

COVID-19 Next Steps: College Students



Diagnosed with COVID-19?

After being **diagnosed with COVID-19**, even if you don't have symptoms, you will need to **separate yourself from other people you live with**, also called "isolation," and self-monitor until you are no longer able to spread COVID-19 to others.

When is my isolation period over?



You have been fever free without fever-reducing medications for at least 24 hours

AND



Your other symptoms have improved for at least 24 hours.

AND



At least **10 days have passed since you first had symptoms** (or **10 days have passed since you were tested**).

Close Contact of Someone with COVID-19?

You are a "**close contact**" if **ANY** of the following situations happened while you spent time with the person with COVID-19 (**even if they didn't have symptoms**):

- Had direct physical contact with the person (hug, kiss, handshake).
- Were within 6 feet of the person for more than 15 minutes.
- Had contact with the person's respiratory secretions (coughed or sneezed on, contact with dirty tissue, sharing a drinking glass, food or towels or other personal items).
- Stayed overnight for at least one night in a household with the person.



It is important to **self-quarantine and self-monitor for 14 days after you last had contact with the person with COVID-19**. While a 14-day quarantine remains the safest option, there is additional guidance to shorten quarantine further.

If you have been fully vaccinated against COVID-19 and were in close contact with someone with COVID-19, you do not have to quarantine if you meet ALL of the following criteria:

- Your exposure to someone with COVID-19 happened at least two weeks after receiving the last dose of your vaccine series; and
- You have not had any symptoms of COVID-19 since your last close contact.

Continue to monitor for symptoms for 14 days after your last close contact. If you develop any symptoms of COVID-19, isolate from others, contact your health care provider, and get tested.

Visit www.dhs.wisconsin.gov/covid-19/close-contacts.htm to learn more.



REMEMBER: Someone who is sick with COVID-19 can spread it two days before they show any symptoms. Not everyone with COVID-19 will have symptoms, but they may still spread it to others.

See next side.

Do Not Leave Your College Residence to Isolate and Quarantine

College students who are diagnosed with COVID-19, have symptoms of COVID-19, or were exposed to someone with COVID-19, should **isolate and quarantine at their college residence or other approved facility**.



- Students who travel away from their college residence to isolate or quarantine risk bringing COVID-19 to their family and others in the community.
- If you must travel home, **consider transportation and who you might be traveling with**. Riding in the same vehicle with or without masks on is considered an instance of close contact.
- Individuals diagnosed with COVID-19 or who have been exposed, can't use public transportation (bus, train, airplane, ride-share).

Complete Isolation and Quarantine Safely

- Postpone all nonessential medical appointments until your isolation or quarantine period ends.
- Wash hands often and practice good hygiene. **Disinfect and clean** areas of your home frequently.
- Cover your mouth and nose with a tissue **when you cough or sneeze**.
- **Wear a cloth face covering** when you must be around others.
- Do not share personal items.
- Stay home.
- Separate yourself from others you live with and **avoid shared spaces**, if possible.
- Do not travel or use public transportation.

Self Monitor for Symptoms of COVID-19

If you are a close contact:

- Measure your temperature twice a day. If you don't have a thermometer, watch for symptoms of fever like chills, sweats, or feeling hot.
- If you develop cough, difficulty breathing, or any other **symptoms of COVID-19**, contact your doctor for medical care and testing.

If you have been diagnosed with COVID-19:

- Watch to see if your symptoms get worse.
- Get medical care if they get worse or if you have **emergency warning signs**.
- If you were diagnosed but **never felt sick**, watch for any symptoms of COVID-19 during your isolation period.

Living with Someone who has COVID-19

Those living with someone who is diagnosed or has symptoms of COVID-19 are considered close contacts that will **need to quarantine**. Those living in the same home as someone diagnosed with COVID-19:

- Can't attend school or child care and can't work outside of the home.
- Should stay home as much as possible. Leave for essential trips only.
- Should monitor themselves and other household members for **symptoms**.

All household members of someone who was exposed to COVID-19 should take precautions and be prepared to quarantine if the person develops symptoms or tests positive.

