



I WILL:

- Monitor for the symptoms of COVID-19. A list of symptoms can be found on the COVID Assessment Worksheet at <https://umo.edu/health-and-wellness/>.
- Remain at my residence and call UMO Student Health Services at 919-658-7888 or my primary health care provider, with any COVID-19 symptoms. DO NOT present in person to UMO Student Health Services. I must call first to receive further screening and instructions by phone.
- **Notify UMO Student Health Services if I am experiencing symptoms of COVID-19 and/or if I am tested for COVID-19**, and understand I will be required to self-isolate and identify direct and close contacts as directed.
 - Self-Isolation may be discontinued upon proof of a negative COVID-19 test **OR** after 10 days if symptoms are improved **AND** no fever for 24 hours without fever reducing medication after a positive COVID-19 test.
 - Depending on space limitations you may have to isolate with another person positive for COVID-19.
 - It is recommended that students go home, if possible, during self-isolation.
 - Clearance from UMO Student Health Services will be required to discontinue self-isolation.
- Quarantine as directed if I am identified as a direct or close contact of someone experiencing symptoms of COVID-19 and/or tests positive for COVID-19, even if I am not experiencing any symptoms of COVID-19 myself. I understand I will automatically be required to quarantine if I am the roommate of the person experiencing symptoms of COVID-19 and/or being tested for COVID-19.
 - I must quarantine at least 7 days after being exposed to COVID-19. I must complete at least 7 days of quarantine, be symptom free, and have a negative COVID-19 test to be released.
 - If I am identified as a close contact of someone testing positive for COVID-19, a COVID test is required 5-7 days after exposure. I must complete the 7 day quarantine even if I have a negative COVID test.
 - If I am exposed again during quarantine, my quarantine clock starts over and I must have another COVID-19 test no sooner than 5 days after second

exposure to the COVID-19 positive person and be asymptomatic to qualify for the reduced 7 day quarantine period.

- Depending on space limitations I may have to isolate with others individuals in quarantine.
- It is recommended the student go home, if possible, during quarantine.
- A COVID-19 test is required for anyone identified as a direct contact.
- Clearance from UMO Student Health Services will be required to discontinue quarantine.