

Wingate University Health Center

Covid-19 Isolation Instructions for Commuters

1. **What does it mean to isolate?**

Isolation is used to separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected. People who are in isolation should stay home until it's safe for them to be around others.

2. **Why am I being asked to isolate?**

Because you:

- Have been diagnosed with COVID-19, or
- Are waiting for test results, or
- Have cough, fever, or shortness of breath, or other symptoms of COVID-19

3. **When can I come out of isolation?**

- a. **If you have symptoms AND are positive for Covid-19:** You should isolate at home or your permanent residence until you can answer “yes” to **ALL three** of the following questions:
  - i. Has it been at least 10 days since you first had symptoms?
  - ii. Has it been at least 24 hours with no fever without fever-reducing medication?
  - iii. Have your symptoms improved? (cough, shortness of breath, sore throat, etc...)
- b. **If you tested positive for COVID-19 but do not have symptoms:** You should isolate at home or your permanent residence until 10 days have passed since your positive test.

4. **Where should I isolate?**

You should isolate at home or your permanent residence. If you live with others, stay in a specific “sick room” or area away from other people or animals, including pets. Use a separate bathroom, if available.

5. **What will I do about classes during isolation?**

You will not be allowed to participate in any in-person classes or activities on campus during isolation. You will be required to attend classes virtually, as able. The Health Center will notify faculty.

6. **What should I do if I have any health concerns during isolation?**

Someone from the Wingate University Health Center 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

Revised: 7.13.2021

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. You can also receive care with your primary care provider if you choose to.