Isolation and quarantine are key public health tools to prevent the spread of COVID-19 among the campus community. Since there is typically little time to prepare for isolation or quarantine when instructed, the university has developed this planning guide to help individuals anticipate what they may need if they must isolate or quarantine.

**Isolation** is for individuals who have tested positive for COVID-19 and are considered infectious. You must remain in isolation until the Public Health Promotion Center (PHPC) releases you; in accordance with [CDC guidelines](https://www.cdc.gov/coronavirus/2019-ncov/index.html). If you have question about your release date please contact the Public Health Nurses at (413)577-8888 between the hours of 9 AM and 6 PM.

- On-campus isolation space is extremely limited and will be made available to residential students in extenuating circumstances. If positive cases quickly escalate and exhaust our supply of isolation rooms, alternative isolation guidance may be issued.
- Please be aware that the one campus isolation spaces are double occupancy and you may be assigned roommate(s).
- Off campus options may include: permanent residence, nearby friends/family, motel, etc.
  - The best location is one in which you can separate as much as possible from others. This guide identifies strategies for isolating around others, while being mindful of everyone’s safety.

**Quarantine** is for individuals who have been exposed to a COVID-19 infected individual and are considered a close contact, as defined as being within 6 feet of an infectious individual for 15 minutes or more within a 24 hour period. You must remain in quarantine until the PHPC releases you in accordance with [CDC guidelines](https://www.cdc.gov/coronavirus/2019-ncov/index.html).

- Quarantine housing is not available on campus.
  - For residential students, we highly recommend you quarantine in an off-campus location, however if that is not available you may quarantine in your residence hall.
- The best location is one in which you can separate as much as possible from others. This guide identifies strategies for quarantining around others, while being mindful of everyone’s safety.

The UMass Amherst Public Health Promotion Center team of contact tracers will discuss isolation and quarantine options for on-campus students during the initial interview process. Staff is also available to assist students during this process. Please email us at [quarantine@umass.edu](mailto:quarantine@umass.edu) with questions and our team will contact you.
### QUARANTINE PROTOCOL, per CDC guidelines

#### Calculating Quarantine
The date of your exposure is considered **day 0**. Day 1 is the first full day after your last contact with a person who has COVID-19. Stay home and away from other people for at least **5 days**.

<table>
<thead>
<tr>
<th>IF YOU Were exposed to COVID-19 and are <strong>NOT up-to-date</strong> on COVID-19 vaccinations including your booster</th>
<th>Quarantine, Days 0 - 5</th>
<th>After Quarantine, starting Day 6</th>
<th>Take precautions until Day 10</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stay home</strong> and separate from others for at least <strong>5 full days</strong>. You cannot go to class, work or other public activities. Wear a well-fitted mask if you must be around others in your home. <em>See below for more information about quarantining in residence hall or Greek house.</em></td>
<td><strong>Stay home</strong> and separate from others for at least <strong>5 full days</strong>. You cannot go to class, work, or outside activities as long as you continue to wear a mask. <strong>Watch for symptoms</strong> until 10 days after you last had close contact with someone with COVID-19, including fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms. <strong>Avoid travel</strong> It is best to avoid travel until a full 10 days after you last had close contact with someone with COVID-19. <strong>If you develop symptoms</strong>, isolate immediately and get tested. Continue to stay home until you know your results. Wear a well-fitted mask around others.</td>
<td><strong>Do not travel.</strong></td>
<td><strong>Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</strong></td>
</tr>
<tr>
<td>Get tested – even if you don’t have symptoms, get tested at least 5 days after you had last known close contact with someone with COVID-19.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **IF YOU** Were exposed to COVID-19 and are **up-to-date** on COVID-19 vaccinations | **No quarantine or restriction on activities.** You do not need to stay home unless you develop symptoms. Get tested – even if you don’t have symptoms, get tested at least 5 days after you had last known close contact with someone with COVID-19. | **Watch for symptoms** until 10 days after you last had close contact with someone with COVID-19, including fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms. **If you develop symptoms**, isolate immediately and get tested. Continue to stay home until you know your results. Wear a well-fitted mask around others. | **Take precautions until day 10** |
| **Wear a mask** | **Wear a mask** | | **Wear a mask** |
| **Avoid being around people who are at high risk** |

| **IF YOU** Were exposed to COVID-19 and had confirmed COVID-19 within the last 90 days (you tested positive using a **viral test** | **No quarantine.** You do not need to stay home unless you develop COVID-19 symptoms. | **Watch for symptoms** until 10 days after you last had close contact with someone with COVID-19, including fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms. **If you develop symptoms**, isolate immediately and get tested. Continue to stay home until you know your results. Wear a well-fitted mask around others. | **Take precautions if traveling** |
| **Avoid being around people who are at high risk** | | | **Avoid being around people who are at high risk** |
HOW TO QUARANTINE IN RESIDENTIAL HALLS & GREEK HOUSES

