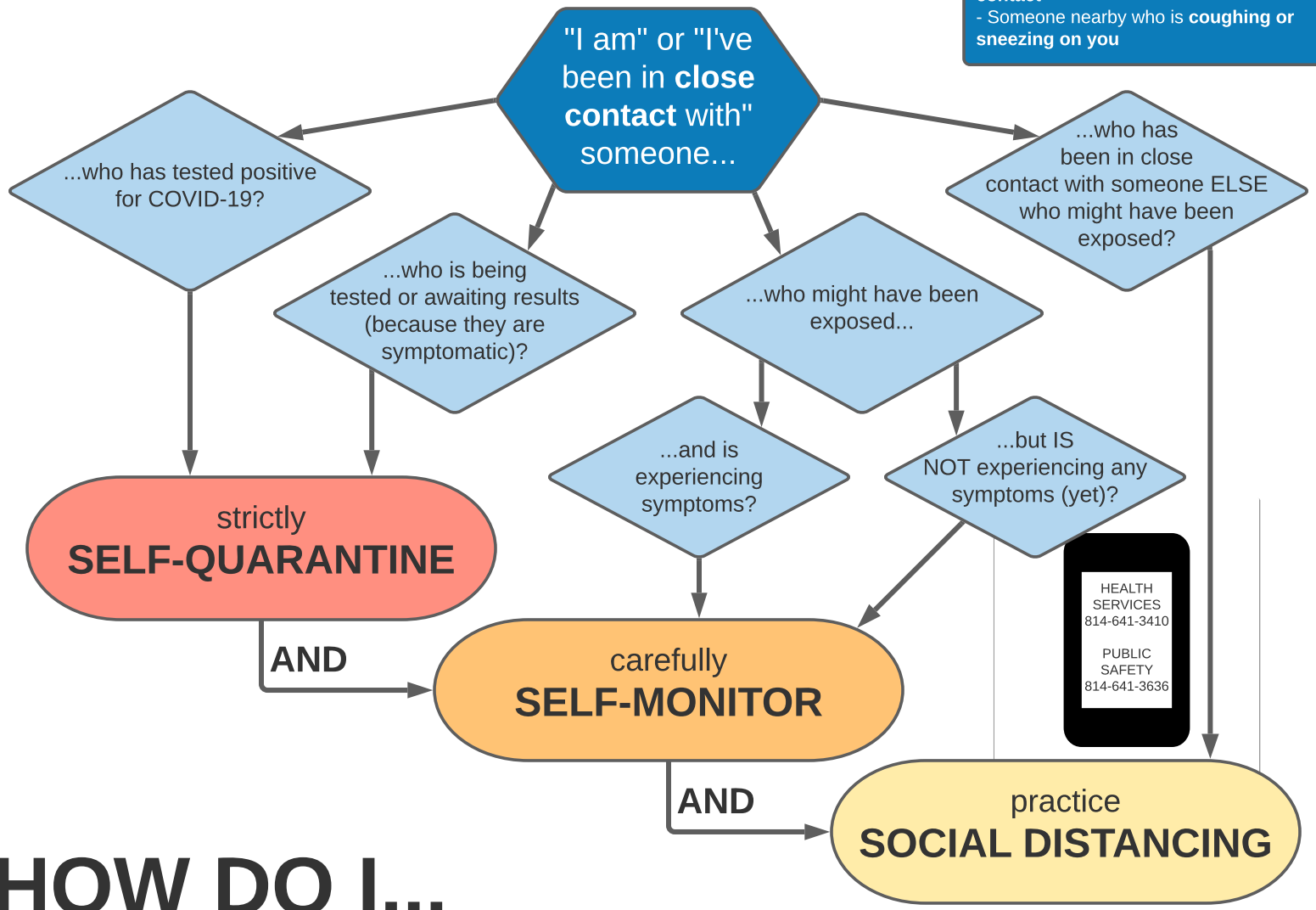


WHAT SHOULD I DO IF...

What is a "close contact"?

