GUIDELINES AND EXPECTATIONS OF ISOLATION
(PER CDC AND PA DEPARTMENT OF HEALTH)

WHAT DOES IT MEAN TO ISOLATE?

• Isolation means to separate those infected (either with or without symptoms) from those who are healthy
• **DO NOT** have contact with others unless you need medical attention
• If you live **ON CAMPUS**: Consider going home to isolate **OR**
  KU will assign you to an isolation dorm
• If you live **OFF CAMPUS**: Set up your own bedroom and bathroom to decrease the risk of infecting others
• When you are unable to avoid others, **wear a mask and keep shared spaces clean**
• Monitor your symptoms
• **SYMPTOMS REQUIRING EMERGENCY CARE:**
  - BLUISH LIPS OR FACE
  - FASTER BREATHING
  - TROUBLE BREATHING
  - PERSISTENT PAIN OR PRESSURE IN THE CHEST
  - NEW CONFUSION OR DIFFICULTY WAKING UP

WHEN CAN MY ISOLATION END?

Isolation should last for a minimum of 10 days
All of the following conditions must be met before your isolation can end:
  o 10 days after your first symptom started **AND**
  o You have no fever for the last 24 hours without the help of fever reducing medications **AND**
  o All other symptoms have improved

Resume your normal activities on Day 11

DO’S AND DON’TS OF ISOLATION

**DO:**
- Stay in contact with friends & family via social media and video calls
- Practice self-care
- Stay updated on assignments and classwork

**DON’T:**
- GO OUT or invite guest to your housing
- Share food, personal items or spaces with others when possible. Sharing items such as phone or computers increase the risk of infection.
- End your isolation without medical clearance if you continue to have symptoms