

International Travel Quarantine Information

Quarantine keeps someone who was in close contact with someone who has COVID-19 away from others. If you have travelled internationally: Stay home for 10 days after you have reached your destination. Check your temperature twice a day and watch for [symptoms of COVID-19](#), including fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. If you develop symptoms, please call the Student Health Clinic at 319-273-2100. If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

Quarantine may end after day 10 without testing if you have not developed any symptoms following travel, you continue to monitor for symptoms for the full 14 days after exposure, and you wear a face covering when outside of the home for the full 14 days after exposure.

Quarantine may end after day 7 if you have tested negative by a PCR test collected at 3 to 5 days after you have completed your travel, you have not developed symptoms following exposure, you continue to monitor for symptoms for the full 14 days after exposure, and you wear a face covering when outside of the home for the full 14 days after exposure. The negative test must have been received prior to ending quarantine, for example if test results are still pending on day 8 you must continue to be in quarantine until you receive your test results.

Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet the following criteria:

They must be fully vaccinated with an FDA/WHO approved vaccine - had both shots with at least two weeks having passed since the second shot. Please email Sarah Behrends, Assistant Director of Nursing at the Student Health Center if there are questions about whether a vaccine is FDA/WHO approved. Her email address is sarah.behrends@uni.edu.

They should quarantine if they show symptoms.

If at any time after ending quarantine you develop symptoms of COVID-19 you must start isolating at home immediately, and contact your health care provider about being tested.

If you would like to be tested or have questions please reach out to the Student Health Center at **319-273-2100** Monday-Friday 8:00-4:30. **If you have a negative result that will not release you from quarantine.** You should continue to physically distance yourself from others during the duration of your quarantine period. During your quarantine period you are not able to attend classes, go to your place of employment, internship, WRC, the Library, or the Union.