarantine to check in and see how you are doing. Please answer these calls or secure emails. Below you will find a few action items, resources, and contact information to assist you in navigating this time.

DEAN OF STUDENTS OFFICE CAN ASSIST YOU WITH

- Communicating with your professors
- Connecting you to on- & off-campus resources
- Navigating University policies and procedures
- Answering general questions regarding campus life

STUDENT HEALTH SERVICES DIRECTIVES

- If your symptoms worsen or you have medical questions, contact Student Health Services.
- Someone from Student Health Services or your local Health Department may periodically call or send you a secure email to check on your health status. It is very important that you answer these calls or messages.
- Failure to quarantine/isolate or provide SHS with requested information for contract tracing will be referred to the Office of Student Rights and Responsibilities and result in disciplinary action under the Student Code of Conduct, including but not limited to interim suspension.
TO-DO LIST

- **Secure basic necessities.**
  Make arrangements for any basic necessities that you may need during your quarantine 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 isolation/quarantine 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.**
  Quarantine is difficult, but you do not have to do it alone. 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.

IMPORTANT CONTACTS

**DEAN OF STUDENTS OFFICE**
336.334.5514 | sa.uncg.edu/dean
deanofstudentsoffice@uncg.edu

**UNCG POLICE**
336.334.4444 | emergency
336.334.5963 | non-emergency

**STUDENT HEALTH SERVICES**
336.334.5340
shs.uncg.edu

**HOUSING & RESIDENCE LIFE**
336.334.5636 | hrl.uncg.edu
hrl@uncg.edu

**COUNSELING CENTER**
336.334.5874
shs.uncg.edu/cc

**DINING SERVICES**
336.334.4101
dineoncampus.uncg.edu

**UNCG Dean of Students Office**
336-334-5514
deanofstudentsoffice@uncg.edu
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