

## **Guidance for GW Foggy Bottom Students Who May Have Been Exposed to COVID-19**

### **Introduction**

You have been identified as someone who may have been exposed to COVID-19, and you must now self-quarantine immediately and take the following actions. Self-quarantine means staying home, monitoring your health, and maintaining social distancing (at least 6 feet) from others at all times. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

There are several important steps you must take now. Details of each step are described below:

1. Begin self-quarantine.
2. Notify your professors/supervisors you are sick and will not be reporting to in-person class/work. You do not need to tell them if your COVID-19 test was positive.
3. Contact the Colonial Health Center (CHC).
4. Monitor symptoms and seek medical care immediately for any serious symptoms such as shortness of breath, chest discomfort or feeling faint.
5. Schedule a COVID-19 test five days from your last exposure to a positive COVID-19 case.
6. End your quarantine.

### **Step 1: Begin to Self-Quarantine**

While you are in quarantine, a hold will be placed on your GWorld card restricting your access to campus spaces other than your residence hall if you live on campus. Quarantine is used to keep someone who might have been exposed to COVID-19 away from others and helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. We recommend that you maintain quarantine for 14 days as the safest course of action, self-monitor your symptoms, and consult with a health care provider if any symptoms develop.

Steps to Quarantine:

- You will need to quarantine in your residence hall or home and monitor yourself for symptoms. Regardless of your test results, the safest course of action is to remain in self-quarantine for 14 days, unless a provider clears you to return to campus (see *Ending Quarantine* below for more details).
- For students who live with other people, stay in a specific room and away from other people and use a separate bathroom if available. Restrict contact with pets and other animals while you are sick. More guidelines for quarantining in your home or residence hall when you live with others can be found here: [Living in Shared Housing](#).
- Avoid contact with others and prohibit visitors who do not have an essential need to be in your home.
- Wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets, and before you enter a health care provider's office. If you are short of breath when wearing a mask, then people who live with you should wear a face covering if they are in the same room as you.
- Clean your hands often: Wash with soap and water for at least 20 seconds, or (less preferable) use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Wash hands especially after blowing your nose, coughing or sneezing; going to the bathroom; and before eating or preparing food.
- Cover your coughs and sneezes. Throw used tissues in a lined trash can and clean your hands immediately.
- Clean and disinfect your space, especially any shared areas such as bathrooms and kitchens. More details can be found here: [Cleaning And Disinfecting Your Home](#).
- For additional quarantine guidance, please see [the CDC's Quarantine Instructions](#).

### **Step 2: Notify your Professors and/or Supervisors**

As you would for any illness which would keep you out of school/work, you should notify your professors/supervisors that you are sick and will not be reporting to in-person class/work. You do not need to tell them about your COVID-19 status. The Division for Student Affairs and the GW CARE teams have created a Student Support Team tasked with the support and response to students in quarantine. The team will support students living on campus, living off campus, or completing their semester virtually from home or any other location.

### **Step 3: Contact the Colonial Health Center (CHC)**

CHC can be reached by calling 202-994-5300. CHC will remotely monitor your progress, provide quarantine guidance and determine when the quarantine period has concluded. When you call, they will do a screening for any symptoms you may have that could be from COVID-19. They can provide medical care for you by tele-health if needed and provide any follow up care or testing recommended by their providers.

### **Step 4: Monitor Your Symptoms**

CHC will give you instructions on how to care for yourself at home. They will also review instructions on when to seek medical care immediately. Symptoms of COVID-19 may include the following: fever (subjective or 100.4 degrees Fahrenheit), chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea or otherwise feeling unwell.

- If you experience any of the following warning signs, contact the Colonial Health Center at 202-994-5300 and seek immediate medical care: difficulty breathing, shortness of breath, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or bluish lips or face.

Treat your Symptoms:

- There is no known cure for COVID-19 infection. Treatment is supportive.
- Hydrate well.
- Control your fever. Use acetaminophen (e.g., Tylenol) if possible. Try not to use Advil, Motrin, Ibuprofen or Aleve.
- Rest. Stay well nourished.

### **Step 5: Schedule a COVID-19 Test**

You will need to schedule a test for COVID-19 at <https://mychc.gwu.edu> for five days from your last exposure to a positive COVID case. However, if you develop symptoms, do not wait the five days and schedule a test for COVID-19 at <https://mychc.gwu.edu>.

Based on the results of your CHC consultation and COVID-19 test result, one of the following will occur:

1. If your test result is positive for COVID-19, then you have been infected with the virus that causes COVID-19. You will then immediately begin self-isolation, per [DC Health's Isolation Guidelines](#). The GW Campus COVID-19 Support Team (CCST) will contact you to discuss your positive result, to facilitate communication with the GW CARE team, and to coordinate your clinical care with CHC.
2. If your test result is negative for COVID-19, see Step 6 for Ending Quarantine.

