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.

While You’re in Self-Quarantine

If you have recently traveled and are not fully vaccinated:
• Quarantine for 7 full days after arriving in Austin (conditional upon testing, see below).
• If you are asymptomatic, test through PCT after being in quarantine for 3-5 days. If you choose not to test, quarantine for a full 10 days.
• If you are a student who is symptomatic, contact the University Health Services Nurse Advice Line at 512-471-4955 (Monday–Friday, 8 a.m.–5 p.m.).
• If you are an employee who is symptomatic and you have UT Select insurance, contact the 24/7 Nurseline provided by Blue Cross Blue Shield at 888-315-9473 or seek care from UT Health Austin or your personal health care provider.

If you have not recently traveled but are not fully vaccinated and have recently come into close contact with an individual with COVID-19:
• Quarantine for 10 full days after exposure (see exception with testing below).
• If you are asymptomatic, test through PCT on or after day 5. If test is negative, you may end quarantine after the 7th day. If positive, begin a 10-day isolation period from the date of the test.
• If you are a student who is symptomatic, contact the University Health Services Nurse Advice Line at 512-471-4955 (Monday–Friday, 8 a.m.–5 p.m.).
• If you are an employee who is symptomatic and you have UT Select insurance, contact the 24/7 Nurseline provided by Blue Cross Blue Shield at 888-315-9473 or seek care from UT Health Austin or your personal health care provider.

Continue to monitor for symptoms throughout your quarantine. 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.

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 are a student who is symptomatic, contact the University Health Services Nurse Advice Line at 512-471-4955 (Monday–Friday, 8 a.m.–5 p.m.)
• If you are an employee who is symptomatic and you have UT Select insurance, contact the 24/7 Nurseline provided by Blue Cross Blue Shield at 888-315-9473 or seek care from UT Health Austin or your personal health care provider.

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.

More information on COVID-19, including information on self-care and relevant resources at UT Austin, can be found at healthyhorns.utexas.edu/coronavirus.html.

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

Adapted from Columbia Health (03/2020)
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.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>AM TEMP (°F)</th>
<th>PM TEMP (°F)</th>
<th>SYMPTOMS (Cough, Shortness of Breath, etc.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If you experience symptoms of COVID-19, call your health care provider. Students should call the UHS Nurse Advice Line at 512-475-6877 (Monday-Friday from 8 a.m.-5 p.m.) 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.