



# UNC Greensboro

## SHIELD OUR SPARTANS

### QUARANTINE

*Please self-report if you are identified as a close contact, develop symptoms, and/or test positive.*



**QUARANTINE** keeps someone who was in close contact with a person who has tested positive for COVID-19 away from others.

*If you had close contact with a person who has COVID-19 (whether or not they have symptoms)*



- **If you have been fully vaccinated**, and have received a booster shot if eligible, and do not have symptoms, you do not need to quarantine.
- If you had confirmed COVID-19 within the last 90 days (you tested positive using a viral test), you do not need to quarantine.
- Get tested 3-5 days after your exposure even if you do not have symptoms
- Wear a well-fitting face covering at home and in public for 10 days following exposure



- **If you are not fully vaccinated**, or have been fully vaccinated but have not received a recommended booster shot when eligible, you should quarantine.
- Stay home and away from other people for at least 5 days after your last contact with a person who has COVID-19 and wear a well-fitting face covering when around others at home.
- If you develop symptoms, get tested immediately.
- Get tested at least 5 days after you last had contact with someone with COVID-19.
  - If you test negative, you can leave your home but continue to wear a well-fitting face covering when around others at home or in public until 10 days after your last close

contact with someone with COVID-19.

- If you test positive, you should isolate for at least 5 days from the date of your positive test (if you do not have symptoms). If you do develop COVID-19 symptoms, follow the isolation instructions.
- If you are unable to get a test 5 days after last close contact with someone with COVID-19, you can leave your home after day 5 if you have been without [COVID-19 symptoms](#) throughout the 5-day period. Wear a [well-fitting mask](#) for 10 days after your date of last close contact when around others at home and in public.
- Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.



#### During your quarantine period,

- Do not travel during your 5-day quarantine period
- Do not go to places where you are unable to wear a mask, such as restaurants, gyms, and avoid eating while around others until after 10 days after your last contact with someone with COVID-19
- Monitor for symptoms until 10 days after your last close contact with someone with COVID-19.



If you complete the 5-day quarantine period without having any symptoms or a positive test result, you may return to campus work, class, and activities while wearing a well-fitting face covering for 5 days. You and your supervisor will receive an email from the Case Management System indicating that, per our records, your self-quarantine period is over. In complex situations (e.g., if we suspect a cluster is developing), you may be told to quarantine for the full 10 days.



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## ISOLATION

*Please self-report if you are identified as a close contact, develop symptoms, and/or test positive.*



**ISOLATION** keeps someone who has symptoms and/or has tested positive for COVID-19 (with or without symptoms) away from others, even in their own home.

*Whether or not you have been vaccinated does not impact isolation instructions.*



**If you are sick and think or know you have COVID-19**

- Stay home until after
  - At least 5 days since symptoms first appeared and
  - At least 24 hours with no fever without fever-reducing medication and
  - Symptoms have improved



**If you tested positive for COVID-19 but do not have symptoms**

- Stay home until after
  - 5 days have passed since your positive test (from the day you were tested)
- If you start your isolation period without symptoms but develop symptoms during your isolation period, you will need to isolate for 5 days from the date of your first symptoms. This may result in you isolating for longer than 5 days.

If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.

Following your isolation, wear a well-fitting face covering when around others at home or in public (day 6 through day 10). As you approach the end of your isolation period, a representative from the UNCG Case Management Team will contact you regarding your return to campus work, class, and activities.