

UNL COVID-19 ISOLATION GUIDANCE



Updated July 2022

WEAR A MASK FOR 10 DAYS

Cover your mouth and nose — even when at home — to protect people you encounter.



WASH YOUR HANDS

Use soap and water for 20 seconds every time you wash them.

CLEAN ALL "HIGH TOUCH" SURFACES

Wipe down and sanitize shared spaces often.

ISOLATE FOR 5 FULL DAYS

Start counting your isolation timeline on the day after your positive test.

If you are asymptomatic but develop symptoms during your 10-day isolation timeline, you must restart the count. Your new Day Zero is the first day symptoms begin.

WHAT TO DO: STAY HOME, MASK AND MONITOR

ISOLATION TIMELINE

DAY ZERO Date of your positive test or onset of symptoms.

DAY 1 First full-day after your positive test or symptoms onset.

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 5

NO FEVER

If fever-free (under 100.4°F) for 24 hours without meds, and other symptoms are improving, then you can stop isolation on Day 6. You must wear a mask through at least Day 10 whenever you are around others.

DAY 5

WITH FEVER

If you have a fever (over 100.4°F), continue to isolate until the fever is gone and symptoms are improving. You must continue to wear a mask through at least Day 10 whenever you are around others.

DAY 10

NO FEVER OR SYMPTOMS

Final day of isolation.

DAY 10

WITH FEVER OR SYMPTOMS

Keep isolating and masking until fever is gone and symptoms improve.



Thank you for protecting the health of all members of our campus community.

WANT TO KNOW MORE?

Learn about the university's COVID-19 isolation protocols at go.unl.edu/isolationinfo.