

### SELF-QUARANTINE

You have received guidance to self-quarantine at this time. This means remaining at your assigned residence, not going to gatherings or crowded public places, limiting time outside of your residence, and monitoring your health. Your meals will be delivered to a pre-defined location during the time you are required to quarantine. While these circumstances are not desirable, remember, it is for a limited duration of only two weeks.

#### While self-quarantining:

- **Stay in your assigned bedroom and avoid contact with others.** If you are on campus, do not go to work, class or lab and do not participate in any campus activities for this defined quarantine period. If you have a common area or community space in your residence, you should refrain from spending time there. Meals should be eaten in your bedroom.
- **You may leave your room for the following exceptions:** to use the bathroom or shower if outside your suite, to pick up food delivery, to receive medical attention – urgent care and immunizations only, or for a daily 30-minute walk, provided you practice social distancing and wear a face covering at all times.
- **You should not share items with others,** including dishes, drinking glasses, cups, eating utensils, towels, bedding, etc. If you live in apartment-style housing (e.g., Lakeside, Lawrence, Spelman), you can use communal kitchens to prepare meals, as long as they are empty of other people and you clean all surfaces you have touched after use.
- **Clean all “high-touch” surfaces,** such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, in common areas daily.
- **Take your temperature and call University Health Services (609-258-3141)** if you have a temperature of 100.4 F, cough or difficulty breathing.
- **Respond to a daily email from University Health Services** to confirm you remain without symptoms.
- **You should not break quarantine to participate in the asymptomatic testing protocol.**

#### If you must go out:

- **Wear a nose/mouth covering when entering public areas.** New Jersey executive orders require residents to wear face coverings that 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, restaurants and medical facilities.
- **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.** Always wash hands with soap and water if hands are visibly dirty.
- **Keep your distance from others** (about 6 feet or 2 meters). Avoid shaking hands, hugging, kissing, etc.
- **If you require medical care,** call University Health Services first at 609-258-3141, to make an appointment.

#### If you develop symptoms:

If you have a **fever, cough and difficulty breathing,** seek medical attention by calling University Health Services at 609-258-3141. Call in advance, do not just show up.

## 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>). You may also go for a daily 30-minute walk, provided you practice social distancing from others and wear a face covering at all times.
- **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 or other current events 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.

## SUPPORT RESOURCES

Call ahead before visiting any medical provider(s).

Counseling & Psychological Services\*  
609-258-3141

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

\*Appointments will be conducted via Telehealth (virtual meeting). The details will be arranged after you schedule your appointment.

You will receive daily check in's from UHS staff, offering you the opportunity to have any non-urgent needs addressed and questions answered. This may be via secure online message, phone call or text message.

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