### **Step 6: Ending Quarantine**

We recommend that you maintain quarantine for 14 days as the safest course of action. However, based on updated guidance from the Centers for Disease Control and Prevention (CDC) ending quarantine after seven days (on day eight) after exposure may be acceptable if:

- You have a negative COVID-19 test taken at least five days after possible exposure to COVID-19  
AND
- You do not develop symptoms of COVID-19 at any point during quarantine  
AND
- You continue to self-monitor for symptoms until 14 days after the last exposure.

If you do not get a COVID-19 test you will remain in quarantine for 10 days and may end quarantine if:

- You do not develop symptoms of COVID-19 at any point during quarantine  
AND
- You continue to self-monitor for symptoms until 14 days after the last exposure.

Your time in quarantine can only end with a notification from CHC. You may not take yourself out of quarantine.

### **Supporting You in Quarantine:**

The Division for Student Affairs has created a Student Support Team tasked with the support and response to students who either test positive for COVID-19 or are identified as an individual who was in close contact with someone who tests

positive for COVID-19. The team will support students living on campus, living off campus, or completing their semester virtually from home or any other location.

- The Colonial Health Center:
  - o Telehealth services are available via phone and Zoom video with CHC providers including:
    - Counseling and psychological services
    - Medical services
    - Psychiatry services
- The GW CARE Team will reach out to you to provide support with basic needs such as food, essential items and financial assistance.
- While in quarantine, if you live on campus, you will have full access to the wireless internet in your accommodations, so you will be able to attend classes remotely and participate in virtual student activities.

#### **Contact Information:**

- Colonial Health Center: 202-994-5300
- Medical Emergencies:
  - o On campus, GW Police: 202-994-6111
  - o Off campus, DC Police: 911
- GW CARE Team: 202-994-6555 or [gwcares@gwu.edu](mailto:gwcares@gwu.edu)
- Campus COVID-19 Support Team: [ccst@gwu.edu](mailto:ccst@gwu.edu)

#### **Additional Resources:**

- If medications are needed there are pharmacies located near the Foggy Bottom and Mt Vernon Campus.
  - o Foggy Bottom: The CVS at 2000 Pennsylvania Avenue - 202-296-0329
  - o Mount Vernon: The CVS at 4859 MacArthur Boulevard - 202-965-6548
  - o You may request medications from any pharmacy, and some may provide delivery service.
  - o For more information, please see [CVS same-day delivery](#).
- Food:
  - o If you live on campus: [Whole Foods Foggy Bottom](#), GrubHub, Uber Eats and Safeway offer grocery delivery services if you are in quarantine.
  - o If you live off campus: [Whole Foods Foggy Bottom](#), GrubHub, Uber Eats and Safeway offer grocery delivery services

#### **Frequently Asked Questions**

1. **What is quarantine?** Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.
2. **How is quarantine different from isolation?** While “quarantine” and “isolation” are often used interchangeably, they mean different things. “Quarantine” is used when a person has potentially been exposed to an illness and needs to separate from other people to see if they develop symptoms and become sick. “Isolation” is used when someone has symptoms or is confirmed to have an illness. See [Quarantine vs. Isolation](#).
3. **What counts as a close contact?**
  - o You were within 6 feet of someone who has COVID-19 for at least 15 or more minutes.
  - o You provided care at the home/workplace of someone who has COVID-19.
  - o You had direct physical contact with the person (hugged or kissed them).
  - o You shared eating or drinking utensils.
  - o They sneezed, coughed, or somehow got respiratory droplets on you.
4. **How long does quarantine last?** We recommend that you maintain quarantine for 14 days as the safest course of action. Based on updated guidance from the CDC, you can end quarantine after seven days (on day eight) after exposure if: you have a negative COVID-19 test taken five days after possible exposure to COVID-19, and you do not develop symptoms of COVID-19 at any point during quarantine, and you continue to self-monitor for symptoms until 14 days after the last exposure. If you do not get a COVID-19 test you will remain in quarantine

for 10 days and may end quarantine if you do not develop symptoms of COVID-19 at any point during quarantine and you continue to self-monitor for symptoms until 14 days after the last exposure. However, if you develop symptoms during your quarantine, please speak with the Colonial Health Center to discuss your specific situation. See [When to Quarantine](#).

5. **Am I allowed to have contact with others/have visitors?** Unfortunately, you cannot visit others or have visitors due to the risk of contracting or/spreading COVID-19. We encourage you to stay connected through phone calls and video chats.
6. **What are my options for food and dining while in quarantine?** If you live on campus, the GW CARE Team will contact you to make arrangements that accommodate specific dietary restrictions and/or food allergies.
7. **How can I get essential items I need while in quarantine?** The university will provide delivery of essential packages and mail for on-campus students in quarantine

For more COVID-19 information, check out the [CDC's COVID-19 Factsheet](#).

**References:**

[COVID-19: When to Quarantine](#)

[Isolate If You Are Sick](#)

[Case Investigation and Contact Tracing : Part of a Multipronged Approach to Fight the COVID-19 Pandemic](#)