A Fact Sheet for Employees: What to Do While Self-Quarantined

SELF-QUARANTINE

Quarantine is a public health measure to protect unvaccinated individuals from those who may have COVID-19 by preventing further exposure.

Throughout the semester, unvaccinated employees may be required to enter quarantine due to exposure to a potentially infected (or confirmed positive) person.

Requirements for quarantine are based on federal and New Jersey state guidelines and are therefore subject to change. The actual length of quarantine will be communicated to you. As of January 2022, expected duration of quarantine is 10 days.

While self-quarantining:

- **Stay home and avoid contact with others.** Do not go to work or lab and do not participate in any in-person activities on or off-campus for this 10-day period. Do not come to campus; if you live in on-campus housing, stay in your residence.
- **Avoid non-essential travel** and limit your activities in public like limiting shopping for food, taking walks outside, etc. Do not take public transportation, taxis, or ride-shares during this time.
- **You should not share items with others in your home.** including dishes, drinking glasses, cups, eating utensils, towels, bedding, etc.
- **Clean all “high-touch” surfaces,** such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables daily.
- **Take your temperature and call your healthcare provider** if you have a temperature of 100.4 F or higher, cough or difficulty breathing.
- **Do not break quarantine to participate in the asymptomatic testing protocol on campus.** Do not come to campus during this period.

If you must go out:

- **Wear a nose/mouth covering when entering public areas.** As of January, 2022, New Jersey executive order requires (and other states require or recommend) residents to wear face coverings, which fit snugly but comfortably against the side of the face and are secured with ties or ear loops, when going into public facilities, such as stores or restaurants.
- **Wash your hands often with soap and water for at least 20 seconds,** especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- **Keep your distance from others** (about 6 feet or 2 meters). Do not use public transportation. Avoid shaking hands, hugging, kissing, etc.

If you develop symptoms:

If you have a **fever, cough and difficulty breathing,** seek medical attention by contacting your primary care provider or local urgent care center. Call in advance, do not just show up.

Any faculty and staff who are tested for COVID-19 and receive a positive result while you are on quarantine by any health care provider in any jurisdiction should notify Global and Community Health immediately at communityhealth@princeton.edu. Again, the on-campus asymptomatic testing protocol is not available to you while you are on quarantine and you should not come to campus to be tested.

Up-to-date University guidance for COVID-19 can be found at [http://covid.princeton.edu](http://covid.princeton.edu)
MENTAL HEALTH RESOURCES

Teladoc Behavioral Health (24/7)
https://member.teladoc.com/princeton

Carebridge – Employee Assistance Program
(800) 437-0911 or visit Carebridge website

For more COVID resources for employees, visit:
https://hr.princeton.edu/benefits-updates-during-covid-19

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