

# COVID-19 & SELF QUARANTINE

## A Guide For Students

If you have recently returned from a destination in which the novel coronavirus (COVID-19) is circulating or if you have been in contact with someone who has the virus, you will be asked to quarantine and monitor your symptoms for 14 days before returning to work or campus. EIU is here to support you as you navigate this period of uncertainty.

Hearing that you need to disconnect from others may be disconcerting, but the goal is to ensure that you are healthy, while also protecting others from exposure to illness.

## WHAT TO HAVE ON HAND

Some people may isolate in their own room or residence; others may need to relocate. In some circumstances, individuals may isolate together. During this time, you will want to have enough clean clothes for the entire 14 day period, as well as a pillow and blanket, your cell phone, and laptop. You'll also need a toiletry kit, eyewear, and any prescription and non-prescription medications.

## WHAT TO WATCH FOR

Symptoms related to COVID-19 include:

Fever (above 100.4 F)

Cough

Shortness of Breath

In more severe cases, infection can cause pneumonia and other complications, especially for older individuals and those with other conditions.

## YOUR SELF-CARE KIT

Be prepared with a self-care kit that contains: A digital thermometer, hand sanitizer, alcohol wipes, refillable water bottle, and a temperature and symptom log.

## MONITORING YOUR SYMPTOMS

Please take your temperature daily and record your symptoms on the health log. If you develop symptoms or need medical help while in quarantine, please call the EIU Medical Clinic at (217) 581-3013.

## WHILE YOU'RE IN QUARANTINE

To the extent possible, remain at home for the 14 day period. You should avoid crowds, limit public activities, and practice social distancing.

This means:

Do not go out, except when recommended by a medical professional. Do not use public transportation when possible. Maintain distance (approximately 6 feet) from others. If you must leave your home, try to do so during off-hours and avoid places where people congregate.

## COMMON FEELINGS

Everyone reacts differently to stressful situations that require changes in location or behavior. When you're out of circulation, you may experience a range of feelings, including:

Anxiety, worry or fear

Anger or resentment at the inconvenience

Loneliness or feeling cut off

Boredom and frustration

Sadness or depression

Symptoms of post-traumatic stress disorder

# Your Daily Health Log

Please record your temperature once or twice daily, and write down any symptoms or concerns.

DAY	DATE	AM TEMP (°F)	PM TEMP (°F)	SYMPTOMS (COUGH, SHORTNESS OF BREATH, ETC.)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

Contact Health and Counseling Services: Medical Clinic at (217) 581-3013.

If you feel you need immediate treatment of very serious or critical conditions, call 9-1-1.