

# When You Need to Self-Isolate

## A GUIDE FOR STUDENTS LIVING OFF CAMPUS



**UChicago**  
Student Wellness

Given that you have recently returned from a destination in which the new coronavirus (COVID-19) is circulating or you've been in contact with someone who has the virus, you are being asked to self-isolate and monitor your symptoms for 14 days before returning to campus. The University of Chicago is here to support you as you navigate this period of uncertainty. Please work directly with your department leadership on academic and research continuity.

Hearing that you need to self-isolate and disconnect from campus may be disconcerting, but the goal is to ensure that you are healthy, while also protecting others from exposure to illness.

### WHAT TO HAVE ON HAND

Some students may self-isolate in their own room or residence; others may need to relocate. In some circumstances, students may self-isolate together. During this time, you will want to have enough clean clothes for the entire 14-day period, as well as a pillow and blanket, your cell phone, and laptop. You'll also need a toiletry kit, eyewear, and any prescription and non-prescription medications.

### YOUR SELF-CARE KIT

Be prepared with a self-care kit that contains:

- Digital thermometer (for daily use)
- Hand sanitizer (for times you can't wash)
- Alcohol wipes (for cleaning, as needed)
- Water bottle (stay hydrated!)
- Temperature and symptom log (see next page)

You may contact your [Area Dean of Students](#) to ask if they can help arrange for the safe delivery of other necessary items.

### WHAT TO WATCH FOR...

Symptoms related to COVID-19 include:

- Fever (above 100.4°F)
- Cough
- Shortness of breath

In more severe cases, infection can cause pneumonia and other complications, especially for older individuals and those with other health conditions.

### MONITORING YOUR SYMPTOMS DURING SELF-ISOLATION

Please take your temperature daily and record your symptoms on the health log located on the next page. **If you develop symptoms or need medical triage/help while in self-isolation, please call the Student Health Service at 773.702.4156. A nurse will determine if you should leave the premises to seek medical attention.**

### WHILE YOU'RE IN SELF-ISOLATION

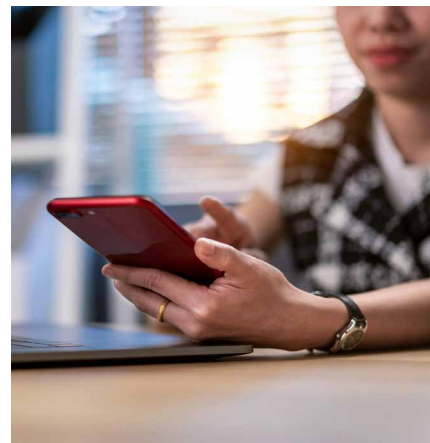
To the extent possible, remain at home for the 14-day period. You should avoid crowds, limit public activities, and practice social distancing. This means:

- Do not attend class or go to the library.
- Do not use public transportation.
- Maintain distance (approximately 6 feet or 2 meters) from others.

If you must leave your home, try to do so during off-hours and avoid places where people are congregating.

### 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 or other family members or friends.



### SUPPORT IS A PHONE CALL OR CLICK AWAY

You are a valued member of the UChicago community, and your health and well-being are important to us. We are here to assist you if you need help.

#### Student Health Service

773.702.4156  
(available 24/7)

#### Student Counseling Service

773.702.3625  
(available 24/7)

#### Dean-on-Call

773.834.HELP  
(available 24/7)

#### Area Dean of Students

[csl.uchicago.edu/get-help/area-dean-students](https://csl.uchicago.edu/get-help/area-dean-students)

#### University of Chicago Medicine's Emergency Department

773.702.6250  
(available 24/7)

**If you feel you need immediate treatment of very serious or critical conditions, call 911.**

**If you decide to go to the emergency department on your own, if possible call the ED prior to your arrival so they can be prepared to potentially isolate you when you arrive.**

## PUBLIC HEALTH TERMINOLOGY

When communicable infections circulate, communities try to reduce the spread in several ways, depending on the severity of the illness, the ease of transmission, and the local and national policies of the time. Often, more than one method is employed during an outbreak.

**Self-isolation** refers to the guidance for individuals to stay home and monitor their health following travel to a high-risk country.

**Isolation** prevents the spread of an infectious disease by separating people who are already sick from those who are not. It lasts as long as the disease is contagious.

**Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. Quarantines are typically used for individuals who are at high risk of exposure to COVID-19—particularly those who have had close contact with someone confirmed to have COVID-19 without using recommended precautions for caregivers.

**Social distancing** means avoiding crowds and public transportation (e.g., bus, subway, taxi, ride share), and maintaining distance (approximately 6 feet or 2 meters) from others.

## LEARN MORE ABOUT CORONAVIRUS (COVID-19)

[Coronavirusupdates.uchicago.edu](https://coronavirusupdates.uchicago.edu)

## COMMON FEELINGS

Everyone reacts differently to stressful situations that require changes in location or behavior. When you're out of circulation, you may experience a range of feelings, including:

- Anxiety, worry, or fear related to your health status or that of others
- Anger or resentment at the inconvenience
- Worry about not having your things with you or not doing your usual routine
- Uncertainty or concern about how long you will need to remain in this situation
- Excitement to have some alone time to rest and catch up on reading
- Loneliness or feeling cut off
- Boredom and frustration
- Sadness or depression
- Symptoms of post-traumatic stress disorder

**Please contact the Student Counseling Service at 773.702.3625 if you need immediate counseling care. A clinician is available to speak with you over the phone 24/7.**

## Your Daily Health Log

*Please record your temperature once or twice daily, and write down any symptoms or concerns.*

| DAY | DATE | AM TEMP (°F) | PM TEMP (°F) | SYMPTOMS (COUGH, SHORTNESS OF BREATH, ETC.) |
|-----|------|--------------|--------------|---|
| 1   |      |              |              |   |
| 2   |      |              |              |   |
| 3   |      |              |              |   |
| 4   |      |              |              |   |
| 5   |      |              |              |   |
| 6   |      |              |              |   |
| 7   |      |              |              |   |
| 8   |      |              |              |   |
| 9   |      |              |              |   |
| 10  |      |              |              |   |
| 11  |      |              |              |   |
| 12  |      |              |              |   |
| 13  |      |              |              |   |
| 14  |      |              |              |   |

*If your temperature is >100.4°F, or if you feel like you have a fever, and you have a cough or shortness of breath, call the Student Health Service at 773.702.4156 to discuss symptoms. Note: COVID-19 symptoms and some cold/flu symptoms can be similar. Please consult with SHS right away.*