

ISOLATION FOR STUDENTS WHO ARE ILL

Students who are mildly ill with COVID-19 will be told to self-isolate at a designated location during their illness, per instructions from the local health officer/NJ Department of Health. Isolation is meant to lower risk of spread of the illness to others.

Isolation means the physical separation and confinement of an individual who is reasonably believed to be infected, based on signs, symptoms or laboratory analysis, with a contagious or possibly contagious disease from non-isolated individuals. You are to restrict activities outside your residence, except for getting medical care. Do not go to work, class, or public areas. Do not use public transportation, ride-sharing, or taxis.

By being in isolation **you are preventing or limiting the potential transmission** of the disease to non-isolated individuals. Failure to comply with isolation will result in a mandatory order with potential criminal penalties. This is not merely a University guideline.

Some important tips:

- **Stay away from others:** With the exception of meals or getting medical care, stay in your designated room and away from other people.
- **Call ahead before visiting your medical provider:** If you need medical care during University Health Services' operational hours (Monday - Friday, 8:45 a.m. – 5 p.m.) call 609-258-3141 first. If you need urgent medical care, call 911.
- **Wear a facecovering and disposable gloves,** if you must leave your room (including every time you pick up your meals and when entering a medical facility), to limit risk of exposure to others. The face covering may be reused and should be washed regularly – gloves should not be reused.
- **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 you need medical care during University Health Services' operational hours (Monday - Friday, 8:45 a.m. – 5 p.m.) call 609-258-3141 to speak with the on-call physician.

If you need urgent medical care or are calling for University Health Services after hours, dial 911 to be connected to the Department of Public Safety.

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

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