



SELF-ISOLATION INSTRUCTIONS

- ▶ Self-isolation is used to keep individuals who have tested positive for COVID-19 away from others while they can spread it to others. This is a critical public health measure that prevents the transmission of COVID-19 in the community. For **resident students**, designated isolation space has been identified. For **commuter students**, home isolation includes separation from other family members and/or house or apartment mates and sole use of designated spaces and supplies. The self-isolation period will last for a **minimum of 10 days** from the date of the onset of your symptoms or the date of the positive test if you do not have any symptoms.

DURING THE SELF-ISOLATION PERIOD:

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

Commuters: Stay at home or your place of residence off campus, separated from other family members and/or house or apartment mates.

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

DO'S and DONT'S of Self-Isolation

- ⊘ DO NOT leave your designated isolation location except to seek medical care only after approval from Health Services; otherwise utilize telehealth services to stay in contact with medical professionals
- ⊘ DO NOT allow anyone in your isolation location
- ⊘ 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 attend your scheduled medical visits by telemedicine or phone
- DO monitor your symptoms daily
- DO wash your hands frequently
- 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 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