

STUDENT WELLNESS IN THE CLASSROOM

An **instructor guide** for understanding what happens when a student is diagnosed with COVID-19, is identified as a close contact* or has [symptoms](#) of an upper respiratory infection or COVID-19.

IMPORTANT: isolation and quarantine guidance comes from the state and county.

If a Student Tests Positive

Isolate

The student will be instructed by medical and public health professionals to isolate for at least 10 days from their test date. The [CDC offers the following guidance](#) to complete the isolation process.

Case Investigation

U-M's Environment, Health & Safety (EHS) team will perform a case investigation (to determine the case's close contacts*) and notify them directly about their infection, instructing them to [isolate](#) and watch for development of symptoms. **Instructors do not need to perform a case investigation.**

Contact Tracing

Contact Tracing Corps will reach out directly to those identified as close contacts through case investigation and will provide information on next steps.

Return to Class

Students will be notified by EHS when they can return to class and resume other activities. This will generally be 10 days after the date of their positive test so long as they have no fever for 24 hours without fever-reducing medications, and other symptoms are improving.

If a Student Is CONFIRMED as a Close Contact* (through case investigation or contact tracing)

Quarantine

Students who are confirmed close contacts* will receive information from the Contact Tracing Corps about how to sign up for test delivery through [University Health Service](#).

People who are **not fully vaccinated** should quarantine for 10 days (unless advised by EHS to quarantine for 14 days if concerns for variant exposure). They should be tested 5-7 days after last exposure, or immediately if symptoms develop during quarantine.

Those who are **fully vaccinated** who have come into close contact with someone with COVID-19 and remain asymptomatic do not need to quarantine. They should get tested 3-5 days after exposure, or immediately if symptoms develop.

If Symptoms Develop

The student should isolate and seek evaluation immediately through [University Health Service](#). Testing is available Monday through Saturday.

Return to Class

The student may return to class following the quarantine period, unless symptoms develop. If symptoms develop, students should then be evaluated at UHS, and follow appropriate guidance.

Student has [symptoms](#) of an upper respiratory infection or COVID-19

TESTING

The student should obtain a COVID-19 test through UHS [here](#).

If positive for COVID-19

The student should follow directions on how to [isolate](#).

If negative for COVID-19

The student should remain home from school or work until fever-free for 24 hours without use of medication and symptoms have improved. Students are encouraged to stay home from all activities if they are sick.

WHAT CAN INSTRUCTORS DO?

- Provide academic support during student's isolation/quarantine period or if they develop symptoms of an upper respiratory infection or COVID-19.
- Help direct your student to U-M resources ([UHS](#), [DOS](#), [SSD](#), [CAPS](#)).
- **DO NOT** send notifications to the class roster.
- Check out the COVID in the Classroom FAQ here: <https://campusblueprint.umich.edu/faqs/#graphic-an-instructor-guide-for-covid-19-in-the-classes-header>.
- **For additional questions, check in with your unit, department or school leadership, or call the Campus COVID-19 Call Center at 734-936-7000.**