



UNC Greensboro

SHIELD OUR SPARTANS

QUARANTINE VS. ISOLATION

Please self-report if you are identified as a close contact, develop symptoms, and/or test positive.

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)

- If you have been fully vaccinated and do not have symptoms, you do not need to quarantine
- Get tested 3-5 days after your exposure even if you don't have symptoms
- Wear a mask indoors in public for 14 days following exposure or until your test results are negative



• If you are not fully vaccinated, stay home until 10 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 for 10 days.

You should monitor for symptoms for the full 14 day incubation period and get tested if you develop them. If positive, you must then follow isolation guidelines.

If you complete the 10-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. In complex situations (e.g., if we suspect a cluster is developing), you may be told to quarantine for the full 14 day incubation period.

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.



Whether or not you have been vaccinated does not impact isolation instructions.



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.

As you approach the end of your isolation period, a representative from the UNCG Case Management Team will contact you regarding your return to campus work, class, and activities.