COVID-19 *(coronavirus)*
SELF-QUARANTINE GUIDELINES

You may have been exposed to COVID-19 through your travels or through direct contact with an ill person. **Therefore, you are being asked to self-quarantine and monitor yourself for symptoms for up to 14 days.**

WHAT IS SELF-QUARANTINE?

Self-quarantine means avoiding situations where you could infect other people. Quarantine is the term used when you may have been exposed to a communicable disease. When you are exposed to an illness, there is the time between exposure and when you start to feel sick. During this time there is a chance you can spread germs. People who are at high-risk of having been exposed to COVID-19 are asked to self-quarantine to lower the chance of spreading illness to others.

HOW DO I SELF-QUARANTINE?

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 for visibly dirty hands)*
- 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.

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WHAT ELSE SHOULD I DO? *(continued)*

Monitor for symptoms

- Contact your provider if you develop symptoms (fever, cough, shortness of breath)
- Seek prompt medical attention if you develop difficulty breathing
  - 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

Wear a facemask

- If you develop symptoms, you should wear a facemask when you are around other people or pets and before you enter a healthcare provider's office

Separate yourself from animals in your home

- Do not handle pets or other animals
- If you become sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. Have another household member care for your animals
  - 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

DISCONTINUING HOME QUARANTINE

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

IF YOU DEVELOP 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 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
Created 3/12/2020