- Those with whom you have **extended or frequent contact**, typically within less than 6' and for more than 15 minutes
- Those with whom you have **physical contact**
- Someone nearby who is **coughing or sneezing on you**



HOW DO I...

SELF-QUARANTINE	SELF-MONITOR	SOCIAL DISTANCE
<ul style="list-style-type: none"> ▶ CALL Health Services to consult ▶ STAY IN YOUR ROOM as much as possible for 14 days or until receiving a negative COVID test result ▶ SHIFT CLASSES to online engagement ▶ UTILIZE TAKE-OUT from dining services locations; stock up and limit visits as possible ▶ SANITIZE shared surfaces after use using disinfectants provided in restrooms ▶ AVOID CONTACT with other people 	<ul style="list-style-type: none"> ▶ BE ALERT for symptoms of COVID 19, especially fever, dry cough or shortness of breath ▶ TAKE YOUR TEMPERATURE every morning and night, and use the log to record results ▶ CALL Health Services (or your primary care physician) if you note a fever (above 100.4F or 38C) or trouble breathing ▶ DON'T seek medical treatment without calling first (814-641-3410) 	<ul style="list-style-type: none"> ▶ STAY HOME when you're able ▶ KEEP IT BRIEF - limit in-person interactions to 15 minutes or less as possible ▶ WEAR A MASK in the presence of others, no exceptions ▶ DON'T physically get close to people; try to stay at least 6 feet away ▶ DON'T hug or shake hands ▶ AVOID groups of people and frequently touched surfaces

AND PRACTICE GREAT HYGIENE!
 WASH your hands frequently * AVOID TOUCHING your face * WIPE DOWN surfaces regularly

COVID-19 Self-Monitoring Information

What is self-monitoring?

Self-monitoring means individuals should carefully and accurately monitor themselves for fever by recording their temperatures twice daily (morning and evening) and remaining alert for cough or difficulty breathing. If you feel feverish or record a temperature above 100.4F or 38C, experience a dry cough, or difficulty breathing during the self-monitoring period, you should self-quarantine, limit contact with others, and seek advice by telephone from a healthcare provider for consultation.

Guidance for persons being monitored for COVID-19

This guidance is to help you closely monitor your health for up to 14 days because you may have potentially been exposed to coronavirus/COVID-19. This does NOT mean that you will get sick with coronavirus. It is very important for you to monitor your health so that you can be taken care of and treated quickly if you do get sick. Based on what is known from other coronavirus infections, 14 days is the longest time between when you were last exposed to coronavirus and when symptoms begin.

What are the signs and symptoms of coronavirus?

The most common symptoms of coronavirus are fever and dry cough. Some people also report difficulty breathing, and more rarely: sore throat, muscle aches, and abdominal discomfort. These symptoms can also be due to many other illnesses.

How should you monitor your health during this time period?

Use the reverse side of this form to record your temperature and possible symptoms. Record this information twice per day. Practice protective and careful measures during this time period.

- You are not under quarantine or isolation during self-monitoring, but you should avoid contact with others and try to isolate yourself to keep the potential risk of secondary transmission (of any illness) at its lowest.
- Wear a mask in the presence of all others; especially cover your mouth and nose with a tissue or sleeve when coughing or sneezing.
- Clean your hands often using soap and water, or a hand sanitizer that is 60%-95% alcohol.
- Limit travel on public transportation.

Instructions for monitoring your temperature and symptoms:

1. Take your temperature orally (by mouth) with a digital thermometer 2 times a day:
 - Once in the morning
 - Once in the evening
2. Write down your temperature on the form twice a day, every day.
3. If you forget to take your temperature, take it as soon as you remember.
4. Mark if you have any of the symptoms of coronavirus/COVID-19 listed on the form.

What should I do if I become ill during this monitoring period?

DO NOT GO to a clinic or hospital without first calling your primary care provider.

If you feel your symptoms are at EMERGENCY LEVELS i.e. shortness of breath, fever over 102°F, chest pain etc., that cannot wait until the morning, call 911 and explain that you are being monitored for potential exposure to coronavirus and need emergency medical care.

