

Isolation vs. Quarantine COVID-19

Isolation: Who should be in isolation?

Isolation applies to individuals who have tested positive for COVID-19, or who are awaiting results from their COVID-19 test.

If this applies to you, you will be directed by the University Physician, Health Center Director or local Health Department to self-isolate and not interact with others. The purpose of isolation for any infectious illness is to separate sick people from healthy people in order to limit the spread.

Isolating in Campus Housing

If you are in isolation on campus:

1. Stay in your assigned room until instructed otherwise by the University Physician, Director of Health Center, or the local Health Department. The length of isolation periods vary, and the decision to discontinue home isolation is made on a case-by-case basis.
2. You may not have friends or family in your isolation room.
3. You will be provided meals by the University.
4. In addition to a thermometer, you should bring any clothes, toiletries, and medication you need.
5. All students should be aware of the emergency signs for COVID-19 and if required, get medical help promptly.
6. An EU staff member or a nurse will check on you by phone each day that you are in isolation.
7. To prepare for the call, please take your temperature 2x a day. Record your temperature and symptoms so staff can review them with you. Please answer your phone or circle back to us promptly if we missed you.

Communication with Family

Your personal health information is confidential. You will need to sign a release before our staff will be able to speak with your parents, other family members or friends.

Quarantine: Who should be in Quarantine?

If you, your health care provider, or someone at your local Health Department has reason to believe you may have been exposed to COVID-19, you may be asked to quarantine which means staying in a designated location (your home) away from others, for the purpose of observing and monitoring your health status for the development of symptoms.

Typically, a COVID-19 quarantine lasts for 14 days, but this length may vary if directed by the University Physician, Director of Health Center, or local Health Department.

Follow the Rules

You can still connect with friends and family via computer and phone. However, it's important you do not break quarantine for 14 days.

Limits That Apply While in Quarantine

1. Do not leave your quarantine location for any non-essential reasons.
2. Do not have friends or family with you in your room or apartment unless they have been approved by the Director of the Health Center and University Physician
3. Do wear a face mask if you share a bathroom or if you have a health care appointment.
4. Monitor your symptoms. Symptoms related to COVID-19 include fever, cough, shortness of breath.
5. While in quarantine, it's important to take your temperature daily and record any symptoms on a health log. If you develop a fever (above 100.3°) or need medical assistance while in quarantine, please call the Health Center immediately. After Health Center hours, please contact Security.
6. Health Care Supplies – You should have the following supplies with you during the time you are in quarantine:

Digital Thermometer

Health & Temperature Log

Hand Sanitizer

Face mask (when available) to wear if in a shared space