

# HAMPTON UNIVERSITY STUDENT QUARANTINE & ISOLATION PROTOCOL

## QUARANTINE

Anyone who has been exposed to a person who tested positive for COVID-19 must quarantine for 5 days regardless of vaccination status. An exposure is someone who has been within 6 feet of someone who has tested positive for COVID-19

## ISOLATION

Anyone who tests positive for COVID-19 must isolate for 10 days regardless of vaccination status.

The Religious Studies Center (RSC) on Mallory Street is the designated quarantine/isolation residence hall for on campus students who test positive for COVID-19 or for those who have been exposed to someone who has tested positive.

Students should have a "go bag" prepared in the event that they are exposed to COVID-19 and need to quarantine or isolate at the RSC

### Items to include:

- Cell phone charger
- Academic Materials (i.e. books, notebooks, laptops & charger cords, calculators, etc.)
- Insurance card & ID Cards (Passports for international students)
- List of important peoples' phone numbers written out, and a list of allergies
- Seven or more complete changes of comfy clothes (i.e. sweats, PJ pants, T-shirts, fuzzy socks, etc.)
- Fleece throw
- Distraction Items (books, artwork, puzzles, etc.)
- Toiletries (body Lotion, feminine hygiene products, toothbrush, toothpaste, shampoo, hair brush, hair ties, etc.)
- Towels & Wash Cloths
- Medicinal Products (Cough drops, Vicks Vap-O Rub, Thermometer, Prescribed Medication)
- Tissue
- Snacks
- Laundry Detergent
- Multiple Face Coverings

### What to expect while in quarantine/isolation:

All meals will be prepared and delivered to the RSC. The Dean of Students will notify instructors that a student will be absent from class for a defined period of time. Students should complete their full isolation or quarantine period at the RSC.

### Those in quarantine/isolation will be contacted by a nurse to:

- Provide guidance
- Determine any change in symptoms
- Answer questions

### Returning to campus from isolation and quarantine

- Students in *quarantine* will need 1 negative COVID-19 test from the Health Center 3-5 days after exposure.
- Students in *isolation* will need 2 negative COVID-19 tests from the Health Center taken 24 hours apart.
- The Health Center will provide a clearance letter so that students may return to campus and to class.

This Information is in accordance with recommendations from the Centers for Disease Control and Prevention, the Virginia Department of Health, the Virginia Department of Education, and the University's Infectious Disease Policy