

COVID-19 ISOLATION GUIDELINES AND EXPECTATIONS

(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, social distance & 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:

- 10 days after your first symptom started **AND**
- You have no fever for the last 24 hours without the help of fever reducing medications **AND**
- All other symptoms have improved

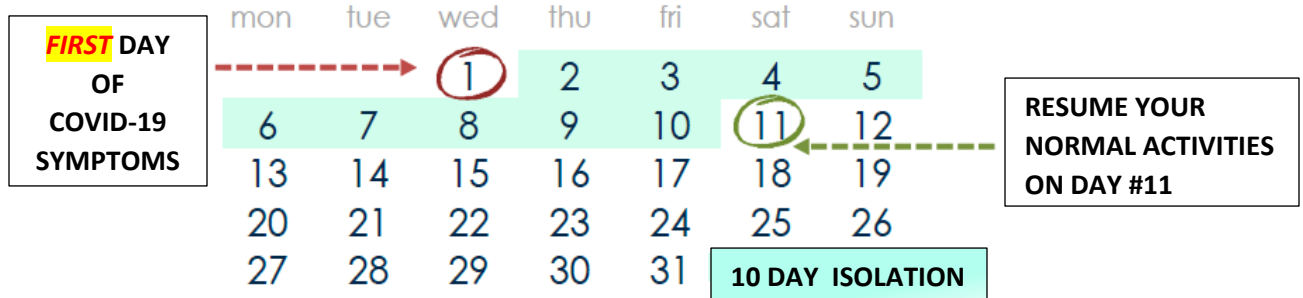
Resume your normal activities on Day 11

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

10 DAY ISOLATION FOR SOMEONE WHO HAS COVID-19



COVID 19 RESOURCES AT KUTZTOWN UNIVERSITY

CLINICAL SERVICES HEALTH CENTER: 610 683-4082

Operating Hours 8:00am – 4:30 pm Monday – Friday

UNIVERSITY COUNSELING: 610 683-4072

Operating Hours 8:00am – 4:00 pm Monday – Friday

For Mental Health crisis *after hours* call Service Access Management at 610 236-0530 (24/7)

KU HOUSING: 610 683-4027

PUBLIC SAFETY: 610 683-4002

If you are **ISOLATING ON CAMPUS** – KU Health & Wellness staff will call students daily to monitor your symptoms

If you are **ISOLATING OFF CAMPUS** – KU Health & Wellness staff will be calling students on Day 10

If you asked to **QUARANTINE** – Students will receive a text message for daily monitoring of your symptoms