**Student Health Center**

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

## COVID-19 Information for Close Contacts of a Student in Quarantine

**What is a close contact?**

According to the Virginia Department of Health (VDH), being a close contact means "being within 6 feet of a person who *tests positive for or is diagnosed with COVID-19* for a cumulative total of 15 minutes or more over a 24-hour period or having exposure to the person's respiratory secretions (e.g., coughed or sneezed on; shared a drinking glass or utensils; kissing) while they were contagious." VDH states that a "person with COVID-19 is considered to be contagious starting from 2 days before they became sick (or 2 days before they tested positive if they never had symptoms) until they meet the criteria to discontinue isolation."

**What is quarantine?**

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

**Is a person in quarantine considered to have COVID-19 and will their close contacts be quarantined?**

The fact that a person has been placed in quarantine *does not* mean that they have COVID-19. It also *does not* mean that the person in quarantine has exposed others to COVID-19. A person in quarantine may be tested for COVID-19 5-7 days following their exposure to someone with COVID-19. If they test negative, they must remain in quarantine for 14 days from the date of their exposure. If they test positive, they will need to isolate for at least 10 days from the date of symptom onset or, if they have no symptoms, from the date of their positive test. If they test positive, their close contacts, if any, will be contacted and placed in quarantine.

**I am a close contact of someone in quarantine. Why haven't I been placed in quarantine too?**

You have not been placed in quarantine at this time because the person in quarantine has not been diagnosed with COVID-19. They are in quarantine for 14 days as a precaution and may be tested 5-7 days after their exposure to someone with COVID-19. You will only be placed in quarantine if the person in quarantine tests positive and you are deemed to be a close contact of that person.

**I am a close contact of someone in quarantine. Why haven't I been contacted by Virginia Department of Health contact tracers?**

Contact tracing does not begin until there is a confirmed case of COVID-19. A person in quarantine has not been confirmed to have COVID-19. If the person in quarantine tests positive for COVID-19, a VDH Case Investigator will interview the person to identify any close contacts they may have. If you are determined to be a close contact, then the VDH contact tracers will reach out to you. If you are a close contact of someone in quarantine who has *not* tested positive for COVID-19, the Virginia Department of Health will not contact you.

**What should I do until the person in quarantine is tested? Can I go to class?**

You may continue to go to class and you may leave your residence hall or apartment. However, as it the case for all students, you must strictly comply with the University's health and safety protocols including the following:

- Wear a face covering in all University buildings and outside when you cannot maintain at least 6 feet of distance from others, including on walkways;
- Maintain 6 feet of distance from others to the greatest extent possible;
- Do not attend parties or other social gatherings;
- Continue to complete the University's Daily Symptom Checker; and
- Call the Student Health Center right away if you begin to experience any symptoms of COVID-19 at 804-289-8064. After hours and on weekends, call the After Hours Nurse Advice Service at 804-289-8064.

**What if I develop symptoms?**
Call the Student Health Center right away if you begin to experience any symptoms of COVID-19 at 804-289-8064. After hours and on weekends, call the After Hours Nurse Advice Service at 804-289-8064. 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:**
**https://www.vdh.virginia.gov/coronavirus/#COVID-19-resources**
**https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf**