



Guidelines for Transy Students Quarantined/Isolated Due to COVID-19 Exposure

If it is determined that you need to be quarantined/isolated, you will need to follow these prevention steps:

Separate yourself from other people. As much as possible, you should stay in a different room from other people. This will require moving to your permanent residence or to a quarantine dorm on campus. You also should use a separate bathroom.

If you are quarantined/isolated on campus:

- You can find all the information you need on how to prepare for your move to the quarantine/isolation space [on this FAQs page from Housing and Residence Life](#).
- Please feel free to contact residence life if you need anything at reslife@transy.edu or by phone at 859-233-8181. After 5 p.m., please call DPS at 859-233-8118.
- Meals will be delivered to your door.

If you are exposed to COVID-19 — even if you test negative — you will be required to **quarantine**, typically for 14 days, as the CDC has noted that symptoms can show 2-14 days from exposure.

If you test positive, you will be in **isolation** for a minimum of 10 days. The Lexington-Fayette County Health Department is responsible for contact tracing locally. They will contact you within 3-5 days. The health department has the final authority on the number of days required for quarantine and/or isolation and will clear you when it is appropriate.

Monitor your symptoms. And notify your health care provider or the campus clinic at campusclinic@transy.edu if you develop symptoms (e.g., fever, respiratory symptoms, difficulty breathing).

Classes. Dean Bray will contact your faculty to let them know you will be taking classes remotely. For questions regarding academics, contact academicassocdean@transy.edu.

Athletics. Once you are released by the county health department, please send that release form to Nick Reuss at nreuss@transy.edu. You will also need to be cleared by your primary care doctor, and they will need to complete the [COVID-19 positive release form](#). If you do not have a primary care physician, please contact Nick to assist with getting you in to see a doctor at the Lexington Clinic.

Once both documents are received, our team physicians and sports medicine staff will do the final clearance for all student-athletes, who are not permitted to attend practice or strength/conditioning workouts until complete clearance is received. Note: All student-athletes will be required to go through gradual progression. Read the [Transy Athletics COVID-19 plan](#) for more information.

Support. Campus counseling is available for all students quarantining on campus, in Lexington or in the state of Kentucky. Students may sign up for counseling by emailing counseling@transy.edu. The Student Wellbeing Office will be reaching out to students in quarantine or isolation in order to best support their mental health. If you have specific needs please, contact ahill@transy.edu.

Stay inside except to get medical care. You should restrict activities except for getting medical care. Do not go to class, work or public areas — and do not use public transportation.

General Guidelines

Cover your coughs and sneezes. Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues in a lined trash can and immediately wash your hands with soap and water for at least 20 seconds.

Wash your hands. Wash your hands often and thoroughly with soap and water for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water are not available. Avoid touching your eyes, nose and mouth with unwashed hands.

Avoid sharing household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other people. After using these items, you should wash them thoroughly with soap and water.

For the most up-to-date information visit these sites:

- [Lexington-Fayette County Health Department](#)
- [Team Kentucky COVID-19 Information](#)
- [Centers for Disease Control and Prevention](#)