



How to Self-Quarantine

Hearing that you need to self-quarantine and disconnect from others may be disconcerting, but the goal is to ensure that you are healthy while also protecting others from exposure to illness. The University of Texas at Austin is here to support you as you navigate this period of uncertainty.

SUPPORT IS A CALL OR CLICK AWAY

Your health and well-being are important to us. We are here to assist you.

STUDENT RESOURCES

University Health Services

- healthyhorns.utexas.edu
- Mon–Fri, 8:00 a.m.–5:00 p.m.
- 24-Hour Nurse Advice Line: 512-475-6877
- Telehealth visits available

Counseling and Mental Health Center

- cmhc.utexas.edu
- Mon–Fri, 8:00 a.m.–5:00 p.m.
- 512-471-3515
- Telecounseling and telepsychiatry visits only
- For crises after hours or on weekends: CMHC Crisis Line, 512-471-2255

FACULTY & STAFF RESOURCES

Employee Assistance Program

- eap.utexas.edu
- 512-471-3366
- eap@austin.utexas.edu
- Telecounseling available

UT Health Austin

- uthealthaustin.org
- 833-822-2737

While You're in Self-Quarantine

To the extent possible, remain at home for the 10-day period if you don't get tested and do not develop symptoms. You may end your quarantine after 7 full days if you get a negative test result on day 6 or later following your exposure and you do not develop symptoms. In either case, continue to monitor for symptoms for 14 days. Avoid crowds, limit public activities and practice social distancing. This means:

- Do not go out, except when recommended by a medical professional to seek care.
- Do not use public transportation.
- Maintain distance (approximately 6 feet or 2 meters) from others.
- Do not permit non-essential visitors to come to your residence.

Your Self-Care Kit

Be prepared with a self-care kit that contains:

- Digital thermometer (for daily use)
- Hand sanitizer (for times you can't wash)
- Disinfectant wipes (for cleaning, as needed)
- Water bottle (stay hydrated)
- Temperature and symptom log (see next page)
- Mask (to be worn if you have to come into contact with others)

What to Watch for

Symptoms related to COVID-19 include:

- Fever (new or worsening >100.0 °F)
- Cough
- Shortness of breath
- Sore throat
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- New loss of taste or smell

Monitoring Your Symptoms During Self-Quarantine

Please take your temperature daily and record your symptoms on the health log located on the next page. **If you develop symptoms or need medical help while in self-quarantine, please call your primary care provider who will determine if you should leave the premises to seek medical attention.**

If you need immediate treatment of very serious or critical conditions, call 911.

If you decide to go to the emergency department on your own, if possible, call the ER prior to your arrival so they can be prepared to potentially isolate you when you arrive.

PUBLIC HEALTH TERMINOLOGY

CLOSE CONTACT

For COVID-19, a close contact is someone who was within 6 feet (2 meters) of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

SOCIAL DISTANCE

Social distancing is a conscious effort to maintain distance between yourself and other people as a way to mitigate the spread of disease. This means avoiding public gatherings, bars, restaurants or other events, even if you are symptom free. Stay at least 6 feet (or 2 meters) from other people as often as possible. Take precautions if you cannot maintain that distance, such as using alcohol-based hand sanitizer and/or hand washing immediately after contact. Consider using curbside pick-up or delivery for essential items.

SELF-MONITOR

People should monitor themselves for symptoms of COVID-19 by taking their temperatures twice a day and remaining alert for symptoms. If they develop symptoms during the self-monitoring period, they should self-isolate, limit contact with others, and seek advice by telephone from a health care provider to determine whether medical evaluation is needed.

SELF-QUARANTINE

Self-quarantine separates people who were **exposed but do not have symptoms** to see if they become symptomatic. A person can be contagious before symptoms begin, so this is critical to prevent the spread. Quarantine is also used when an individual is relocating or entering a new social bubble, such as returning to campus from your hometown or after traveling.

SELF-ISOLATION

Self-isolation separates people with symptoms of COVID-19, with or without a positive test. Stay home and away from others who share your residence.

Common Feelings

Everyone reacts differently to stressful situations that require changes in location or behavior. When you're out of circulation, you may experience a range of feelings, including:

- Anxiety, worry or fear related to your health status or that of others
- Anger or resentment at the inconvenience
- Worry about not having your things with you or not doing your usual routine
- Uncertainty or concern about how long you will need to remain in this situation
- Excitement to have some alone time to rest and catch up on reading
- Loneliness or feeling cut off
- Boredom and frustration
- Sadness or depression
- Symptoms of post-traumatic stress disorder

Please contact the Counseling and Mental Health Center or the Employee Assistance Program if you need immediate counseling care.

Daily Health Log

Record your temperature twice daily and note any symptoms or concerns.

DAY	DATE	AM TEMP (°F)	PM TEMP (°F)	SYMPTOMS (Cough, Shortness of Breath, etc.)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

If you experience symptoms of COVID-19, call your health care provider. Students should call the UHS 24-hour Nurse Advice Line at 512-475-6877 for advice about how to get medical care. Staff and faculty with UT Select insurance may contact the 24/7 Nurseline provided by Blue Cross Blue Shield at 888-315-9473 or seek care from UT Health Austin or their personal health care provider.



TEXAS
The University of Texas at Austin