

## Isolation & Quarantine Procedures and Resources for Students Off-Grounds

**For those starting their isolation period, we are sorry that you have COVID-19 – particularly if you are not feeling well. For those starting quarantine, we are grateful to you for doing your part to keep yourself and others safe and healthy. Our community depends on it.**

The information below provides important guidance and contacts for students entering isolation or quarantine. We understand that isolation (I) and quarantine (Q) may be a daunting and difficult experience for you. Separation from others for an extended period of time and an inability to go about your normal routines is very challenging and can be even worse if you are feeling ill. Yet, this separation is critical for preventing the spread of COVID-19. It could save the lives of classmates, friends, and family. The University will do all it can to support you in these circumstances and provide the resources you need to continue to study, access medical care, and remain connected to others for personal assistance. Unfortunately, except in the most extreme circumstances, the University is unable to provide housing support for students living off-Grounds.

**Please save this message because it includes links and phone numbers that will be helpful throughout the isolation or quarantine period.**

### **Dean on Call, I/Q Care Team, & Student Health and Wellness**

The Dean on Call (DOC) and the I/Q Care Team, through Student Affairs, are both available for support and general assistance throughout your isolation or quarantine.

Once the University is informed of your need to isolate or quarantine, you will hear from a member of the I/Q Care Team who will be your primary point of contact for non-medical requests or concerns during business hours. Your liaison will provide you with their direct contact information. Any afterhours or weekend non-medical, urgent issues should be directed to your Care Team member or the DOC.

- **Dean on Call Phone Numbers**
  - 434-924-7133 (Business Hours)
  - 434-924-7166 (After Hours for Emergencies; this number goes to the University Police – please ask to be connected with the Dean on Call)

For any medical questions about isolation or quarantine, please contact Student Health and Wellness.

- **Student Health and Wellness Phone Numbers**
  - 434-924-5362 (Business Hours)
  - 434-297-4261 (After Hours)
  - 911 for Emergencies (alert the first responders that you are in isolation or quarantine)

## Well-being and Mental Health

Isolation or quarantine can be a difficult experience, so it is important to be proactive about addressing well-being. This [webpage](#) is updated to reflect resources available to UVA students to support your social, emotional, and mental health. You also are encouraged to stay in good contact with family and friends through telephone, email, and various visual media to remain connected.

In addition, Counseling and Psychological Services (CAPS) is available to provide remote support through telehealth counseling and psychiatry appointments. On-call crisis counselors are also available 24 hours/day, 7 days/week if you feel you need to talk with someone right away. To access any of CAPS services, call 434-243-5150. You can also access [SilverCloud](#), a free online, confidential mental health tool available to UVA students 24 hours/day. Visit the [CAPS website](#) for more information mental health resources available to you.

## Isolation or Quarantine Space

Students living off-Grounds should return home if safe to do so or plan to [isolate or quarantine](#) in their living accommodations off-Grounds if the space is suitable.

For information regarding discounted hotel rates for isolation or quarantine, please contact the Dean on Call.

**Isolation:** If you test positive for COVID-19, you will be instructed to [isolate](#) for the time period that you might be infectious. To isolate yourself, you should stay in your own room and use your own bathroom, without using shared living spaces, for the duration of your isolation period. If you are unable to do this, you should consider a hotel. If you need further guidance on how to properly isolate, please contact the Virginia Department of Health hotline at (434) 972-6261. You are not permitted to return to Grounds until cleared by Student Health and Wellness.

**Quarantine:** If you are called by the Health Department and told you have been a *close contact* of someone who tested positive for COVID-19, you will be instructed to [quarantine](#) yourself for a 14 day period that starts the day you were exposed. The Health Department will provide you with instructions on how to properly quarantine. If you've experienced ongoing exposure (such as living with a friend or partner who has COVID but is unable to isolate), the 14 day period will begin after the last day that you were exposed. You should stay in your own room and use your own bathroom, minimizing time in shared living spaces, for the duration of your quarantine period. You should not quarantine "together" with friends or roommates, because this significantly increases the risk of transmission if you were to become positive for COVID-19. If you are unable quarantine alone as noted above, you should consider a hotel. If you need further guidance on how to properly quarantine, please contact the Virginia Department of Health hotline at (434) 972-6261. You are not permitted to return to Grounds until cleared by the Virginia Department of Health.

**Additional Note:** If a friend is concerned about possible exposure to COVID-19 (either through their interaction with you if you are positive or another person), you should have them call Student Health and Wellness at 434-924-5362, then press 3 to be connected with the exposure call center during business hours.

**Remember, once you are in your isolation or quarantine space, either in your residence or a hotel, you should not leave unless there is a critical health or safety concern or if you are attending a scheduled COVID-19 testing appointment. This requirement exists for important public health reasons.**

If an emergency situation requires you to leave an isolation or quarantine space - such as going to common areas in your residence when your roommates are home or leaving your residence - a mask should be worn at all times. In the event of a building evacuation, such as fire alarm, please be sure to maintain physical distance from all others.

Failure to remain in isolation or quarantine may result in disciplinary actions up to and including suspension from the University.

### **Health Support**

For COVID-19 positive students with moderate to severe symptoms, Student Health and Wellness will provide ongoing check-ins and support via telehealth. More specifically, students seen in UVA Student Health Clinics who are COVID positive and meet clinical criteria will be eligible for the Interactive Home Monitoring Program. Students who are *close contacts*, and who are in quarantine, will receive instructions from the health department regarding utilizing an app to monitor potential symptoms. The app will permit daily interaction with the health department for support. All students (isolating or quarantining) may reach out to Student Health and Wellness for any questions or concerns that arise.

### **Food Support & Financial Assistance**

You will be responsible for arranging your own meals to be delivered to you in your room for the duration of your quarantine or isolation. You might consider enlisting the assistance of friends or family to deliver groceries or meals to you outside of your door (remember, no personal contact). You may also want research and leverage a variety of food/meal delivery services, including GrubHub (<https://www.grubhub.com>) and DoorDash (<https://www.doordash.com/en-US>). If you have concerns about resources for food or other needs, the University may have emergency hardship funds available depending on a student's particular financial situation. To explore options, please visit Student Financial Services or email: [emergencyfunding@virginia.edu](mailto:emergencyfunding@virginia.edu).

### **Academic Accommodations**

You should contact your instructors directly regarding the need to attend classes remotely while in isolation or quarantine. If needed, the DOC can provide assistance.

### **Support for other Hoos**

If you tested positive for COVID-19 and think that you may have been in close contact with another student while you were contagious, you are encouraged to let them know. If they have questions about whether they should quarantine, they can call Student Health and Wellness at 434-924-5362, then press 3 to be connected with the exposure call center during business hours.

### **End of Quarantine or Isolation:**

You will be notified by Student Health and Wellness or the health department when it is safe to leave your space, effectively ending the isolation or quarantine period.



Office of the Vice President  
and Chief Student Affairs Officer

Important additional contact information for students in isolation and quarantine:

- **University Return to Grounds Hotline (general questions or concerns):** [returntogrounds@virginia.edu](mailto:returntogrounds@virginia.edu); 833-454-6902
- **Counseling & Psychological Services (24 hours a day):** 434-243-5150
- **UVAPD (for emergency situations):** 911; 434-924-7166 for non-emergencies
- **Virginia Department of Health hotline:** (434) 972-6261