
Steps for Self-Quarantine

Self-quarantine for COVID-19 is recommended for some individuals based on their history of exposure or possible risk of developing illness. Follow the steps below for self-quarantine.

(Additionally: Please login to BraveWeb to complete the "COVID-19 Self Reporting Student Form." This self-reporting form is to notify the Student Health Services (SHS) of persons believed to be affected by COVID-19. Completion of this form is voluntary.)

- Stay home except to get medical care.
- Monitor for symptoms: Fever, cough, shortness of breath, chills, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, or nausea/vomiting/diarrhea.
- Seek prompt medical attention if you become ill.
 - Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for COVID-19.
 - Put on a mask or cloth face covering before you enter the healthcare facility to keep other people in the office or waiting room from getting infected or exposed.
 - Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.
- Restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.
- Separate yourself from other people and animals in your home.
 - People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
 - Animals: It is recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. When possible, have another member of your household care for your animals.
- All people older than 2 years of age should wear a mask or face covering in settings where social distancing measures are difficult to maintain.
- Cough or sneeze into the fold of your elbow. Alternatively, cover your mouth and nose with a tissue when you cough or sneeze.
- Clean your hands often.
 - Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60-95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean all "high-touch" surfaces every day.
 - High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a mask or cloth face covering before emergency medical services arrive.

Stay updated with campus COVID updates: uncp.edu/ncov