

ISOLATION FOR STUDENTS

Students may be told to self-isolate at a designated location during their illness, per instructions from University Health Services/the local health officer/NJ Department of Health. Isolation intends to lower risk of spread of the illness to others.

Isolation means the physical separation and confinement of an individual who is reasonably believed to be infected, based on signs, symptoms or laboratory analysis, with a contagious or possibly contagious disease from non-isolated individuals. You are to restrict activities outside your residence, except for getting medical care. Do not go to work, class, avoid common areas or public spaces. Do not use public transportation, ride-sharing, or taxis.

By being in isolation **you are preventing or limiting the potential transmission** of the disease to non-isolated individuals. Failure to comply with isolation will result in a mandatory order with potential criminal penalties. This is not merely a University guideline.

Some important tips:

- **Stay away from others:** With the exception of getting meals or medical care, stay in your bedroom and away from other people.
- **Call ahead before visiting your medical provider:** If you need medical care during University Health Services' operational hours (Monday - Friday, 8:45 a.m. – 5 p.m.) call 609-258-3141 first. If you need urgent medical care, call 911.
- **Wear a facecovering and disposable gloves,** if you must leave your room (including every time you pick up your meals and when entering a medical facility), to limit risk of exposure to others. The face covering may be reused and should be washed regularly – gloves should not be reused.
- **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.
- **Avoid touching 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.
- **If you live in any university housing,** you may be required to move into isolation housing and your meals will be provided to you.
- **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 you need medical care during University Health Services' operational hours (Monday - Friday, 8:45 a.m. – 5 p.m.) call 609-258-3141 to speak with the on-call physician. Students who are in the area but not approved to be on campus for the semester may be eligible for limited on-site services at McCosh Health Center.

If you need urgent medical care or are calling for University Health Services after hours, dial 911 to be connected to the Department of Public Safety.

Seek prompt medical attention if you develop symptoms or symptoms worsen (e.g., difficulty breathing).

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