- We strongly urge you to use a high-grade mask, such as KN95, KF94, or N95.
  - Cloth masks should be used only when double masking with a close-fitting surgical mask underneath.
- You must remain in your room for the duration of your quarantine, visitors are not permitted to be signed in
- Testing should occur after at least 5 days of quarantine
- If you are unable to have someone drop off food to your room, you are encouraged to get meals via Grab N’ Go
- Wear a well-fitting mask when using the bathroom and picking up meals at Grab N’ Go.
  - You should disinfect surfaces touched after each bathroom use to avoid continuous exposure
- Wash your hands often with soap and water for at least 20 seconds
- Do not share personal household items, like cups, towels, and utensils

HOW TO QUARANTINE AT HOME and around others.

- We strongly urge you to use a high-grade mask, such as KN95, KF94, or N95, or double mask.
  - Cloth masks should be used only when double masking with a close-fitting surgical mask underneath.
- Stay in a separate room and avoid contact with other household members and pets, if possible
- If you are unable to use a separate bathroom from family/housemates, you should clean your bathroom after each use to avoid continuous exposure
- Wash your hands often with soap and water for at least 20 seconds
- Do not share personal household items, like cups, towels, and utensils
- Stay away from others, and wear a mask when you must be near others
- If possible, maintain 6 feet between yourself and the positive individual
- Open windows and use fans to ventilate air from rooms or vehicles you are in

EXPECTATIONS

- If you become symptomatic, you must complete a test immediately
  - If you are near campus you can schedule a symptomatic testing appointment with University Health Services using the following methods:
    - By submitting a Minute Nurse Triage form which is found on the Patient Portal
    - If you do not have internet or Patient Portal access, call (413) 577-5229
  - If you go to an off-campus clinic for a test - please upload the rest result to testing@umass.edu
- Monitor your health and take your temperature twice a day
- Complete the daily PHPC wellness checks by reporting your temperature and symptoms
- Do not attend class or come to campus for any reason for the duration of your quarantine
- Do not attend on or off campus university events or activities
- You are welcome to go outside for fresh air but limit it to your residence
- View UMass Amherst resources here
## ISOLATION PROTOCOL, per [CDC guidelines](https://www.cdc.gov/coronavirus/2019-ncov/index.html)

### Calculating Isolation

Day 0 is your first day of symptoms or a positive viral test. **Day 1 is the first full day after your symptoms developed or your test specimen was collected.** If you have COVID-19 or have symptoms, isolate for at least 5 days.

<table>
<thead>
<tr>
<th>IF YOU Tested positive for COVID-19 or have symptoms, regardless of vaccination status</th>
<th>Stay home and isolate for Day 0 – Day 5.</th>
<th>Endling isolation if you had symptoms. End isolation on Day 6 if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms have substantially improved.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Wear a well-fitted mask if you must be around others in your home.</td>
<td>End isolation if you did NOT have symptoms. End on Day 6 after your positive test.</td>
</tr>
<tr>
<td>Do not travel.</td>
<td></td>
<td>If you were severely ill with COVID-19 or are immunocompromised You should isolate for at least 10 days. Consult your doctor before ending isolation.</td>
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<tr>
<td></td>
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<td>Take precautions until Day 10</td>
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<tr>
<td></td>
<td></td>
<td>Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</td>
</tr>
<tr>
<td></td>
<td>Do not travel</td>
<td>Do not travel until a full 10 days after your symptoms started or the date your positive test was taken if you had no symptoms.</td>
</tr>
<tr>
<td></td>
<td>Avoid being around people who are at high risk</td>
<td></td>
</tr>
</tbody>
</table>

### HOW TO ISOLATE AT HOME AND WITH OTHERS

- Monitor your symptoms, if needed contact University Health Services for an appointment by submitting a Minute Nurse Triage form which is found on the Patient Portal.
- Seek emergency medical care immediately if you experience emergency warning signs.
- Stay in a separate room and avoid contact with other household members and pets, if possible
  - If you are unable to use a separate bathroom from family/housemates, you should clean your bathroom after each use to avoid continuous exposure
- Wash your hands often with soap and water for at least 20 seconds
- Do not share personal household items, like cups, towels, and utensils
- Stay away from others, and wear a mask when you have to be near others
- If possible, maintain 6 feet between the person who is sick and other household members
- Open windows and use fans to ventilate air from rooms or vehicles you are in

### EXPECTATIONS

- Monitor your health and take your temperature twice a day
- Complete the daily PHPC wellness checks by reporting your temperature and symptoms
- Do not attend class or come to campus for any reason for the duration of your isolation.
  - Students should work with their professors on missed class activities and academic accommodations.
- Do not attend on or off campus university events or activities
- You are welcome to go outside for fresh air but limit it to your residence
- View UMass Amherst resources [here](https://www.umass.edu/coronavirus)