

UNL COVID-19 ISOLATION GUIDANCE



Spring 2022

FREE ISOLATION HOUSING AVAILABLE

Students can access free isolation housing at 402-472-1717.

If you isolate at an off-campus residence, designate one bathroom for yourself if possible.

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.

DO YOU LIVE IN A RESIDENCE HALL OR GREEK HOUSE?

If you reside in a congregate setting (residence hall, fraternity or sorority), you must isolate from those you live with through Day 10. You can only leave for work/class if fever-free on Day 6.

WHAT TO DO: STAY HOME, MASK AND MONITOR

ISOLATION TIMELINE

DAY ZERO Date of your positive test.

DAY 1 First full-day after your positive test.

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.

WANT TO KNOW MORE?

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

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

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

