SELF-QUARANTINE  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.

Quarantine in general means the separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic, from others who have not been so exposed, to prevent the possible spread of the communicable disease.

1) 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 100F (38C), contact your healthcare provider for further guidance.
      » Monitor for any cough or trouble breathing and notify your healthcare provider if you develop symptoms.

2) HOW DOES THIS SELF-QUARANTINE IMPACT THE FOLLOWING?
   ◊ For support with Classes, On-campus Housing and Dining – contact Case Management Services, Tyler Shannon at tdshannon@fsu.edu or 850-644-9561 to assist you.
   ◊ Work – Contact your employer.
   ◊ Campus Involvement, picking up medications or running errands, etc – Limit interactions with others as much as possible.
   ◊ Roommates – Try to isolate in a private area and use a separate restroom if available.

3) DO I NEED TO DO ANY OF THE FOLLOWING?
   ◊ Wear a mask?
      » You do not need to wear a mask if you do not have symptoms. If you are experiencing symptoms (fever, cough, shortness of breath), 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.

4) WHAT DO I DO IF I DEVELOP SYMPTOMS AFTER 14 DAYS?
   ◊ Call your healthcare provider even if you develop symptoms after 14 days.

5) WHERE DO I GO TO RECEIVE UP TO DATE INFORMATION?
   ◊ Alerts.fsu.edu and www.cdc.gov or COVID-19 information line (for Leon County residents) 850-404-6299.

6) WHAT RESOURCES CAN I ACCESS IF I NEED TO TALK TO SOMEONE?
   ◊ The University Counseling Center (850-644-TALK) and Case Management Services (850-644-9555) are available to students.