

ADRIAN COLLEGE STUDENT HEALTH

I have been asked to Quarantine or Isolate...Now what?

SELF-QUARANTINE

YOU HAVE BEEN ASKED TO SELF-QUARANTINE FOR ONE OF THE FOLLOWING REASONS:

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (touched, hugged, or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you
- You returned from travel outside of the US

SOME STEPS TO TAKE:

- Stay in your assigned living area or off-campus housing for 14 days after your last contact with a person who has COVID-19 or upon entering the US
- Wear your mask whenever you leave your assigned living area or, you are in common living areas of your living space
- Practice physical distancing (6ft or more) when outside of your living space
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19 and monitor your symptoms and temperature in your AC Daily Health Log
- Do not attend classes, labs, or exams
- Do not go to work, AC dining halls or restaurants, be in public areas, or use public transportation
- Do not attend large gatherings or events
- Do not attend sports practices or workouts in the weight room
- Do not leave campus or go out to restaurants, coffee shops, or receive guests
- Stay away others, especially people who are at higher risk for getting very sick from COVID-19
- You may leave your living area (alone or in a private vehicle) for a limited time to take care of necessary activities, like getting medication or picking up meals and other essentials

ISOLATE

YOU HAVE BEEN ASKED TO ISOLATE IF:

- You have symptoms of COVID-19 and are able to recover at home
- You have no symptoms but have tested positive for COVID-19

SOME STEPS TO TAKE:

- Work closely with the AC Case Management Team so you can be moved to a designated, private dorm room while you recover and/or monitor for symptoms
- Stay home in your designated dorm room 24/7 unless otherwise directed by your Health Care Provider
- Get lots of rest and stay hydrated
- Stay in close touch with the Student Health Center and answer your cell phone when they call
- Monitor for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19 and monitor your symptoms and temperature in your AC Daily Health Log
- Wear a mask if ever around other people

Seek emergency medical care or call 911 if you show any of these signs:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

ALWAYS CALL THE STUDENT HEALTH CENTER IF YOU HAVE CONCERNS.

EMERGENCY: 911

BIXBY HOSPITAL: 517.265.0900

CAMPUS SAFETY: 517.265.2151 EXT. 4333

STUDENT MEDICAL CLINIC: 517.265.5161 EXT. 4214