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**Patient Discharge Instructions: COVID-19 Off-Campus Living**

You have been diagnosed with the novel Coronavirus, known as COVID-19. It is a highly contagious viral illness that can cause numerous symptoms such as fever, chills, fatigue, cough and trouble breathing. Some people may experience other symptoms, which are listed below. COVID-19 is spread through respiratory droplets, so it is important that you wear a mask, wash your hands and practice social distancing. Always remember to cover your mouth and nose when coughing or sneezing (even when you are alone), avoid touching your face and always wear a cloth face covering when around others, regardless of distance between one another. While you are under isolation it is important that you stay in your isolation location and not leave for any reason but to seek medical treatment (and wear a mask). If someone needs to deliver something to you, have them leave it at your door, this is what's known as "drop and go."

**When you leave SHS:** Go directly to your personal room and isolate. Do **NOT** stop anywhere on the way to your residence and wear a face mask. If it is determined that you stopped anywhere along the way, to either pick something up or speak with someone, student conduct may become involved.

Please stay attentive to your phone for the next few days and be sure to answer all calls beginning with 336-758-XXXX.

**What to expect next:**

**Isolation** - You will be asked to isolate for a minimum of 10 days from onset of your illness plus be fever free for at least 24 hours (without the use of fever reducing medications) with improvement in symptoms prior to release per [CDC/NCDHHS guidelines](#). You will receive a secure message from Student Health with more information. Fever reducing medications include ibuprofen (Motrin, Advil), naproxen sodium (Aleve), acetaminophen (Tylenol), other NSAIDs and multi-symptom medications that contain these medications (Dayquil, Nyquil, etc).

**Options for isolation for off campus students:**

- Your Personal room, avoiding shared living areas such as the kitchen and living room. This may be difficult and will require assistance from your roommate to bring you food, groceries and/or beverages. Here are some [tips for isolation from the CDC](#)
- An off-campus hotel
  - If you do choose to stay at a hotel, alert the staff that you are isolating for COVID-19. Do not allow housekeeping staff or room service to enter your room while you are there.
- At home with your family if you are well enough to travel and do not have to take public transportation (plane, bus or train) to your location.

**Contact Tracing** - You will be contacted by a nurse from Student Health via telephone. You will be asked to provide a list of your close contacts. You are capable of transmitting the virus 48 hours prior to when your symptoms began, so please consider anyone you were in close contact with 48 hours prior to symptoms onset. We will notify your contacts about their exposure, but will not provide any information that would reveal your identity.

- Again, it is important that you remain attentive to your phone and answer any calls from 336-758-XXXX.
- While you are waiting for a call from our nurses, please take time to fill out the attached contact form to expedite this process. Use a calendar, past text messages or conversations to help you recall anyone you were exposed to 2 days before symptoms onset to the present.

**Close Contacts** are anyone who you had contact with for greater than 15 minutes at a distance less than 6 feet, even if masks were worn. In addition close contacts include:

- Close physical contact (hugging, kissing, intimate contact)
- Roommates or anyone living in your apartment/house

**Daily symptoms check** - A nurse from SHS will contact you daily in follow-up. You will have the opportunity to ask questions and/or schedule a telehealth appointment if needed. Please monitor your temperature daily and have this data. If you need to seek medical treatment, please call SHS at 336-758-5218 and DO NOT come without an appointment.

If you feel you are having a medical emergency, call 911. Red flag symptoms include: trouble breathing, chest pain or pressure, confusion, inability to keep fluids down, lethargy or not able to wake up, and/or bluish lips or face.

#### **General Symptoms of COVID-19**

Cough	Muscle Pain
Fever (Greater than 100)	Headache
Shortness of Breath	Sore Throat
Stuffy or runny nose	New loss of taste or smell
Chills or shaking with chills	Nausea, vomiting or diarrhea

**Meals** - For students living in campus housing, meals will need to be delivered to your isolation room upon your request as a knock and drop service. If you are living off campus, options would include having groceries or food delivered to your door through services like Instacart, Grubhub, UberEats etc. If you are staying at a hotel, room service is an option, but ask the staff to leave the food at your door and do not allow them to enter the room..

**Manage your stress and anxiety** - Being ill can be stressful or cause anxiety. Everyone reacts differently to stressful situations. Being ill with COVID-19 can be especially stressful because of the unknowns and frequent news coverage. Take breaks from watching, reading or listening to news stories, including social media. Those with pre-existing mental health conditions should continue their treatment and be aware of new or worsening symptoms.

Know that there are **resources** available to you:

- University Counseling Center: for mental health support call 336-758-5237

- Chaplains' Services: for spiritual support or mindfulness techniques call 336-758-5210
- Friends of the Forest: for peer support services call 336-758-5237
- Wellbeing coaching: visit <https://thrive.wfu.edu/services/wellbeing-coaching/>