

# 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](mailto: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](http://Alerts.fsu.edu) and [www.cdc.gov](http://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.