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