How to Self-Quarantine

If you have recently returned from a destination in which the novel coronavirus (COVID-19) is circulating or if you have been in contact with someone who has the virus, you will be asked to self-quarantine and monitor your symptoms for 14 days before returning to work or campus. The University of Texas at Austin is here to support you as you navigate this period of uncertainty.

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.

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)
- Alcohol wipes (for cleaning, as needed)
- Water bottle (stay hydrated!)
- Temperature and symptom log (see next page)

What to Watch for
Symptoms related to COVID-19 include:
- Fever (new or worsening >100.0 °F)
- Cough
- Shortness of breath
- Sore throat
In more severe cases, infection can cause pneumonia and other complications, especially for older individuals and those with other health conditions.

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.

While You’re in Self-Quarantine
To the extent possible, remain at home for the 14-day period. You should 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.

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.

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PUBLIC HEALTH TERMINOLOGY

SYMPTOMS OF COVID-19
New or worsening fever >100.0°F AND cough, shortness of breath or sore throat.

CLOSE CONTACT
a) being within approximately 6 feet of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19 case; OR b) having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on).

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 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 cough or difficulty breathing. If they feel feverish or develop measured fever, cough or difficulty breathing 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.

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.

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<tr>
<th>DAY</th>
<th>DATE</th>
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<th>SYMPTOMS (Cough, Shortness of Breath, etc.)</th>
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If your temperature is >100.0°F or if you feel like you have a fever and you have a cough or shortness of breath, 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.
Do I Need to Self-Quarantine?

**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.

This guidance is for people with no fever or respiratory symptoms and are not health care workers.

**STUDENT RESOURCES**
Students should call the UHS 24-hour Nurse Advice Line 512-475-6877 for advice about how to get medical care. If you have UT Select Health because you are also a benefits-earning employee of UT Austin, you may also call the 24/7 Nurseline provided by Blue Cross Blue Shield at 888-315-9473.

**FACULTY & STAFF RESOURCES**
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.

*Close contact means being within 6 feet for a prolonged period of time OR having direct contact with infectious secretions (e.g., being coughed on).

NOTE: If you have a connection that is more distant than the options described above, you do NOT need to do anything more than social distancing, which is recommended for everyone. People connected to you do NOT need to do anything different from everyone else, unless they themselves have risks due to some other exposure.

Adapted from Columbia Health (03/2020)

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**INTERACTIONS WITH A PERSON WHO HAS TESTED POSITIVE FOR COVID-19**

PERSON A: If this is you...
Self-quarantine and monitor for COVID-19-like illness vigilantly for 14 days from the date of your last contact with the ill person. Isolate yourself if you develop symptoms and call your health care provider for guidance.

PERSON B: If this is you...
Social distance and self-monitor for 14 days from the date of your last contact with Person A. If you develop fever or other symptoms, contact your health care provider.

PERSON C: If this is you...
Practice social distancing and self-monitor for symptoms. If you develop fever or other symptoms, contact your health care provider.

**INTERACTIONS WITH A PERSON WITH SYMPTOMS WHO WAS TESTED AND IS AWAITING RESULTS**

PERSON X: If this is you...
Self-quarantine and monitor for COVID-19-like illness vigilantly for 14 days from the date of your last contact with the ill person. Isolate yourself if you develop symptoms and call your health care provider for guidance.

PERSON Y: If this is you...
Practice social distancing and self-monitor for symptoms. If you develop fever or other symptoms, contact your health care provider.

PERSON Z: If this is you...
Practice social distancing and self-monitor for symptoms. If you develop fever or other symptoms, contact your health care provider.

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