UNL COVID-19 ISOLATION GUIDANCE

Updated July 2022

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 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 6**

**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.

WANT TO KNOW MORE?

Learn about the university’s COVID-19 isolation protocols at [go.unl.edu/isolationinfo](http://go.unl.edu/isolationinfo).

Information provided by the Centers for Disease Control and Lincoln-Lancaster County Health Department.

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.

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