

I Tested Positive for COVID, now what??

Current CDC/University guidelines are as follows:

- **If you are a residential student or commuter:** You will be asked to “stay home” (this can be in your residence hall or your home off campus) and away from others until your symptoms meet the following conditions for 24 hours:
 - 1. Symptoms are improving and you’re feeling better
 - 2. You are fever free AND off of fever reducers (tylenol, ibuprofen, etc).
- The University will no longer be offering COVID isolation housing.
- Please reach out to your professors and make arrangements for any missed classes and assignments. If you are seen in the Health Center, your professors will be contacted to be made aware that you will not be in class (in-person) until you have met the conditions above.
- Please note that if you are not seen at the Health Center for illness we can not provide documentation for missed classes due to illness.
- The CDC has dropped the mandatory **5 day isolation** requirement in favor of the “Stay home and away from others” guideline. Again, you need to have symptoms of your illness improving AND be fever free (off of fever reducers) for at least 24 hours prior to returning to in-person classes and activities.
- If you return to in person activities and classes and **then develop a fever**, you will have to stay home and away from others until your symptoms are improving and you are fever free for at least 24 hours.
- It will be required for students who are ill/sick to **wear a mask** while in the dining hall and take their food to go until they are feeling better and are fever free for at least 24 hours.
- The Health Center is no longer completing contact tracing. It will be up to you to inform anyone who has had a close contact with you while you are ill/sick. A close contact exposure is defined as someone you have been in contact with within 6 feet or less for a total of 15 minutes or more in a 24 -hours period. Having a mask on during this exposure does not exempt/exclude you from being a close contact).
- You can reach the Health Center **Monday-Friday from 8am-4 pm at (704) 233-8102** or at health.center@wingate.edu for more information.
- **If you develop any shortness of breath, difficulty breathing or any other concerning symptoms please seek IMMEDIATE medical attention. If after hours, please go to the ER or Urgent care and notify the Health Center during regular hours.**

- If you have tested **POSITIVE** for COVID but have no symptoms (no sore/scratchy throat, fever, etc...) you will need to isolate for 48-72 hours OR visit at the Health Center to determine the correct course of action for each individual.

All students should understand that being part of a campus community/residential setting places individuals at risk for exposure to communicable diseases such as: Influenza (Flu), COVID 19, Respiratory Syncytial Virus (RSV) and multiple other Respiratory viruses.