

ISOLATION FOR PEOPLE WHO ARE ILL

People who are mildly ill with COVID-19 are able to isolate at home during their illness. This can lower risk of spread of the illness to others.

Isolation means restricting activities outside your home, except for getting medical care. Do not go to work, class, or public areas. Avoid using public transportation, ride-sharing, or taxis.

- **Stay away from others:** As much as possible, you should stay in a specific room and away from other people in your home. You should use a separate bathroom, if available.
- **Limit contact with pets:** You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. (There have not been reports of pets or other animals becoming sick with COVID-19). 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.
- **Call ahead before visiting your medical provider:** If you have a medical appointment, call the healthcare provider and tell them that you have COVID-19.
- **Wear a facemask if you are sick,** when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office.

Follow general prevention practices:

- **Regularly and thoroughly clean your hands** with an alcohol-based hand rub (containing at least 60% alcohol) or wash them with soap and water for 20 seconds.
- **Avoid touching eyes, nose and mouth.**
- **Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.** Then dispose of the used tissue immediately. Follow by washing your hands.
- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- **Clean and disinfect high touch surfaces** daily. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).

SUPPORT RESOURCES

Call ahead before visiting any medical provider(s).

Counseling & Psychological Services*
609-258-3141

University Health Services - Medical Services
609-258-3141

*Appointments will be conducted via Telehealth (virtual meeting). The details will be arranged after you schedule your appointment.

Up-to-date University guidance and information about COVID-19 can be found at: <http://coronavirus.princeton.edu>