14-day incubation period observations

Take your temperature twice a day, in the morning and in the evening, and write it down. Mark if you have any of the symptoms: circle 'Y' for Yes and 'N' for No. Don't leave any spaces blank.

DATE	TIME	Temperature	Cough	Fatigue or aches	Shortness of Breath	Diarrhea	Chills
1	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
2	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
3	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
4	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
5	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
6	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
7	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
8	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
9	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
10	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
11	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
12	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
13	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
14	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N

COVID-19 Self-Quarantine Information

What is self-quarantining?

Medical professionals or local health departments advise or require people to self-quarantine in the case that they have been exposed to COVID-19 (through direct contact with an infected individual, or exposure to conditions that increase risk of transmission). Self-quarantining helps to prevent spread of illness from people (often asymptomatic or unaware) with COVID-19 before they feel ill or have symptoms. People who don't develop symptoms of COVID-19 after the quarantine period ends are released.

What is required by self-quarantining?

- CALL Health Services (814/641-3410) or a medical professional to consult if your self-quarantine wasn't an outcome of medical guidance; a COVID-19 test may be appropriate and can be ordered through health care contact.
- CAREFULLY SELF-MONITOR for the emergence or development of COVID-19 symptoms (most frequently fever, dry cough and/or shortness of breath)
- STAY IN YOUR ROOM as much as possible for 14 days or until receiving a negative COVID test result
- SHIFT CLASSES to online engagement
- UTILIZE TAKE-OUT from dining services locations; stock up and limit visits as possible
- SANITIZE shared surfaces after use using disinfectants provided in restrooms
- AVOID CONTACT with other people and wear a mask during any essential interaction with others
- SEEK SUPPORT FROM OTHERS so that your period of solitude doesn't impact your mental health and overall well-being

If you have received a test for COVID-19 and are awaiting results:

- Make sure Health Services has a dependable, accurate phone number to reach you with your results
- Practice strict self-quarantine in your assigned campus room (or at home if you are a commuter) as you await test results
- Wear a mask at all times unless in your room alone, even in the presence of your roommate
- If using shared restrooms, use provided disinfectants to sanitize all areas and surfaces that you touch with your hands or body
- Think about who you may have been in close contact with in the last 48 hours, make a note of it so you don't forget

- Have a friend bring you food and drink and leave it outside your door for pick up; or make brief necessary trips to obtain take-out, avoiding as much contact with others as possible.
- Your results may take 24-36 hours, sometimes less. Timing of results depends on demand/volume at the lab, not the test result or outcome.
- If you experience difficulty breathing or a fever >104F, Seek medical attention (call 911).
- If your test is negative you may return to in-person class when you have been fever free for 24 hours without fever reducing medication.
- If your personal safety plan includes campus isolation on campus gather your essential belongings and pack a “go bag” during this time to be prepared to move to isolation (in case of a positive result).

If your COVID-19 results are positive:

- Health Services will inform you of your positive result, and initiate a response procedure to help you enact your personal safety plan. Through the response and your recovery, the privacy of your medical diagnosis will be respected, and your name will not be shared or disclosed.
- You will be contacted by the COVID Rapid Response Team to enact your personal safety plan, and to conduct contact tracing to identify others with whom you might have had close contact and prevent further spread of COVID-19.
- You will enact your personal safety plan. If your plan includes remaining on campus you will be moved into isolation housing for at least a 10 day stay.
- If you are housed in campus isolation, meals will be delivered to you daily.
- The COVID Rapid Response Team will help you coordinate communication to continue to take part in classes and campus engagement (virtually) as your symptoms and recovery allow.
- During your isolation and recovery, Health Services will remain in contact with you to assess your progress, answer questions and provide support.
- Additionally, a contact tracer with the Department of Public Health will contact you within 48-72 hours to facilitate additional contact tracing.
- Finally, if you are diagnosed with COVID 19, there are many faculty and staff dedicated to supporting you and making sure you have what you need.