COVID-19 Quarantine Information for UR Students

What is self-quarantine?
Quarantine separates people who have had close contact with someone infected with the COVID-19 virus but do not currently have symptoms. The purpose is to prevent possibly spreading the virus by avoiding contact with others while monitoring yourself for symptoms of illness. The length of quarantine is 14 days from the date of your last contact with the person with COVID-19, as long as you remain healthy.

Why must I quarantine?
You are required by the University to follow the regulations the Virginia Department of Health (VDH) has in place during the pandemic. VDH Contact Tracers will contact you daily to review your symptoms. Please respond to them promptly.

Where do I quarantine?
Depending upon your living situation, you may be able to remain in place for the duration of your quarantine. The University has space on campus to quarantine 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 quarantine space, notify URPD at 804-289-8715, review your care plan with your household contacts and have access to a local health care provider.

During quarantine, you are expected to:

- Perform daily self-monitoring for fever and symptoms of illness and maintain a log
- Share your daily symptom log with the VDH Contact Tracers
- Only remotely participate in classes or activities
- Consult the Residence Life & Housing Student Checklist provided to you for non-health related information
- Continue to complete the University’s Daily Symptom Checker
- Consider COVID testing on day 5-7 of quarantine. Consult the Student Health Center for more information.

How do I care for myself during quarantine?

- 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
- Medications: bring all prescription and over the counter medications into quarantine
- Recognize this can be stressful. CAPS (Counseling and Psychological Services: https://caps.richmond.edu/resources) is available for support

What if I develop symptoms?
You may be advised to be tested for COVID-19 and must stay in isolation until your symptoms resolve, your test results are known and/or you have been advised by a healthcare provider that it is safe to leave.

For questions: call the Student Health Center at 804-289-8064. You may access the After Hours Nurse Advice service from 804-289-8064 as well.

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

HEALTH RESOURCES: