

CORONAVIRUS INFORMATION

You are receiving this information because you should self-monitor and self-quarantine either due to a history of travel to an affected area or possible exposure to an individual with COVID-19. This is an important public health step for you to take in order to help protect your friends, family and the community from additional possible exposure. The self-quarantine period is 14 days from the exposure of concern. This may be when you arrived back in the US from overseas or from the day you might have been exposed to someone with COVID-19.

Self-Monitoring and Self-Quarantine instructions:

1. Take your temperature with a thermometer two times a day and monitor for fever (fever is a temperature above 100.4 degrees Fahrenheit). Also, watch for cough or trouble breathing.
2. Stay home and avoid contact with others. Do not go to work or school for this 14-day period. Discuss your work situation with your employer before returning to work.
3. Practice social distancing. Do not take public transportation, taxis or ride-shares during this time.
4. Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
5. Keep your distance from others (about 6 feet or 2 meters).
6. Do not go to restaurants, gyms, dining halls or other places where you may personally interact with people.

Reasons to speak with or be seen by a medical professional:

- 1) You have a fever
- 2) You have trouble breathing or feel short of breath
- 3) You have developed a significant cough

Important phone numbers for students:

Aramark for food (for students living on campus): 540-568-6751 or 540-568-5150

University Health Center for health questions: 540-568-6178

Office of Residence Life: 540-568-4663

In the very unlikely case you feel the need to go to the hospital, call 911 and let them know you are under quarantine for the coronavirus.