

## ISOLATION FOR EMPLOYEES

Employees who are mildly ill with COVID-19 can isolate at home during their illness. The purpose of isolation is to lower the risk of spreading the illness to others. Global and Community Health at University Health Services will confirm when you can return to campus. Global and Community Health acts on behalf of the Princeton Department of Health and follows New Jersey Department of Health guidelines to ensure the safety of all Princeton University community members during the public health emergency.

**Isolation** means restricting activities outside of your home, except for obtaining medical care when necessary. Do not go to work or public areas. Do not use public transportation, ride-sharing, or taxis. For more on how to isolate at home, see Centers for Disease Control and Prevention's (CDC) guidance: <https://bit.ly/2xfTTCi>

### Some important tips:

- **Stay away from others:** As much as possible, you should stay in a specific room and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets:** Restrict contact with pets and other animals while you are sick, just like you would around people. If you must care for your pet or be around animals while you are sick, wash your hands before and afterwards. (A small number of pets [cats and dogs] have been infected with the virus causing COVID-19 after close contact with a person who is sick. However, the risk of spreading the virus from pets to people is considered low.)
- **Call ahead before visiting your medical provider:** If you have a medical appointment, call the health care provider first and tell this individual that you are symptomatic/awaiting test results for COVID-19.
- **Wear a facemask or face covering over your nose and mouth** when you are around other people (e.g., sharing a room or vehicle) or pets, and before you enter a public space (e.g., health care provider's office).
- **Do not break isolation to participate in the asymptomatic testing protocol.**

### Follow general prevention practices:

- **Regularly and thoroughly clean your hands** with an alcohol-based hand rub (containing at least 60% alcohol) or wash them with soap and water for 20 seconds. If hands are visibly soiled, wash hands with soap and water.
- **Avoid touching your eyes, nose and mouth.**
- **Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze.** Then dispose of the used tissue immediately. Follow by washing your hands.
- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people.
- **Clean high touch surfaces** daily with disinfectant wipes. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.

## GETTING MEDICAL CARE

### Call ahead before visiting any medical provider(s).

If your symptoms worsen, call your **primary care provider**, **local urgent care center**, or **call 911** if it is a medical emergency. Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).

In non-emergent situations, you may also use **Teledoc (24/7)** to consult. Learn more by calling 1-855-835-2362 or visiting <https://member.teladoc.com/princeton>.

Up-to-date University guidance for COVID-19 and information about the Fall semester can be found at <http://fall2020.princeton.edu>