If you have tested positive for COVID-19, please stay isolated in your room for at least 5 days and isolate from others as much as possible. You are likely most infectious during these first 5 days. Today is day 0.

- Please Wear a high-quality mask that is well fitted if you are around others
- Do not go places where you are unable to wear a mask, like to a restaurant or McClurg.
- You can request sick meals from McClurg here
- Do not travel.
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation in your room or at home, if possible.
- Don’t share personal household items, like cups, towels, and utensils.
- Monitor your symptoms. If you have an emergency warning sign (like trouble breathing), seek emergency medical care immediately by calling 911.
- Learn more about what to do if you have COVID-19.
- Call UHS to talk with a provider if you need ongoing care (931)598-1270 or message your provider through your patient portal at wellnessweb@sewanee.edu

If you had no symptoms You may end isolation after day 5. If you had symptoms

You may end isolation after day 5 if:

- You are fever-free for 24 hours (without the use of fever-reducing medication)
- Your symptoms are improving

If you still have fever or your other symptoms have not improved, continue to isolate until you improve. Call UHS to talk to a nurse @931-598-1270.

After you have ended isolation, when you are feeling better (no fever without the use of fever-reducing medications and symptoms improving),

- Wear your well fitted mask through day 10