



COVID Isolation Guidelines

If you have a confirmed case of COVID-19, please review carefully guidance below, in accordance with CDC, DHEC and USC Upstate.

I tested positive for COVID, now what?

Step 1 – Stay away from others and follow guidelines below to prevent getting others sick.

Step 2 – Notify all close contacts. In addition, notify your supervisor, household members, residential life if you live in campus housing, and instructors.

Step 3 – If the test was not taken at Health Services, upload proof of your positive result to the [Health Portal](#). Results are reviewed during business hours, and a letter detailing your Isolation dates and instructions will be generated and sent to your health portal. For students, a notice will also be sent to professors within 1 business day.

If you are unable to manage your symptoms or have high risk underlying conditions, please call Health Services at 864-503-5191. After hours, this phone number is answered by Spartanburg Regional Hospital for medical triage only.

<p>IF YOU Tested positive for COVID-19 or have symptoms, regardless of vaccination status</p>	<p>Stay home* for at least 5 days Stay home for 5 days and isolate from others in your home.</p> <p>Wear a well-fitted mask if you must be around others in your home.</p> <p>*If you live in campus housing and are unable to go home to isolate, please contact HRL at 864-503-5422 to set up isolation housing and meal delivery.</p>	<p>Ending isolation if you had symptoms End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are resolved.</p> <p>Ending isolation if you did NOT have symptoms End isolation after at least 5 full days after your positive test.</p> <p>If you were severely ill with COVID-19 You should isolate for at least 10 days. Consult Health Services before ending your isolation.</p>	<p>Take precautions until day 10</p> <p>Wear a mask Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask. If your symptoms have resolved, you may return to class on day 6 wearing a well-fitting mask covering your nose and mouth.</p> <p>Avoid travel Avoid being around people who are at high risk.</p>
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Class Absences:

You may not attend class, work, or other activities during isolation the first 5 days regardless of symptoms. Once your positive test is uploaded to your [Health Portal](#), an absence notification with additional details will be sent to you and your instructors within 24 business hours.

<p>Important Support Contact Numbers</p> <p>Health Services: (864)503-5191 Counseling Services (Students): (864)503-5195 Housing (Students): (864)503-5422 Dean of Students: (864)503-5107 Academic Support: Susannah Waldrop, swaldrop@uscupstate.edu Human Resources (Employees): (864)503-5322 Employee Assistance Program (Employees): (704) 529-1428</p>
