



## **FAQ on Isolation and Quarantine for Faculty and Staff**

Oct. 5 2021

### **What should I do if I have symptoms that might be associated with COVID-19?**

If you think you are experiencing [symptoms of COVID-19](#), contact your health care provider for an evaluation and testing, and please do not report to work on campus. Please report your symptoms to the University's [COVID-19 Support Center](#).

Please do not return to work until you have been cleared by your health care provider or have a negative COVID-19 test.

If you test positive for COVID-19, you will need to isolate for 10 full days following the earliest day your symptoms began or the day of your positive test. If you no longer have symptoms, you may return to work on day 11.

### **Should I report symptoms that might be associated with COVID-19?**

Yes. You should report symptoms of COVID-19 to your health care provider and to the University's [COVID-19 Support Center](#).

### **I have symptoms of COVID-19, but tested negative with a home COVID-19 test. Can I return to work?**

If you are continuing to have symptoms of COVID-19, please consult with your health care provider before returning to work.

If you have taken a home COVID-19 test and are continuing to have symptoms, you should seek a PCR test from a local provider. If you test too soon after the onset of symptoms, your viral load may not be high enough for the test to detect the presence of the virus. If you have a PCR test, do not return to work until you get a negative result.

### **I have tested positive for COVID-19. How long do I need to stay out of work?**

If you have tested positive for COVID-19, you should isolate for 10 full days from the earliest day your symptoms began or the day you had a positive test. If you no longer have symptoms, you can return to work on day 11. You do not need a negative COVID-19 test to return to work after the isolation period.

### **I have been identified as a close contact of someone who has tested positive for COVID-19. Do I need to quarantine and for how long?**

The CDC and the Virginia Department of Health define a close contact as someone who was within 6 feet of person with COVID-19 for a cumulative 15 minutes over a 24-hour period during that person's infectious period. The infectious period begins 48 hours prior to the onset of symptoms or a positive test in the case of those who have no symptoms and ends when the person goes into isolation.

Please see [this decision tree](#) for information on quarantine requirements.

If you are fully vaccinated (2 weeks have passed since your last dose of vaccine) and have no symptoms, you are not required to quarantine. You must wear a mask on campus and in public spaces for 14 days or until you have a negative COVID test taken 3-5 days after your exposure. Please notify the [COVID-19 Support Center](#) that you are a close contact. If you have no symptoms, you will have the option to test at the University's on-campus testing clinic or at a community provider. Please notify the [COVID-19 Support Center](#) of the result of your COVID-19 test. If you are able to do so, you should work remotely until you receive a negative test. If you are not able to work remotely, you should use [COVID leave](#) for the time away from campus

If you are not fully vaccinated, you will need to quarantine for 14 days from the date of your exposure. It is recommended that you get tested 7-9 days post exposure, but you must remain in quarantine even if you have a negative test. Please notify the [COVID-19 Support Center](#) of your exposure and the result of any test.

### **I have been identified as a close contact of a positive case here on campus. Where can I get tested?**

If you are **not** experiencing symptoms, are fully vaccinated, and have been identified as a close contact of a student, faculty or staff member who has tested positive, the University's contact tracers will provide you with information on how to get tested at the University's on-campus testing clinic or at a community provider of your choice. If you are not fully vaccinated, you will need to quarantine for 14 days and the University's contact tracers will provide information on testing in the community.

If you **are** experiencing symptoms, the University's contact tracers will provide information on how to get tested at a community provider.

The University has partnered with BetterMed Urgent Care to provide a COVID-19 concierge [testing service](#) for all faculty and staff. Under this arrangement, University faculty and staff will need to schedule a telehealth visit with a BetterMed provider and, if the provider determines that a COVID-19 test is appropriate, faculty and staff may schedule a COVID-19 test at a conveniently located BetterMed facility within 24 hours after the telehealth visit.

To schedule an appointment, send an email to [Registration@BetterMedCare.com](mailto:Registration@BetterMedCare.com) with the following information:

- Company Name: University of Richmond
- Patient Name
- Patient Phone #
- Reason for visit
- Date of Birth

You will receive an automated confirmation response and a call from a BetterMed representative who will collect insurance information and set up your TeleCare appointment, which will include a medical evaluation and exam.

