



COVID-19 (*coronavirus*)

self-isolation guidelines

Dear Student:

You didn't ask for this, but you're now a part of a historic pandemic. Whether you have tested positive for the virus or been diagnosed with symptoms of COVID-19, now, what?

*Wherever you are, **Campus Health** is here for you. And we hope that you are back to full health soon! This short guide will help you to get through the illness and isolation that COVID-19 can bring. While there are many things we'll advise you NOT to do, there are some things that you CAN do for your health and wellness. Please read on. We want to help you recover and return to your normal activities as soon as it is safe for you, and others. If you have any questions, please call us at (520) 621-9202.*

What is self-isolation?

Self-isolation also means avoiding situations where you could infect other people. Isolation is the term used for separating a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected.

How do I self-isolate?

Stay at home

- You should remain in your home, except for getting medical care and going outside for fresh air and sun
- Do not go to school, work, restaurants, events, parties, stores, or any crowded areas
- Do not use rideshares, taxis, or public transportation until you have been released from self-isolation

- Ask friends or family to drop off food and groceries, or use a delivery service
- Ask a friend or family member to run errands for you

No visitors allowed

- Do not invite visitors, friends, or family to your home
- Do not make contact with people at the front door – deliveries should be left at the door and the delivery person should leave before you open the door

Wash your hands often

- Wash your hands with soap and water for at least 20 seconds (*preferred method*)
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, cover all surfaces of your hands then rub them together until dry
- Avoid touching your face (eyes, nose, mouth) with unwashed hands

Health & Wellness Tips



- Go outside (alone) several times a day to get fresh air and sunshine
- Call, video chat, and text with friends and family regularly
- Keep in contact with your professors about your situation
- Stay hydrated & drink plenty of fluids
- Boost your immune system by getting plenty of sleep
- Track your symptoms and be alert to changes
- Exercise if you're feeling up to it. Check out Campus Rec's virtual offerings at rec.arizona.edu

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What else should I do?

Practice common prevention measures

- Cover your mouth and nose when coughing and sneezing – use a tissue, not your hands
- Keep your surroundings clean. Clean surfaces that you share with others (doorknobs, bathroom surfaces) or that you sneeze and cough on with a standard household disinfectant such as Clorox Wipes

Wear a facemask

- Wear a facemask before you enter a healthcare provider's office
- Wear a facemask when going outside your dorm room for fresh air

Monitor your symptoms

- Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing, inability to stay awake, bluish lips or face, persistent pain or pressure in chest)
 - Before seeking medical care:
 - Call your healthcare provider and tell them you are positive for COVID-19
 - Put on a facemask before entering the facility.
 - If you have a medical emergency requiring 911, notify the dispatch personnel that you have or are being evaluated for COVID-19 and put on a facemask before they arrive

Keep your lungs healthy

It is important to exercise your lungs because the virus can move down your respiratory tract, making it difficult to breathe.

- **Practice deep breathing:** Lie on your back. Breathe in slowly and deeply through your nose. Breathe out slowly through your mouth. Repeat this breathing cycle 10 times in a row, 3 different times per day.
- **Practice lower rib breathing:** Sit tall in a chair with your arms at your sides. Breathe in and focus on expanding only the bottom portion of your rib cage. Keep your shoulders relaxed. Exhale and repeat. Do 10 breaths in a row, 3 different times per day.

Want to talk?

Call **Counseling & Psych Services (CAPS)** 24/7 at **(520) 621-3334** if you're feeling anxious, depressed, or overwhelmed. It's a sign of strength to talk with a counselor. And, you can meet with a counselor via telehealth while in isolation. Check out these self-help resources at: health.arizona.edu/self-help-resources

Need meals delivered?

Visit the Student Union website at: union.arizona.edu/dining/mealpackage
A code will be provided to you for this service.

Discontinuing Home Isolation

Do not discontinue home isolation until you have been told to do so by your provider or state/local health department.



FOR WORSENING SYMPTOMS:

**Contact your provider or call
Campus Health at (520) 621-9202**



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your home for healthcare on campus

For up-to-date information on COVID-19:

HEALTH.ARIZONA.EDU

MEDICAL: (520) 621-9202

AFTER HOURS: (520) 570-7898

CAPS 24/7: (520) 621-3334