Fact Sheet for Employees who are Isolating

Isolation requirements are for those who have tested positive for COVID-19. 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 the length of your isolation and when you can return to campus. Current isolation guidelines require 10 days. You are not able to be on campus during your period of isolation and cannot return to work until you receive clearance from Global and Community Health.

For detailed guidance on isolation for employees, visit the Princeton COVID Resources website link here: https://covid.princeton.edu/testing/receiving-results#If-You-Receive-a-Positive-Result-in-the-Web-App

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.
- **Call ahead before visiting your medical provider:** If you have a medical appointment, call the health care provider first and tell them that you have received a positive COVID test.
- **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 come to campus or break isolation to participate in Princeton’s asymptomatic testing protocol.** You should not be submitting tests to “double-check” on your status or confirm your positive result; do not test on campus for the full 90 days of your testing exemption.

Follow general prevention practices:

- **Regularly and thoroughly clean your hands** with soap and water for 20 seconds, or if soap and water are not available, an alcohol-based hand rub (containing at least 60% alcohol).
- **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 can be found at http://covid.princeton.edu