

SELF ISOLATION

Thank you for taking care of yourself and our community.

Due to your potential exposure to the new Coronavirus (COVID-19), you have been asked to **self isolate for 14 days**. During this time, you must stay in your residence or in your relocated room. Also manage and monitor your symptoms to help prevent the spread of this illness. Please reach out to HUHS if you have questions.

What to have on hand

To make your stay more comfortable, bring clean and comfortable clothes for the number of days you'll be laying low, a favorite pillow or blanket, your cell phone, laptop, chargers and cords.

You'll also need a toiletry kit, eye wear, and any prescription and non-prescription medications.

If you are relocated, your room will be equipped with other necessary items.

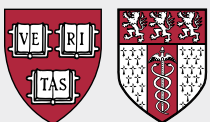
For undergraduate students:

- HUDS will provide your meals
- HUHS will provide you some supplies, such as a thermometer, hand sanitizer, alcohol wipes, reusable water bottle
- HUHS will contact you daily
- You will need to contact your advisor and resident dean to inform of your situation

What Does this Mean for Me?

For the next 14 days,

- Do not go to classes, study groups, office hours, the library or other academic/social/athletic functions
- Do not use public transportation
- Do not go to work
- Frequently wash hands with soap and water. Use hand sanitizer if soap and water is not handy
- Check your temperature twice daily. Keep a daily log temperature, presence of a cough or any breathing issues
- Wear a mask if you are going out for a medical appointment



Common feelings

This can be an overwhelming and scary time and you may experience a variety of emotions. We are here to help and support you.

Self-Care Tips

Try to take care of yourself during this stressful time.

Some ideas:

- Call family and friends
- Write letters to family and friends
- Consider starting a mindfulness/ meditation practice.
- If you have a practice, do it
- Call Harvard's Guided Meditation Line 617-494-2256 (4-CALM)
- Keep a journal
- Binge watch some Netflix shows
- Read for fun
- Watch Youtube videos for exercises
- Bring some weights or exercise bands

Resources

Harvard: www.HARVARD.edu/coronavirus

CDC: www.cdc.gov/coronavirus/2019-nCoV/

HUHS Urgent Care: 617-495-5711

Your Daily Health Log

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

Day	Date	AM Temp	PM Temp	Other symptoms, such as cough, shortness of breath etc.
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

Please know that we value your health and wellbeing and here to assist as needed.

*Original content sourced from Anne Jones, Medical Director, Cornell Health

