



UNC Greensboro

SHIELD OUR SPARTANS

QUARANTINE VS. ISOLATION

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)



- Stay home until 14 days after your last contact.



- Check your temperature twice a day and watch for symptoms of COVID-19.

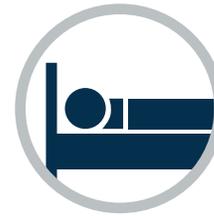


- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

Get an initial test. If you test positive, follow the guidelines for isolation. If you test negative, you must remain in quarantine until the full 14-day incubation period is over. If you develop symptoms during this time, consult your healthcare provider and get re-tested. If positive, you must then follow isolation guidelines.

If you complete the 14-day quarantine period without having any symptoms, you may return to campus work, class, and activities. You and your supervisor will receive an email from the Case Management System indicating that, per our records, your self-quarantine period is over. No further documentation is needed.

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.



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



- Stay home until after
 - At least 10 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
 - 10 days have passed since your positive test (from the day you were tested)



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.

Once you believe you have met the criteria for coming out of isolation, you must provide documentation from a health official confirming that you meet the criteria and can return to the workplace or class and campus activities.