**Self-Isolation Guidelines**

* Stay in your room or apartment
* Mask whenever you are out of your room is you have suite mates or live with others
* Travel outside of your home should be limited to going to the pharmacy or medical visits.
* Do not go to work, classes, athletic events, or other social or religious gatherings until 14 days after your exposure or return from a state or international travel.
* Limit contact with other people as much as possible including other household members.
* If you have roommates or family members living with you, stay in your bedroom with the door shut.
* Use the bathroom after everyone else and disinfect it when you are finished with disinfecting wipes or sprays.
* 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 gels after coughing or sneezing or throwing a used tissue in the garbage.
* Avoid sharing household items such as 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 doorknobs, telephones, and bathroom surfaces (or any other object that you sneeze or cough on), with a standard household disinfectant such as a dilute bleach solution or Clorox wipes.
* Wash your hands after cleaning the area.
* Have friends and family deliver groceries or meals or utilize online ordering services such as Amazon, Grub Hub, etc.
* If you become ill, call your physician or campus health services at 852-6480 for assistance.