

March 28, 2020

Isolation Protocol: Student Health Service and Residence Life and Housing

Individuals who have traveled from an area where COVID-19 is spreading widely in the community and individuals who have been in close contact with a person with COVID-19 (close contact means within six feet for at least 10 minutes¹) should self-isolate for 14 days after returning from travel or after having close contact with an infected individual. Guidance for this self-isolation can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>. The guidance is the same for individuals who have been exposed to COVID-19 by travel or by a known close contact.

Individuals who have been permitted to remain on campus in residence halls and have been identified as having exposure to COVID-19 either by travel or by close contact are monitored in the following ways:

1. Instructions are provided by the Student Health Service and Residence Life and Housing on how to follow the guidelines from the CDC mentioned above.
2. There is daily telephone contact by Student Health Service personnel for the 14-day period following the last exposure.
3. This contact includes questions about symptoms (fever, cough, shortness of breath, and other common respiratory symptoms), instructions on how to maintain “self-isolation,” and questions concerning any extra support the individual may need to maintain self-isolation.
4. If the student develops symptoms consistent with COVID-19, they are scheduled for an appointment with the Student Health Service.
5. If the evaluation is consistent with COVID-19, the individual is placed on “isolation” (see below).
6. If no symptoms develop during this 14-day period, the on-campus student is released from self-isolation but reminded that during this time of community spread of COVID-19 in North Carolina, all individuals should practice social distancing (avoid public places, avoid close contact with anyone, and watch for symptoms of COVID-19²).

Individuals who have been identified as having COVID-19 should isolate themselves from others. Guidance from the CDC for this isolation can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Individuals who have been permitted to remain on campus in residence halls and have been identified as having COVID-19 are supported in the following ways:

¹ See: <https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina/exposure>

² See: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

1. Immediately they are told to isolate themselves from other individuals.
2. If available, the student is moved to a private room with a private bath further limiting contact with others. This move is managed by the Student Health Service and Residence Life and Housing in such a way to minimize any contact by the infected student to others on campus.
3. Arrangements are made for food delivery and delivery of other necessary supplies during the time of isolation.
4. There is daily telephone contact by Student Health Service personnel for the time of isolation.
5. This contact includes questions about symptoms (fever, cough, shortness of breath, and other common respiratory symptoms), change in symptoms (especially worsening symptoms that may indicate the need for further medical evaluations and care), instructions on how to maintain isolation, and questions concerning any extra support the individual may need to maintain isolation.
6. **Individuals can return to normal activities (released from isolation) when they can answer YES to all the following questions³:**
 - **Has it been at least 7 days since you first had symptoms?**
 - **Have you been without fever for three days (72 hours) without any medicine for fever?**
 - **Are your other symptoms improved?**
7. If released from isolation, the individual is reminded that during this time of community spread of COVID-19 in North Carolina, all individuals should practice social distancing (avoid public places, avoid close contact with anyone, and watch for symptoms of COVID-19⁴).

Individuals on self-isolation and isolation are encouraged to remain in their rooms as much as possible. They may be permitted to go outside if they maintain the requirements of the isolation (no close contact with anyone and wearing a mask if there is a potential of close contact with another person). The other measures in place on campus (drastic reduction in the numbers of students on campus, classes being held remotely, every student living in a single room, the closing of all indoor public gathering places, and reminders of social distancing at the cafeteria) are helpful community measures that further protect the safety of the campus.

Areas in which an infected individual has resided are cleaned and disinfected by protocols recommended by the CDC, EPA, and Wake Forest University Environmental Health and Safety.

³ See: <https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina/exposure>. See also: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

⁴ See: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>