

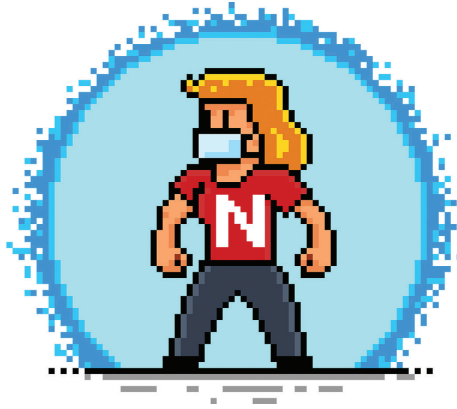
# UNL COVID-19 ISOLATION GUIDANCE



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](https://go.unl.edu/isolationinfo).