

I Tested Positive for COVID, now what??

Now that you tested positive for COVID you will need to isolate according to current CDC/University guidelines. The guidelines are as follows:

- If you are a residential student, you will be asked to go home to isolate. **Isolation space on campus is not available.** If you are not able to go home to isolate you will have to remain in your assigned residence space. In such a situation you need to inform the exposed roommate(s) that they are a close contact so they may make temporary alternative living arrangements as needed. All students should understand that living in a campus/residential setting places the individual at risk for exposure to communicable diseases such as Influenza (Flu) and COVID-19
- Please reach out to your professors and make arrangements for any missed classes and assignments. Your professors will be contacted to be made aware that you are not allowed to be in-person until cleared by the Health Center.
- **You will need to isolate for 5 full days** from the date your symptoms started or the date you tested positive with no symptoms*. If you are fever free for 24 hours prior to day 6 without the use of medications, and your symptoms are improving, you can come out of isolation after being cleared from the Health Center. *If you do not have any symptoms at the time of your positive test and begin having symptoms during your isolation period, your isolation day count resets to 0 and you will need to isolate for an additional 5 days from symptom onset.
- **The Health Center is no longer doing contact tracing.** You will need to notify any close contact exposures you have had 48 hours prior to testing positive or 48 hours prior to symptom onset (whichever came 1st). A close contact exposure is defined as someone you have been in contact with 6 feet or less for a total of 15 minutes or more in a 24-hour period (masking during contact does not exclude them from being a close contact).
- **You can reach the Health Center Monday-Friday from 8am-4pm at (704) 233-8102. If you develop shortness of breath/difficulty breathing at any time seek IMMEDIATE medical attention. If after hours, please go to the ER or Urgent Care, and notify the Health Center during regular hours.**