

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 and is outlined [here](#).

If a Student Tests Positive

Isolate

The student will be instructed by medical and public health professionals to isolate for:

- at least 5 days from their test date as long as they are without symptoms or symptoms are resolving.
- Wear a tight-fitting mask when around others for 5 days following their isolation period to minimize the risk of infecting others.
- Will need to be isolated for a full 10 days if symptoms are not improving.
- Note: Test date is counted as Day 0.

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

So long as no new symptoms develop, fever has resolved and other symptoms are improving, the student will be allowed to return to class 5 days from the date of their positive test.

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

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 5 days after their last exposure, followed by strict mask use for an additional 5 days. Get tested on day 5 (Day 0 is your last day of exposure) or if symptoms develop.

Those who are **fully vaccinated** and remain without symptoms do not need to be quarantined. Wear a mask around others for 10 days following exposure. Get tested 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

If students are required to quarantine, they 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](#):
- For additional questions, check in with your unit, department or school leadership, or call the **Campus COVID-19 Call Center** at 734-936-7000.