

Wingate University Health Center

COVID-19 Quarantine Instructions for Students and Employees

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

- You will be asked to quarantine for up to 14 days if you have been exposed to or have been in close contact with someone who has tested positive for COVID-19. You will have the option of completing a 10 day quarantine as long as you remain asymptomatic during that time. You will be required to be tested for Covid-19 on day 10; if you test negative you can leave quarantine. It will be recommended that you continue to monitor yourself for symptoms, social distance, and wear a mask until day 14. If you have been exposed to someone who is *awaiting results* of a COVID-19 test, you do not need to quarantine, but should use extra caution with regard to physical distancing, hand-washing, and mask-wearing, and avoid unnecessary contact with others. Continue to complete your daily symptom tracker, as usual.
- Individuals who have been asked to quarantine will not be allowed to attend in person classes or work, and should not go to the McGee Center, Library or other University buildings. Students ARE required to stay in their rooms during their quarantine.
- 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 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 10-14 days as long as you remain symptom free

- AND

- If cleared by the Health Center or my personal medical provider
- A negative Covid-19 test taken after 5-7 days of quarantine DOES NOT release you from quarantine.
- If you are completing the 10 day quarantine, you must remain asymptomatic and have a negative Covid-19 test result on day 10. It is recommended that you continue to monitor yourself for symptom development, social distance, and wear a mask around others until day 14.

4. **Where will I quarantine?**

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

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

- Employees must notify their supervisor and will be required to work from home, as able
 - A notification will also be sent to Human Resources (HR) when an employee is unable to attend work in person.
- Students will not be allowed to attend in-person classes and will be required to participate via online classes
 - Students should reach out to their professors if they need to access on-line only options
 - Notifications will be sent to instructors when a student is unable to attend in person classes.

6. **What should I do if I begin feeling sick (or am having symptoms) while I'm in 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.
- You should continue to complete your daily monitoring form while in quarantine, which will be reviewed by an RN or Nurse Practitioner at the Wingate Health Center.
- 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.

7. Recommendations for close contacts who have ongoing exposure to Covid-19:

- a. Close contacts who are unvaccinated or not fully vaccinated and have ongoing exposure to Covid-19 should:
 - i. Get tested immediately when identified as a close contact.
 - ii. Begin quarantine immediately and continue to quarantine throughout the isolation period of the person with Covid-19.
 - iii. Continue to quarantine for an additional 14 days starting the day AFTER the end of isolation for the person with Covid-19.
 - iv. Get tested again 5-7 days after the end of isolation of the infected household member.
 - v. Wear a mask when in contact with other people in the home until quarantine ends.
 - vi. Isolate immediately if they develop symptoms of Covid-19 or test positive.
- b. Close contacts with ongoing exposure who are fully vaccinated and have ongoing exposure to Covid-19 should:
 - i. Get tested 3-5 days after their FIRST exposure.
 - ii. Get tested again 3-5 days after the end of isolation for the person with Covid-19.
 - iii. Wear a mask when in contact with the person with Covid-19 throughout the infected person's isolation period.
 - iv. Wear a mask indoors in public until 14 days after the infected person's isolation period ends or until the fully vaccinated close contact receives their final test result.
 - v. Isolate immediately if they develop symptoms of Covid-19 or test positive.