

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.** Stay in your room or away from others, and do not go to work or leave the house for 14 days.
- **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 contact your healthcare provider** if you have a temperature of 100.4 F, cough or difficulty breathing.

If you must go out:

- **Wear a nose/mouth covering when entering public areas.** Many states recommend that or mandate 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 healthcare provider or local urgent care facility. Call in advance, do not just show up.

If you 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.

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. You can even learn a new skill or language just from a video!
- **Open your window and get some fresh air.** This can help you from feeling cooped up or your room feeling “stuffy”.
- **Read.** Whether it is for pleasure or for an assignment, get to reading. It can be a great escape from reality for a while. Even better if you can take a break from screens and read a print-book. Check out the free library eBook collection (<https://library.princeton.edu/news/2013-02-28/take-your-leisure-reading-online>).
- **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 also 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, 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 virtual community building activities.** Regular virtual programs are advertised online (<https://winter.princeton.edu/virtualactivities>) and may be a great way to combat feelings of isolation, while you are away from campus.

SUPPORT RESOURCES

Counseling & Psychological Services*
609-258-3141

University Health Services - Medical Services*
609-258-3141

*Telehealth (Virtual appointments) may not be available if you are outside of New Jersey. However, UHS and CPS can provide care coordination to assist you in getting connected to local telehealth services and providers.

For non-urgent health-related questions, email askhealth@princeton.edu.

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