



Student Health Center

Phone: 804-289-8064 Fax: 804-287-6466

COVID-19 Isolation Information for UR Students

What is self-isolation? Isolation is the separation of someone diagnosed with COVID-19 from others. It may also be advised for someone having symptoms of COVID-19 and awaiting test results.

Why must I self-isolate? You are required by the University to follow the regulations the Virginia Department of Health (VDH) has in place during the pandemic. Isolation allows you to stay away from others to prevent the spread of the virus causing COVID-19.

Where do I self-isolate? Depending upon your living situation, you may be able to remain in place for the duration of your isolation. The University has space available to isolate residential students, if needed. You may also return home or stay elsewhere off campus, provided you can travel in a private vehicle and can avoid contact with other household members by having a separate bedroom and bathroom. *If you leave campus isolation space, notify URPD at 804-289-8715, review your care plan with your household contacts and have access to a local health care provider.*

How ill is someone with COVID-19? In most situations, an individual will have mild viral respiratory or cold-like symptoms. Some people develop more severe symptoms or complications of the illness, such as pneumonia, and may require hospitalization. Monitor your symptoms closely and seek immediate medical care if any symptoms worsen, especially if you have problems breathing, shortness of breath, chest pain, leg / arm pains, rash, fainting or are not able to eat or drink.

During self-isolation you are expected to:

- Perform daily self-monitoring of your temperature for fever and symptoms of illness
- Monitor your oxygen levels if you are given a device (pulse oximeter), with instructions to do so
- Maintain a daily log of your temperature, oxygen levels if indicated, and any symptoms
- Share your daily log results with the Student Health Center or other healthcare provider monitoring your health during your isolation
- Only remotely participate in classes and activities
- Continue to complete the University's Daily Symptom Checker

How do I care for myself during my isolation?

- Drink plenty of water/other fluids (2-3 liters a day) to avoid dehydration.
- Do not drink alcohol, use tobacco, marijuana or other recreational drugs
- Use Tylenol (acetaminophen)or Advil (ibuprofen) for fever per label instructions
- Recognize this can be stressful. CAPS (Counseling and Psychological Services: <https://caps.richmond.edu/resources>) is available for support
- Consult the Residence Life & Housing Student Checklist provided to you

Questions: call the Student Health Center at 804-289-8064. You may access the After Hours Nurse Advice service from this number.

Emergency assistance: On campus, call: 804-289-8911 Off campus, call: 911

HEALTH RESOURCES:

<https://www.vdh.virginia.gov/coronavirus/#COVID-19-resources>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf>