

Campus Health Services

COVID19 Self-Isolation Guidelines

If you are sick with COVID-19 or suspect that you are infected with the virus that causes COVID-19, you must self-isolate and monitor symptoms for up to 2 weeks.

What is self-isolation?

Isolation separates people who are sick with COVID19 from those who are not. ***This prevents others from contracting the virus, getting sick or even dying.***

When can I end self-isolation?

- 10 days since symptoms developed AND 24 hours without fever (without using fever reducing medication) AND symptoms have improved

OR

- If advised to do so by your medical provider

How do I self-isolate?

STAY HOME:

- Stay home except to get medical care
- Do not go to work, school, church, events, parties or gatherings- regardless of size
- Do not go to stores or any public areas
- Do not use taxis, rideshares or public transportation until you've been released from isolation
- Ask friends or family to drop off groceries and supplies or use a delivery service
- As a friend to run errands for you

Separate yourself from others in your home:

- Avoid situations where you may have close contact with other people living in your home
- Stay in your own separate room, preferably one that is well ventilated (with windows open if possible) with the door closed
- Do not allow others to enter the room while you are in it
- Use a separate bathroom/toilet if possible. Clean the bathroom/toilet after every use with disinfectant
- Do not share utensils, towels, bedding, pillows, plates, etc. with other people
- Wash all used dishes/utensils with soap and water or use a dishwasher

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. Wait to open the door once the delivery person has left.

Wash your hands often:

- Preferred: wash hands with soap and water for at least 20 seconds
- 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
- Wash hands after sneezing/coughing; before and after preparing food; before eating; after using the restroom and when your hands are visibly dirty.

Practice prevention measures:

- Cover your mouth and nose when coughing or sneezing. Use a TISSUE not your hands
- Frequently clean surfaces that are shared with others in your household: doorknobs, bathroom surfaces, handles, light switches, etc.). Use a household disinfectant such as bleach, Clorox or Lysol.

Wear a Face Mask:

- You should always wear a facemask if you have to be around others or pets in your household
- You should also wear a mask if you have to seek medical care

Separate yourself from animals in your home:

- Do not handle pets while sick
- When possible, have another household member care for your pet while you are sick
- If you must care for your pet while sick, wash your hands before and after interacting with pets and wear a facemask
- More information at CDC: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/pets.html>

Monitor your symptoms:

- Seek prompt medical attention if your illness worsens or if you develop shortness of breath
- Before seeking medical care:
 - Contact your medical provider and let them know you are being evaluated for COVID19
 - Put on a facemask before entering a healthcare facility
- **Seek emergency care if you develop the following symptoms:**
 - **Trouble breathing**
 - **Persistent pain or pressure in chest**
 - **New confusion**
 - **Inability to wake or stay awake**

- **Bluish lips or face**
- **If you develop emergency symptoms, contact 911. Let them know you are being evaluated for COVID19 and put on a face mask before they arrive.**

Resources:

Campus Health Medical Services: (928)523-2131

Emergency Medical Assistance: 911

Flagstaff Medical Center Emergency Department: (928) 773-2113

Self-isolation and Mental Health:

Self -isolation can be difficult.

When possible, stay connected with friends and loved ones using technology.

Mental Health Needs:

Counseling Services: (928) 523-2131