One action you may need to take to mitigate the spread of COVID-19 on our campus is being prepared to isolate yourself at home or on campus should you test positive for the virus. These guidelines will help you know what to do should you need to isolate.

### STUDENT ISOLATION INSTRUCTIONS

You should make every effort to avoid exposing others to the virus while you are recovering from COVID-19. If you absolutely must be around other people, please take the following precautions:

- Wear a face covering over your mouth and nose
- Avoid sharing personal household items
- Clean and disinfect high-touch surfaces
- Clean your hands often with soap and water (or use hand sanitizer) and avoid touching your face
- Cover your coughs and sneezes, and immediately clean your hands afterwards

**IS ISOLATION NECESSARY?**

You may be asked to isolate if you:

1. Have tested positive for COVID-19
2. Are awaiting test results for COVID-19
3. Have a suspected case of COVID-19 as determined by a medical provider

**IF YOU ARE ASKED TO ISOLATE**

Most people with COVID-19 have a mild illness and can recover at home without medical care. However, you will need to isolate yourself to prevent exposing others to the virus. You need to stay at home or in a designated University isolation room, except to get medical care. You should not visit public areas or use public transportation. Above all else, take care of yourself. You will need to get rest and stay hydrated. You should take over-the-counter medicines to help you feel better.

If you are asked to isolate, you need to follow these procedures:

1. **Separate yourself from other people.** Stay in a specific room and use a separate bathroom if possible. Wear a face covering if you absolutely must be in close contact with other people.
2. **If you live on campus,** the first and best option is for you to isolate at home or off campus. If you cannot, the University will provide an isolation room.
3. **If you live off campus,** you should isolate yourself from others in the home or find another safe way to self-isolate and prevent exposing others to the virus. Consider staying in one room of a parent’s home or staying in a hotel room.
4. **Stay home except to get medical care.**
5. **If you have trouble breathing or other emergency warning signs,** call 911.

**COVID-19 CARE COORDINATOR**

The University will assign you a COVID-19 Care Coordinator who will assist you while you are in isolation. The coordinator will:

- Discuss isolation instructions
- Begin the investigation to identify close contacts (if you test positive)
- Continue to follow up to monitor your symptoms
- Maintain confidentiality

**CONTINUE TO MONITOR YOUR SYMPTOMS**

You may develop new symptoms over the course of your illness. Common symptoms associated with COVID-19 include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste or smell
- Sore throat
- Runny nose or congestion
- Nausea, vomiting or diarrhea
- Inability to wake or stay awake
- Bluish lips or face, or fingers or toes

Seek emergency medical care—call 911—immediately if you notice any of these signs:

- Persistent pain or pressure in the chest
- Trouble breathing
- New confusion

When you call 911, notify them that you have or may have COVID-19.

**AVOID EXPOSING OTHERS**

You should make every effort to avoid exposing others to the virus while you are recovering from COVID-19. If you absolutely must be around other people, please take the following precautions:

- Wear a face covering over your mouth and nose
- Avoid sharing personal household items
- Clean and disinfect high-touch surfaces
- Clean your hands often with soap and water (or use hand sanitizer) and avoid touching your face
- Cover your coughs and sneezes, and immediately clean your hands afterwards

**INFORM OTHERS**

If you tested positive, you will be asked to identify people who may have been in close contact with you beginning 48 hours prior to developing symptoms. Generally, close contacts are people who:

- Live with you or stayed overnight with you
- Have been within 6 feet of you for 15 minutes or more
- Had close physical contact with you
- Shared food or drink with you

Your close contacts will be informed that they were in close contact with someone who tested positive for COVID-19, but your name will not be shared with the contact. You may want to reach out to the people you believe are close contacts and let them know so they can begin quarantine and help break the chain of infection.

**CONTACT INFORMATION:**

Counseling and Health Center: 512.863.1252

COVID-19 Care Coordinators:

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