

## Self-Quarantine and Isolation– What’s the Difference

SELF-QUARANTINE	ISOLATION
<p>Self-quarantine is for people who have been exposed to someone with COVID-19 in the last few days <b>but have no symptoms</b> (cough, fever, difficulty breathing). You will be placed under self-quarantine at the direction of a healthcare provider.</p> <p>The purpose of self-quarantine is to separate and prevent the movement of asymptomatic people who have been exposed to an infectious disease, in this case, COVID-19.</p>	<p>Isolation is for people <b>who have or are suspected of having</b> COVID-19 (the illness caused by the novel coronavirus) can pass the infection to other people.</p> <p>In order to prevent passing the infection to other people, you need to stay away from those who are not immune to it – which is almost everyone.</p>
<p><b>How long do I need to be in self-quarantine?</b> Self- quarantine means that you will need to stay in your assigned quarantine housing for the duration of the incubation period (14 days).</p>	<p><b>How long do I need to be in isolation?</b> Isolation means that you will have to stay in separate housing until your symptoms have resolved, and you have had no fever for at least 72 hours. This will be at least 7 days after your symptoms began.</p>
<p><b>Can I leave my housing when I am in quarantine?</b> No, you cannot go to work or school, participate in social activities, or visit any public places. You should stay in a well-ventilated room that is your own living space in a home or apartment setting. You should not be spending time with family or friends. It is vital to keep in touch with friends, significant others, and family via phone or text.</p>	<p><b>Can I leave my housing when I am in isolation?</b> No, being in isolation means you cannot leave your isolation housing. You cannot go to work or school, participate in social activities, or visit any public places. Family and friends cannot come to visit you in person, although it is important to keep in touch with friends, significant others, and family via phone or text.</p>
<p><b>What do I need to do while in quarantine?</b> You will need to:</p> <ul style="list-style-type: none"> <li>• Monitor yourself for any signs of infection (i.e., coughing, fever, chills or muscle aches, shortness of breath)</li> <li>• Check your temperature in the morning and evening</li> <li>• Report your symptoms to your healthcare provider</li> </ul> <p>You do not need to wear a mask at home.</p>	<p><b>What do I need to do while in isolation?</b> UHS doctors and nurses will be taking care of you while you are in isolation in University housing.</p> <p>If you develop:</p> <ul style="list-style-type: none"> <li>• Any fever (temperature measured at 38 deg. C/100.4 deg. F or above)</li> <li>• Chest pain, or</li> <li>• Difficulty breathing</li> </ul> <p>It is very important that you call UHS at 585-275-2662 any time day or night.</p>
<p><b>A few more suggestions:</b></p> <ul style="list-style-type: none"> <li>• Wash your hands with soap and water for at least 20 seconds and try to avoid touching your mouth, nose or eyes.</li> <li>• Use a designated set of dishes, drinking glasses and eating utensils.</li> <li>• There should be no close contact—no shaking hands, no kissing, or sexual contact.</li> <li>• Mail and food delivery are ok, but the delivery must be left outside your door or room.</li> </ul>	<p><b>A few more suggestions:</b></p> <ul style="list-style-type: none"> <li>• Wash your hands with soap and water for at least 20 seconds and try to avoid touching your mouth, nose or eyes.</li> <li>• Use a designated set of dishes, drinking glasses and eating utensils.</li> <li>• Wear a mask if someone else (i.e., health care professional or repair person) comes into your living space.</li> <li>• Mail and food delivery are ok, but the delivery must be left outside your door or room.</li> </ul>