



## Caring for Yourself

You are currently being quarantined for the possibility of a COVID-19 infection. A specimen is being sent out and you will be notified as soon as those results are available. In the meantime, please follow the medical guidelines below.

*For possible or confirmed COVID-19:*

1. Stay in your dorm room or house and away from public places at all times.
2. Monitor your symptoms carefully. If your symptoms get worse, call the health center during the hours of 9am-4pm Monday-Friday 610.330.5001. After hours call public safety at 610.330.5333
3. Get rest and stay hydrated.
4. For medical emergencies, call public safety and notify the dispatch personnel that you have or may have COVID-19.

### When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include\*:

- Trouble breathing
- Persistent pain or pressure in the chest

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

6. Cover your cough and sneezes.
7. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
8. As much as possible, stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
9. If you need to be around other people inside your room, wear a facemask.
10. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding
11. Clean bathroom/sink/knobs thoroughly after each use. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.