

SELF-QUARANTINE

Because you may have been exposed to COVID19 (Coronavirus Disease, 2019) and do not have symptoms, you are being asked to self-quarantine for **14 days** since the last possible contact with COVID-19.

- Separate yourself from other people and animals. Stay socially connected with friends and family by phone, video chat, text, apps, email, or other means.
- Monitor and record your temperature twice each day.
- Monitor for development or worsening of your symptoms (fever, cough, difficulty breathing). If your symptoms get worse, call your Primary Care Provider (PCP). If Student Health Services is your PCP, call 703-993-2831 for advice.
- Call and report any fever (temperature > 100.4°F or > 38°C) to your PCP.
- Wear a facemask if you will be around others.
- Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cough or sneeze into a tissue. If you use a tissue, throw it in the trash and wash your hands afterward. If you do not have a tissue, use your sleeve (not your hands).
- Have over-the-counter medicines and medical supplies (tissues, etc.) to treat fever and other symptoms. Use acetaminophen (Tylenol) or paracetamol or ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn) for fever and body aches (read package directions). Most people will be able to recover from COVID-19 at home.
- Have enough household items and groceries on hand so that you will be prepared to stay at home for this period of time. For residential students staying at the Ángel Cabrera Global Center who have special dietary needs (or need to request hot water for tea, etc.) please email veronica.hayes@sodexo.com as soon as possible.
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
 - If surfaces are visibly dirty, clean them first. Use detergent or soap and water prior to disinfection.
 - To disinfect: Regular household disinfectants will work. Use disinfectants appropriate for the surface. Follow package directions.
- Get plenty of rest, drink plenty of fluids; eat healthy foods and manage your stress to keep your immune system strong.
- **If you are living on campus**, call Student Health Services to make an appointment, after the quarantine period is over. This appointment will be for clearance to return to normal activities.

For more information visit:

George Mason University: <https://www2.gmu.edu/coronavirus>

Centers for Disease Control: <https://www.cdc.gov/>

WHAT TO DO IF YOU ARE SICK

Because you are having symptoms consistent with COVID19 (Coronavirus Disease, 2019), you are being asked to self-isolate.

- Continue to follow the guidelines for self-quarantine.
- Remember to report any of the symptoms outlined above to your PCP
- As much as possible, stay in a specific room away from others in your home. Use a separate bathroom, if available.
- Stay home, except to get medical care. If you need medical care, call ahead before you go to the clinic or facility so that proper precautions may be taken.
- You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
- Avoid sharing personal household items such as cups, utensils, or bedding with other people or pets in your home. After using these items, wash them thoroughly with soap and water.
- Follow package directions when taking over-the-counter medications, such as acetaminophen (Tylenol) or paracetamol, ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn), guaifenesin (e.g. Mucinex), cough suppressants (e.g. dextromethorphan), and decongestants (e.g. Sudafed).
- Get plenty of rest, drink plenty of fluids; eat healthy foods and manage your stress to keep your immune system strong.

Emergency Symptoms of COVID-19

If you develop any of the following severe symptoms of COVID-19, get medical attention immediately. Call 911 and tell them you may have COVID-19 so they are able to take precautions.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

When you can stop home isolation

If you are sick and have confirmed or suspected COVID-19 and have been told to isolate at home, you can stop home isolation under the following 3 conditions:

- You have had no fever for at least 24 hours (one full day) of no fever without the use of medicine that reduces fevers) **AND**
- Other symptoms have improved (for example, when your cough or shortness of breath have improved) **AND**
- At least 10 days have passed since your symptoms first appeared.

If you are living on-campus, call Student Health Services to make an appointment after the quarantine period is over. This appointment will be for clearance to return to normal activities.

RESOURCES

MEDICAL

Any new/worsening symptoms or medical concerns: please call Student Health Services at 703-993-2831. A nurse advice line is available when the clinic is closed.

GENERAL

Student Support and Advocacy Center (SSAC)

If you are in quarantine or isolation (either on- or off-campus) and need help navigating available support resources (including well-being, mental health, or academic support), please visit ssac.gmu.edu, click on Forms and complete the COVID-19 Quarantine/Isolation Self-Referral Form. A staff member from Student Support and Advocacy Center will contact you.

MENTAL HEALTH

Call **Counseling and Psychological Services (CAPS)** at 703-993-2380 (their Protocall service is available outside normal business hours).

Quarantine & Connection

A place to feel support and connection with other students going through the same experience

Link: tinyurl.com/CAPSsupportspace

Tuesdays at 11 am and Fridays at 1 pm

Virtual Mental Health Workshops

For all students, not just those in isolation or quarantine.

Link: tinyurl.com/CAPSmhw

Wind-down Wednesdays: Wednesdays at 2 pm

Stress and coping during this time of uncertainty: Thursdays at 2 pm

Art + Relaxation: Fridays at 2 pm