**How to Self-Isolate**

**What does it mean to “self-isolate?”**

If you are asked to self-isolate after returning from a country listed on the CDC’s COVID-19 travel advisories page, you should stay home — in your room, your apartment, or your house. Do not go to work, classes, athletic events, or other social gatherings until 14 days after the date of your departure from the country in question.

Follow these guidelines for self-isolation:

Stay in your room or apartment.

Do not go to work, classes, athletic events, or other social or religious gatherings until 14 days after your departure from the country in question.

Limit contact as much as possible. This also means limiting contact with persons living in your residence as well.

If you have roommates or family members living with you, stay in your bedroom with the door shut. Use the bathroom after everyone else. Do no share towels or toiletries. .

Cover coughs and sneezes with your upper sleeve or a tissue. Never cough in the direction of someone else.

Wash your hands with soap and water, or use alcohol-based hand rubs after coughing or sneezing or throwing a used tissue in the garbage.

Avoid sharing household items. Do not share drinking glasses, towels, eating utensils, bedding, or any other items until you are no longer asked to self-isolate.

Clean surfaces that you share with others, such as door knobs, telephones, and bathroom surfaces (or any other object that you sneeze or cough on), with a standard household disinfectant such as Clorox wipes. Wash your hands after cleaning the area.

February 29, 2020

Upon your arrival in the US from one of the countries listed on the CDC's COVID-19 travel advisories page, MIT requires that you fill out and submit an online travel registration form. If you have not yet filled out this form, please do it now. We will contact you individually to discuss your specific circumstances and will give you advice about what you should do to keep yourself and the rest of MIT community healthy.

Someone in my lab/residence area is coughing and sneezing. Should I tell them to self-isolate?

No. Remember this is the peak of our annual cold and flu season. It is far more likely someone just has a cold or the flu than coronavirus. We encourage everyone to

February 2, 2020

I live with someone who has been asked to self-isolate; what precautions should I take?

MIT students who are rooming with an individual who has been asked to self-isolate can be temporarily moved to other living quarters. Send an email to coronavirus-support@mit.edu, and the MIT CARE team will take care of getting you moved.

If you live with a spouse or family members who has been asked to self-isolate, you should follow these guidelines:

Clean your hands. All persons sharing living quarters with someone who is self-isolating should clean their hands with soap and water or an alcohol-based hand rub frequently.

Monitor yourself for symptoms. If you are sharing living quarters with someone who is self- isolating, monitor yourself closely for the development of fever and respiratory symptoms. If you develop a fever, cough, or sore throat, call MIT Medical’s 24/7 coronavirus hotline immediately at 617-253-4865 to report your illness and get advice.

Don’t visit those who are self-isolating.

Clean common surfaces. The virus is not spread very well from contact with soiled household surfaces, but it’s still a good idea to clean surfaces that you share with the person who is self-isolating (or any sick person) such as door knobs, telephones, and bathroom surfaces. Use a standard household disinfectant. Wash your hands after cleaning the area.

Wash laundry and dishes safely. If you are washing used linens (such as bed sheets and towels) for the person who is self-isolating, use household laundry soap and tumble dry on a hot setting. Avoid “hugging” laundry and use a laundry basket or bag while carrying it to the washing machine to prevent self-contamination. Clean your hands with soap and water or alcohol-based hand rub right after handling dirty laundry. Dirty dishes and eating utensils should be washed in a dishwasher or by hand with warm water and soap.

February 4, 2020