

GUIDANCE FOR ISOLATION

Student Health Service

You have currently been placed in isolation because you are either being tested for COVID-19 or you have tested positive for COVID-19. During your isolation, **you must remain in your residency room with no physical contact with others!** Your provider will keep you updated as to the length of your isolation. If for some reason you are to have physical contact with another person, wear a facemask while interacting and do not stay in close contact with someone longer than fifteen minutes, always keeping a distance of six feet (or two arm's-length) between one another.

Please be attentive to your phone and answer all calls that begin with 336-758-XXXX. Continue to monitor your symptoms regularly and call Student Health Service for any questions you may have regarding your health, regardless of your current diagnosis.

If you have any questions regarding your Isolation please call the COVID Call Center at 336-758-7500.

Call 336-758-5218 to schedule an appointment or access the nurse advice line after hours. **Always call ahead before coming to Student Health Service.** Do not hesitate to call for any needs you may have. Regardless of COVID-19, we are here for you and your general health!

Dos

Monitor your symptoms daily and seek medical care right away if your symptoms worsen. Check your temperature twice a day. If you feel you are having a medical emergency (ex., difficulty breathing) call 911.

Wear a cloth face mask prior to coming in contact with anyone. For example, if you have an appointment with SHS, wear your face mask while out of your residence. If a face mask is unavailable, keep a six-foot distance between you and others.

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.*

Clean all high touch surface areas every day! Use a household cleaning spray to clean desks, tabletops, bathroom fixtures, phones, tablets, and bedside tables

Don'ts

Come to Student Health Service without calling first! Call us at 336-758-5218 and we will discuss any concern you may have on the phone prior to scheduling you to be seen. We will most likely set up a virtual appointment.

Allow visitors in your residency room. No one should be in close contact with you while you are under isolation nor should you be in a public space, like a communal kitchen or bathroom area. This is to protect others from contracting COVID-19.

Go outside of your residency room. It is imperative that you remain in your residency room as to reduce the spread of COVID-19 to others. If you are experiencing any anxiety or depression with the thought of being isolated, reach out to UCC at 336-758-5911 or Chaplain Service at 336-758-5017 and they can help you navigate coping with this event.

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.