

SELF-QUARANTINE

You have received guidance to self-quarantine at this time. This means remaining at home, not going to gatherings or crowded public places, limiting time outside of your home, and monitoring your health.

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.**
- **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 while you are on quarantine by any health care provider in any jurisdiction **should notify University Health Services 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.

HOW TO KEEP YOURSELF BUSY

Self-quarantining can feel isolating and you may find yourself worrying about or obsessing over if you become sick. Try to keep yourself and your mind busy, and stay in touch with people who can support you.

- **Call or video chat with your family and/or friends.** Sometimes listening to someone else talk about their day or having the opportunity to vent can keep us from getting caught in our own heads.
- **Watch videos.** Whether it is streaming a television show or movie on an online platform, or falling down a YouTube black hole of cute animal videos, make some time to enjoy yourself.
- **Open your window and get some fresh air.** This can help you from feeling cooped up or your room feeling “stuffy.”
- **Read.** It can be a great escape from reality for a while.
- **Get moving.** Do some stretches, march around your room, do some “bodyweight only” exercises or jumping jacks, anything to get your blood pumping. Take advantage of the online fitness classes offered through Campus Recreation (<https://campusrec.princeton.edu/fitness-wellness/group-fitness>). Depending on local public health guidance, you may take a walk outside, provided you keep a safe distance (at least 6 feet or 2 meters) from others.
- **Remember to eat and hydrate.** When we are out of our routines, we can forget to take care of our basic needs, like eating meals and staying hydrated. If you find you are forgetting, try setting a timer to remind you.
- **Listen to music or guided meditation.** If you are feeling activated or upset, try listening to calming music or following a guided meditation (e.g., <https://uhs.princeton.edu/health-resources/stress#audioguides>)
- **Take a break from the news.** If reading news articles or staying up-to-date on alerts about COVID-19 is making you anxious, try taking a break from it.
- **Participate in professional or personal development training activities** through the Employee Learning Center (<http://putrain.learn.com>).

MENTAL HEALTH RESOURCES

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

Carebridge – Employee Assistance Program
(800) 437-0911

For more COVID resources for employees, visit:
<https://hr.princeton.edu/coronavirus-resources>