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

WHAT DOES IT MEAN TO QUARANTINE?
- QUARANTINE means to separate those potentially infected from those who are healthy
- QUARANTINE focuses on those who have been exposed to someone with COVID-19
- Stay at home for at least 14 days from your last contact with a positive person
- Monitor for possible symptoms - fever, cough, loss of smell or taste, short of breath, etc.
- Contact Clinical Services (610 683-4082) if symptoms develop or consider getting tested
- Below is a helpful chart to visualize the time frame of an average quarantine

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<td>14 DAY QUARANTINE</td>
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Person with COVID-19 starts home isolation

DO'S AND DON'TS OF QUARANTINE

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 guests to your housing
- Share food, personal items or spaces with other when possible
- Sharing items such as phone or computers increases the risk of infection
- End your quarantine early