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# SELF-QUARANTINE INSTRUCTIONS

- ▶ Self-quarantine is used to keep individuals who were exposed to COVID-19 away from others. This helps prevent the spread of COVID-19 that can occur from people without symptoms. The self-quarantine period lasts for 14 days after the last known contact with someone infected with COVID-19. Most **resident students** may quarantine in place; however, some may need to relocate to a designated quarantine location on campus. **Commuter students** are asked to self-quarantine in their place of residence and not come to campus until cleared by our Health & Wellness staff.

## DURING THE SELF-QUARANTINE PERIOD:

**Residents:** Stay in your designated self-quarantine location on campus.

**Commuters:** Stay at home or your place of residence off campus.

**EVERYONE:** Monitor your health daily and submit your daily symptoms to the CoVerified App.

## DO'S and DONT'S of Self-Quarantine

- ❌ DO NOT enter public places
- ❌ DO NOT attend in-person instruction (if applicable)
- ❌ DO NOT go to work/internships
- ❌ DO NOT visit the dining hall – we will arrange for meals to be delivered to resident students
- ❌ DO NOT attend practices or any other social event
  
- DO contact Health & Wellness to coordinate next steps for COVID-19 testing procedures:  
Phone: 860-701-5195  
Email : weymouth\_a@mitchell.edu
- DO communicate with your academic advisor, faculty instructors, supervisors, coaches, RHD's, etc.
- DO continue with online learning
- DO stay connected with friends and family through virtual platforms
- DO spend time outside and go for walks away from other people
- DO wear a mask/face covering whenever you are not in your designated quarantine space, including all residential areas (hallways, bathrooms, etc.)
- DO wash your hands frequently
- DO reach out to the Residential Life for needed help and support
- DO contact Health & Wellness for your medical and mental health needs

*\*If you are in severe distress, as with any other illness, please call 911.*

**Yale New Haven Health COVID-19 Call Center**

Outside of Mitchell College Health Clinic hours, students with COVID-19 related questions/concerns may contact 833-ASK-YNH (833-275-9644), Monday-Sunday (7 days a week) 7am-7pm

**Mitchell College Health & Wellness Clinic: 860-701-5195**