

# SELF-IMPOSED or REQUESTED QUARANTINE FACULTY/STAFF/STUDENTS

## Definition QUARANTINE per the CDC

“Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.”

For the COVID-19 virus (Coronavirus) initial time advised 14 days with adjusted time determined by possible development of symptoms.

It has been deemed necessary for you to enter into a quarantine for the next 14 days due to the following:

- History of travel from an affected geographic area
- **Potential** direct contact with lab-confirmed COVID-19 individual
- One or more of the following symptoms of lower respiratory illness (fever 100.4 F or higher, dry cough or shortness of breath) has deemed it necessary to request

Start date \_\_\_/\_\_\_/\_\_\_ to \_\_\_/\_\_\_/\_\_\_ without further symptoms.  
Additional time may be added.

During this time, the following guidelines are provided for you:

1. Stay away from other people in your residence as much as possible. Separate bedroom and bathroom if available.
2. Limit contact with pets. There is small chance humans can pass disease to dogs or other pets.
3. No visitors unless person needs to be in your residence.
4. In the need for medical attention call ahead to insure you will be going to the correct location and the medical facility can take the right precautions.
5. Wear mask if you need to be around others such as going for medical attention.
6. Follow Social Distancing Guidelines. Do not get within 6 feet of others.
7. When you cough or sneeze, always cover your mouth/nose with a tissue. Immediately dispose of properly in trash. Wash hands with soap/water for 20 seconds. If not available, then use a hand sanitizer of at least 60% alcohol.
8. Make every attempt to keep your hands especially finger tips and fingers off your face.
9. Avoid sharing household items including drinking cups and eating utensils. Use of disposable is preferred. Towels and bedding should be your own. Keep laundry separate from others and wash these items thoroughly after using.
10. Clean high touch surfaces daily using household cleaner or wipes. Include counters, tabletops, door knobs, light switches, bathroom fixtures, toilets, phones, keyboards, tablets.
11. Clean any surface that maybe contaminated with blood, stool, or any bodily fluids.
12. Shared spaces in residence should have good airflow. Use an air conditioner or open windows.
13. Continue monitoring symptoms. If they worsen, such as you begin to have difficulty breathing, call your health care provider.
14. Eat sensible diet. Drink adequate amounts of water and other fluids.
15. Monitor temperature at least twice daily. Every 6 to 8 hours if temperature of 99.2 or higher noted.
16. Only take Acetaminophen for fever, there is new evidence that ibuprofen and aspirin could actually make symptoms worse
17. Cool compresses for fever reduction and comfort.
18. If fever or symptoms (dry hacking cough or shortness of breath) develop contain your healthcare provider or student health as soon as possible.
19. Get plenty of rest.