



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 are **up to date** on your COVID-19 **vaccination**, 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.