



# COVID-19 (*coronavirus*) SELF-ISOLATION GUIDELINES

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, you are being asked to self-isolate and monitor your symptoms for up to two weeks.

## 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
- Do not go to work, school, church, events, parties, stores, or any public areas
- Do not use rideshares, taxis, or public transportation until you have been released from self-isolation
- Ask for help getting supplies as you will not be able to go to stores or pharmacies
  - Ask friends or family to drop off groceries and supplies, or use a delivery service
- Ask a friend or family member to run errands for you

### Separate yourself from other people in your home

- Avoid situations where you may have close contact with other people living in your home
- Stay on your own in a well-ventilated room (windows opened regularly) with the door closed
- Use a separate bathroom/toilet, if available and clean bathroom/toilet after every use

- Do not share utensils, towels, bedding or other items with other people
- Wash utensils/dishes thoroughly after use with soap and water (dishwasher ok to use)

### 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
- Wash your hands after sneezing/coughing; before and after preparing food; before eating; after toileting; and when your hands are visibly dirty

## 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.

(continued from front)

# COVID-19 (coronavirus)

## SELF-ISOLATION GUIDELINES

### WHAT ELSE SHOULD I DO? (continued)

#### Wear a facemask

- You should wear a facemask when you are around other people or pets and before you enter a healthcare provider's office
- If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room

#### Separate yourself from animals in your home

- Do not handle pets or other animals while sick
- If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food
- When possible, have another household member care for your animals while you are ill
- If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask
- See COVID-19 and Animals on the CDC website

#### Monitor your symptoms

- Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing) or if you experience shortness of breath
  - Before seeking medical care:
    - Call your healthcare provider and tell them you are being evaluated 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

### 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

### OTHER RESOURCES:

- Pima County Health Department:  
(520) 626-6016
- 98point6:  
[www.98point6.com/arizona](http://www.98point6.com/arizona)  
On-demand, text-based primary  
healthcare (online 24/7 for all University  
of Arizona students over age 18)



**CAMPUS  
HEALTH**

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

**HEALTH.ARIZONA.EDU**

Source: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

Created 3/12/2020