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-YNHH (833-275-9644), Monday-Sunday (7 days a week) 7am-7pm

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