

## COVID-19 quarantine recommendations:

If you think you have been exposed, even if you do not currently have symptoms, please follow the steps outlined below for self-quarantining to lower the risk of spreading the virus:

- Take your temperature with a thermometer two times a day and monitor for fever (100.4 or greater). If on campus, contact your RA via phone or email for disposable thermometers. If your RA runs out of thermometer supplies, please contact the Student Health and Counseling Center (SHCC). Also watch for worsening cough or trouble breathing.
- Stay home and avoid contact with others. Do not go anywhere for this 14-day period. Discuss your work situation with your employer before returning to work.
- Do not take public transportation, taxis, or ride-shares during the time you are under quarantine
- Limit your activities in public. Do not have visitors in your home.
- Keep your distance from others in your home (at least 6 feet or 2 meters)

**Note:** If you experienced symptoms, at least 3 days (72 hours) must pass since recovery, which is defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and, at least 7 days have passed since symptoms first appeared.

### **CDC Recommendation: if you or someone in your house gets sick with COVID-19:**

Most people who get COVID-19 will be able to recover at home. The CDC has directions for people who are recovering at home and their caregivers, including:

- Stay home when you are sick, except to get medical care.
- If you develop emergent symptoms for COVID-19, seek medical attention immediately by **calling** 911 or your local emergency room **before** arrival (if possible). In adults, these symptoms may include:
  - Difficulty breathing or shortness of breath
  - Persistent pain or pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face

This list is not all inclusive. Please consult your medical provider or contact emergency services for any other symptoms that are severe or concerning.

#### **If possible, use a separate room and bathroom for sick household members**

- Clean hands by handwashing with soap and water or using alcohol-based hand sanitizer with at least 60% alcohol.
- If possible, provide your sick household member with a **cloth face covering** or a clean disposable face masks to wear at home (if in your possession already).
- Clean the sick room and bathroom, as needed, to avoid unnecessary contact with the sick person.
- Avoid sharing personal items like utensils, food, and drinks.