

GUIDANCE FOR QUARANTINE

Student Health Service

You have currently been asked to remain in a new residence hall or home under quarantine for a period of 14 days and monitor for symptoms to reduce the chance of spreading infection of COVID-19. The goal of quarantine is to put as much distance between you and others. Stay in your living quarters and **only leave your home or quarantine space for medical care or in case of a need to evacuate your housing for an emergency (fire alarm or to seek emergency shelter for severe weather)**. If for any reason you must come in contact with someone, maintain a distance of six feet (or two arms-length's apart) from one another and wear a cloth mask. Avoid close contact with friends and family (even those you share a home with). If you share a home with others, stay in your room as much as possible and use a separate bathroom, if available. You should never be in a closed or confined room with someone longer than 15 minutes. Continue to use the SneezSafe wellness screening tool daily, we will monitor your answers and contact you, if needed.

If you've any questions regarding quarantine call Student Health Service at 336-758-5218.

Know the symptoms of COVID-19:

- Chills or repeated shaking with chills Sore Throat
- Fever (Greater than 100)
- Muscle Pain
- New loss of taste or smell
- Shortness of Breath
- Headache
- Nausea
- Vomiting or diarrhea

Dos

Continue to monitor for symptoms. Check your temperature twice a day. A thermometer should have been provided to you from RL&H, if you did not receive one, please call 336-758-5185 and someone will deliver one to your room.

Wash your hands with soap and water. 20 seconds of active hand washing should be performed: Before and after eating · After using a tissue to blow your nose · After using the restroom *hand sanitizer should only be used when soap and water are not readily available.

If you live off campus, clean all high touch surface areas every day! Use a household cleaning spray to clean desks, tabletops, bathroom fixtures, phones, tablets, and bedside tables. Limit your time with others as much as possible. **Individuals become contagious within 48 hours before feeling sick!**

Wear a cloth face mask if you need to go out of your residency room for a medical appointment of emergency evacuation reasons, this includes spaces indoors and outdoors. This is to protect others from possibly being exposed to you.

Don'ts

Come to SHS office without calling and speaking with us. We will most likely begin with a virtual web-based appointment. If you begin to develop symptoms or become informed that you were in contact with someone with a confirmed case of COVID-19, call Student Health Service at 336-758-5218.

Touch your face or cough/sneeze into your hands! Avoid direct contact with your eyes, nose, and mouth as much as possible! If direct contact with your face is necessary, wash your hands prior or use a tissue to act as a barrier between your fingers and face. Cough/sneeze into your elbow or a tissue.

Share items. Do not share your phone, dishes, drinking glasses, utensils, or towels with others while in quarantine. After using these items, they should be washed thoroughly with soap and water.

Leave your quarantine space for any reason! The only exception to leaving your quarantine space should be if you are in a life-threatening situation (a medical emergency or need to evacuate your residence).