

## ISOLATION FOR EMPLOYEES

Employees 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. You will need confirmation from Community Health at University Health Services that you can return to campus from a public health standpoint.

**Isolation** means restricting activities outside of your home, except for getting medical care. Do not go to work or public areas. Do not use public transportation, ride-sharing, or taxis. For more on how to isolate at home, see Centers for Disease Control and Prevention's (CDC) guidance: <https://bit.ly/2xfTTCi>

### Some important tips:

- **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, 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/face covering.
- **Call ahead before visiting your medical provider:** If you have a medical appointment, call the health care provider and tell them that you are symptomatic/awaiting test results for COVID-19.
- **Wear a facemask or face covering over nose and mouth** when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a public space (e.g., health care 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.
- **Clean high touch surfaces** daily with disinfectant wipes. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

## GETTING MEDICAL CARE

### Call ahead before visiting any medical provider(s).

If your symptoms worsen, call your **primary care provider, local urgent care center**, or **call 911** if it is a medical emergency. Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).

In non-emergent situations, you may also use **Teledoc (24/7)** to consult. Learn more by calling 1-855-835-2362 or visiting <https://member.teladoc.com/princeton>.

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