As the University takes a number of actions to mitigate the spread of COVID-19 on campus, we ask that you take personal responsibility to limit your exposure to and spread of the virus. This personal responsibility includes monitoring your health and being prepared to quarantine yourself if you have been exposed to the virus. Please take time to review and understand the following guidelines for determining and then going into quarantine.

IS SELF-QUARANTINING NECESSARY?

1. You should contact the Health Center at 512.863.1252 if you develop any symptoms of COVID-19. The Health Center will help you determine if you need to self-quarantine. southwestern.edu/covid-19/know-the-symptoms

2. You should self-quarantine if you have been in close contact with someone who has confirmed or suspected COVID-19, whether or not you have symptoms. Close contact includes any of the following interactions beginning 48 hours prior to the other person who has confirmed or suspected COVID-19:
   - Living with or staying overnight with the person
   - Having been within 6 feet of the person for 15 minutes or more
   - Had close physical contact with the person
   - Shared food or drink with the person

The incubation period for COVID-19 is 2 to 14 days. Half of all infected people will develop symptoms by Day 5, and almost all infected people will develop symptoms by Day 14. If you are a close contact, quarantine starts immediately and will last 14 days with the 14 day count starting the full day after the last exposure to the infected individual, even if you get a negative test.

STAY HOME AND MONITOR FOR SYMPTOMS

If you develop any of the following symptoms, you should contact the Health Center at 512.863.1252 to schedule an appointment.

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

You should 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
- Inability to wake or stay awake
- Bluish lips or face, or fingers or toes

When you call 911, notify them that you may have been exposed to COVID-19.

AVOID EXPOSING OTHERS

You should make every effort to avoid potentially exposing others to the virus while you are under quarantine. 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

CONTACT INFORMATION:
Counseling and Health Center:
512.863.1252

COVID-19 Care Coordinators:
Debbie Pauley
Xan Koonce
512.863.1605