



## **Exposed to COVID-19**

The University of Rhode Island follows the Rhode Island Department of Health's guidance on COVID-19.

If you have been exposed to someone who tested positive for COVID-19, take precautions regardless of your vaccination status or if you have had a previous infection.

- You no longer need to quarantine if you have been exposed to COVID-19.
- Monitor for symptoms for 10 days.
- Wear a high-quality mask for 10 days.
- Get tested 5 days after exposure.

If someone you live with has COVID-19, avoid being around them as much as possible and wear a mask if you must be around them.

You can still develop COVID-19 up to 10 days after exposure. If you develop any COVID-19 symptoms, isolate yourself at home, call your healthcare provider, and get tested.

## **Positive for COVID-19**

The University of Rhode Island follows the Rhode Island Department of Health's guidance on COVID-19.

**If you test positive for COVID-19, follow these steps:**

- Click here to access the [CDC's Isolation and Exposure Calculator](#) to determine your dates of isolation.
- **Stay home (isolate) for at least 5 full days.** Individuals with COVID-19 must isolate even if they do not have symptoms of COVID-19. Only leave isolation for medical emergencies. If you can safely go home, then we recommend it. If you cannot, then isolate in your dorm/apartment. If you have roommates, avoid being around them as much as possible, clean bathrooms after use, and wear a mask if you must be around them.
- **If you have a weakened immune system**, also known as being "immunocompromised," you may need to isolate for 10 full days. Consult a healthcare provider if you think this applies to you.

- **If you need medical assistance:**
  - Get help if you feel sick. Call either Health Services at 401-874-2246 or your healthcare provider to get medical advice. Health Services offers Telehealth visits.
  - Call 911 or get yourself to the nearest hospital if you think you are having a medical emergency. This can include trouble breathing, persistent pain or pressure in the chest, new confusion, the inability to wake or stay awake, or bluish lips or face.
- **Contact your professors and employer** (if applicable) to inform them that you will be out for at least 5 days.
- **Have things you need delivered.** Ask friends and family to drop off items that you need, like food and other necessities, at your door. If this is not possible, please email Health Services at [Health@URI.edu](mailto:Health@URI.edu) or call 401-874-2246 for assistance.
- **Do your best to keep a distance from those you live with.**
  - If you can, use a separate bathroom and bedroom. Stay out of the kitchen and other rooms where people in your home gather. Do not share personal household items like cups, towels, and keyboards.
  - If you must be in the same room as others, **wear a mask.**
  - Roommates should have a COVID-19/Illness plan in place. If you been exposed, take precautions regardless of vaccination status.
- **Let your close contacts know you have COVID-19.** Consider any contacts you spend time with, visit, volunteer with, ride in a car with, or attend a place of worship with.
- **Learn about treatment for COVID-19.** Treatment is most important if you are at elevated risk of becoming very sick from COVID-19. The earlier you start treatment, the more effective it is. Follow the advice of your healthcare provider.
- **Note:** You do not need to have a negative test to return to class.