You may also obtain a home PCR test via Pixel. Self-initiated, FDA-approved, at-home specimen collection kits from Pixel by LabCorp are covered in full by the University.

To order the Pixel by LabCorp test kit, visit: [www.pixel.labcorp.com/at-home-test-kits/covid-19-test](http://www.pixel.labcorp.com/at-home-test-kits/covid-19-test).

1. **Complete** a screening
2. **Provide** your Cigna insurance information or health insurance/payment information if you do not have health insurance through the University.
3. **Receive** your specimen kit from LabCorp
4. **Collect** your own specimen following detail instructions.
5. **Return** the specimen to LabCorp using the provided materials.

Results are usually available 1-3 days after sample is received at lab. You must be 18 or older to participate in this testing option.

### **I believe that I was a close contact of a positive case here on campus, but have not been contacted by the University's contact tracers. What should I do?**

If you believe that you are a close contact of a positive case, please contact the University's [COVID-19 Support Center](#).

If you have been notified that a [student in your class is in isolation](#) pending a COVID-19 test, please know that the student in question has not tested positive for COVID-19, but is in isolation as a precaution, pending a test result. [Contact tracing](#) does not begin until there is a positive test result. More information about isolation and quarantine is available [here](#).

### **A student in my class has been placed in isolation. What happens next? Why haven't the contact tracers reached out to me?**

A student may be placed in isolation for the following reasons:

- The student may be exhibiting symptoms of COVID-19 but has not yet been tested. In this case, the student will remain in isolation pending the results of their COVID-19 test. Contact tracing will not begin until and unless the student tests positive.
- The student may have had a positive rapid antigen test and is awaiting the results of a follow-up PCR test. Contact tracing will begin at the time of the positive rapid antigen test if the student is symptomatic.
- The student has had a positive PCR test. Contact tracing will begin upon receipt of the positive PCR test, if it has not already begun.

This [flow diagram](#) provides information on the process for isolation and testing for students.

### **A student in my class was just released from isolation early, should I be concerned?**

No. A student may be placed in isolation if they are exhibiting symptoms that may be indicative of COVID-19 but have not yet been tested. The student will remain in isolation until they have a

negative test or complete the 10-day isolation period.

This [flow diagram](#) provides information on the process for isolation and testing for students.

**A student in my class has a confirmed case of COVID-19. Will the entire class be quarantined?**

No. If a student tests positive, the University's contact tracers will review the seating charts for that student's classes and will contact anyone who sat within six feet of the student, as they will meet the definition of a close contact. They will also contact the faculty member if it appears from the chart that the faculty member was within six feet of the student who tests positive.

The close contacts who are fully vaccinated are not required to quarantine, consistent with CDC and Virginia Department of Health guidance. They are required to wear a mask for 14 days or until they receive a negative COVID test taken 3-5 days post exposure. Unvaccinated close contacts are required to quarantine.

This [flow diagram](#) provides information on the quarantine process for students.

**A student in my class has a confirmed case of COVID-19. Can I get tested?**

Yes. Instructors in a class where a student has a confirmed case of COVID-19, have the option of being tested at the on-campus testing clinic even if they are not deemed to be a close contact. This testing is only available to those without symptoms and will be done 3-5 days after the instructor's last exposure to the student who tested positive. Instructors who wish to be tested must contact the [COVID-19 Support Center](#) to schedule that testing.

Instructors may also seek testing from a community provider.

**If a student comes to a class or an employee comes to my office with symptoms (coughing, runny nose) what guidance may I provide?**

If a student comes to your class with symptoms you may ask them to contact the Student Health Center and return to their room or apartment until they feel better. However, instructors may not request proof of a negative test or a physician's note clearing a student to return to class. Students may consult with the health care professionals in the Student Health Center about when to return to class. If an employee comes to your office or a meeting with symptoms, you may ask them to join the meeting remotely and/or return for an in-person meeting when they do not have symptoms.