

# SELF-ISOLATION: WHAT DOES THAT MEAN?

**All students, faculty, and employees who return from affected areas, cruises, or international travel must self-quarantine and not return to campus for 14 days after their return.**

**Isolation** means the separation of a person or group of people known or reasonably believed to be *infected with a communicable disease and potentially infectious* from those who are not infected to prevent spread of the communicable disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order.

## 1) WHAT IF I AM SICK WHEN I RETURN?

- ◇ If you feel sick with a fever, cough, or difficulty breathing within 14 days after leaving one of the affected areas, you should:
  - » Seek medical evaluation right away. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
  - » Avoid contact with others.
  - » Not travel while sick.
  - » Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
  - » Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. Use an alcohol based hand sanitizer if soap and water are not available.

## 2) WHAT IF I AM NOT SICK WHEN I RETURN?

- ◇ Continue to self-isolate at home, limiting interactions as much as possible.
- ◇ Monitor your health for 14 days since the time you left the affected area.
  - » Check your temperature twice a day with a thermometer. If your temperature is greater than or equal to 100°F (38°C), contact your healthcare provider for further guidance.
  - » Monitor for any cough or trouble breathing and notify your healthcare provider if you develop symptoms.

## 3) HOW DOES THIS SELF-ISOLATION IMPACT THE FOLLOWING?

- ◇ For support with Classes, On-campus Housing and Dining – contact Case Management Services, Tyler Shannon at [tdshannon@fsu.edu](mailto:tdshannon@fsu.edu) or 850-644-9561 to assist you.
- ◇ Work – Contact your employer.
- ◇ Campus Involvement, picking up medications or running errands, etc – Avoid all contact with others.
- ◇ Roommates – The university will work with local public health officials to identify a location for you to self-isolate, away from others

## 4) DO I NEED TO DO ANY OF THE FOLLOWING?

- ◇ Wear a mask?
  - » If you are experiencing symptoms you will be asked to place a mask on prior to being examined by a healthcare provider.
- ◇ Be evaluated by a doctor in person?
  - » If you are experiencing symptoms as mentioned above, you should be evaluated by a healthcare provider. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- ◇ Disclose I have traveled to an affected area?
  - » If you are experiencing symptoms, you should inform your healthcare provider of the dates and location of your recent travel.
- ◇ Disinfect my home and clothing?
  - » Clean and disinfect frequently touched objects, surfaces, and common areas daily.

## 5) WHERE DO I GO TO RECEIVE UP TO DATE INFORMATION?

- ◇ [Alerts.fsu.edu](http://Alerts.fsu.edu) and [www.cdc.gov](http://www.cdc.gov) or COVID-19 information line (for Leon County residents) 850-404-6299.