



Got a Positive Test?

UNH Expects Students to Isolate Off-Campus if Possible

Guidelines to Isolating In Your Room

COVID Resources: covid@unh.edu and 603-862-2020

1. Did you test positive via a rapid test or another non-UNH test?

- Please be sure to notify Health & Wellness you have tested positive for COVID. Upload the test result (write name, and date on the rapid test) at <https://covid-19.unh.edu/upload-mytest-result>
- Let your RHD know via email that you will be isolating in your room.

2. Did you test positive via the UNH PCR testing program?

- UNH will have your results. There is no need to upload test results.
- Let your RHD know via email that you will be isolating in your room.

3. Only leave your room to go to the bathroom, pick up meals or be outside. You are expected to always wear a mask for ten (10) days from the start of your isolation.

4. Meals

- To get meals, can visit either dining hall at the locations below between 8:00-9:00 am, 11:00-12:00 pm, 4:00-5:00 pm. Daily meals will be the Chefs Choice. If you have special dietary needs, fill out the online menu and indicate that you are picking up at one of these locations.

<https://www.unh.edu/dining/policies>

- For HOCO – Bellamy Room on the second floor of Holloway Commons
- Outside Patio – Philbrook Dining Hall
- The standard sick meal policy can be used as an alternative to the above. Give your ID card to a friend, and they can get a takeout meal for you in a green box to-go. <https://www.unh.edu/dining/policies>

5. Communicating with your Roommate(s): If you have a roommate(s) and you do not have a place off-campus to isolate, we expect you to let your roommate know

Got a Postive Test?

Continued Guidelines to Isolating In Your Room



you have COVID as a courtesy. You and your roommate need to discuss how to best approach this while you isolate in the room. Things to discuss are:

- The need for both of you to wear a mask when you are both in the room and the need to physically distance as much as possible.
- The need to not have guests in the room during this time.
- Since, as a close contact your roommate should wear a mask for ten (10) days after their last contact with you, they may want to go home if they live nearby or to stay with a friend.
- Your RHD is a resource should you and your roommate want to discuss options.

6. Reach out directly to your faculty to let them know you are ill and anticipated time when you will return to the classroom. You do not need to disclose your protected health information. Discuss with them how you can maintain your academics during this time. The Dean of Students Office will also send a letter to faculty, without details, that will verify you will not be present for class. This will take 3 business days.

7. When to end isolation :

- Day 0 of isolation is the day of symptom onset or positive test (whichever is earlier). Day 1 is the first full day after the day your symptoms started, or you tested positive (whichever is earlier).
- Regardless of when you stop isolating, please wear a mask through Day 10.
- If you had no symptoms, you can end isolation after day five.
- If you had mild symptoms, you can end isolation after day 5 if your symptoms are improving and you are fever free for 24 hours without the use of a fever lowering medicine. If you still have symptoms or a fever, continue to stay in isolation until they improve.
- If you had moderate illness (if you experienced shortness of breath or had difficulty breathing), or severe illness (you were hospitalized) due to COVID-19, or you have a weakened immune system, you need to isolate through day 10.
- If you had severe illness or have a weakened immune system, consult your doctor before ending isolation. Ending isolation may require a viral test.
- If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to Health & Wellness or a healthcare provider for further guidance.
- Rapid tests are available at Health & Wellness, Monday-Friday, 9 a.m.-4 p.m.