

Wingate University Health Center

COVID-19 Quarantine Instructions for Students and Employees

1. **What does it mean to self-quarantine?**

- You will be asked to self-quarantine for 14 days if you have been exposed to or have been in contact with someone who has symptoms of COVID-19 and is awaiting test results or who has tested positive for COVID-19.
- All students/employees arriving to campus from an international destination will NOT be required to self-quarantine for 14 days upon arrival per updates to the [CDC guidelines](#) on 8/10/20. The CDC recommends that anyone returning from travel to a high risk area stay at least 6 ft apart from others, wear a mask or face covering when around others, wash their hands often or use hand sanitizer, and watch for symptoms of Covid-19.
- Individuals who have been asked to self-quarantine will not be allowed to attend class/go to work; should not go to the McGee Center, Library or other University buildings; and should not participate in campus group activities; students ARE permitted to exercise alone outside while socially distancing from others.
- Residential students will be brought meals daily prepared by our Dining Service provider.
- For persons previously diagnosed with symptomatic COVID-19 who remain asymptomatic after recovery, retesting is not recommended within 3 months after the date of symptom onset for the initial COVID-19 infection. In addition, quarantine is not recommended in the event of being identified as a close contact with an infected person.

2. **Why am I being asked to self-quarantine?**

- If you have been notified that a close contact has tested positive, or has symptoms of COVID-19 and is currently awaiting test results

3. **When can I come out of self-quarantine?**

- You can come out of self-quarantine after 14 days as long as you remain symptom free OR
- After receiving a negative COVID-19 test (must self-quarantine at least 5-7 days before getting tested) AND

- If cleared by the Health Center or my personal medical provider

4. Where will I self-quarantine?

- Employees will self-quarantine at home
- Commuting students will self-quarantine at home
- Residential students will be notified of the self-quarantine location upon arrival (could be permanent room or an alternative space designated by the University)

5. What will I do about class/work while I'm required to self-quarantine?

- Employees must notify their supervisor and will be required to work from home, as able
- Students will not be allowed to attend in-person classes and will be required to participate via online classes
 - The Wingate University Health Center will notify faculty if a student needs to quarantine.

6. What should I do if I begin feeling sick (or am having symptoms) while I'm in self-quarantine?

- Someone from the Wingate University Health Center or designated representative will be communicating with you at least once daily via phone, text, or email.
- One of the nurse practitioners from the health center will provide any necessary care virtually or in-person, depending on any changes in symptoms. Should any of your symptoms worsen and it becomes inappropriate to continue your care through the Health Center, your care will be transferred to Atrium Health-Union in Monroe, or another local hospital in your community.