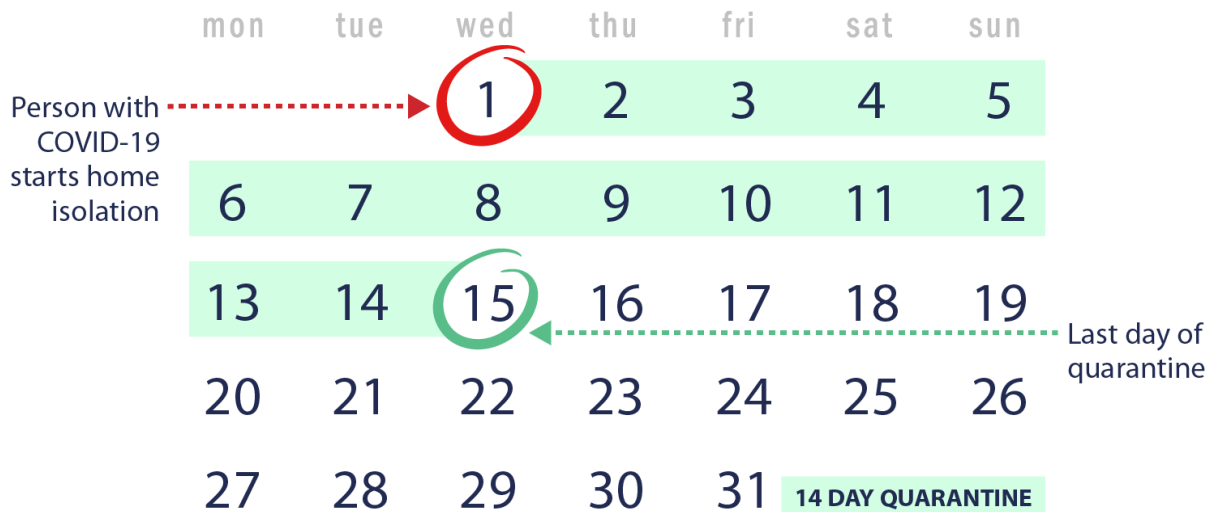


COVID-19 **QUARANTINE** GUIDELINES AND EXPECTATIONS

(PER CDC AND PA DEPARTMENT OF HEALTH)

WHAT DOES IT MEAN TO QUARANTINE?

- QUARANTINE means to separate those potentially infected from those who are healthy
- QUARANTINE focuses on those who have been exposed to someone with COVID- 19
- Stay at home for at least 14 days from your last contact with a positive person
- Monitor for possible symptoms - fever, cough, loss of smell or taste, short of breath, etc.
- Contact Clinical Services (610 683-4082) if symptoms develop or consider getting tested
- Below is a helpful chart to visualize the time frame of an average quarantine



DO'S AND DON'TS OF QUARANTINE

DO: Stay in contact with friends & family via social media and video calls.
 Practice self-care
 Stay updated on assignments and classwork

DON'T: GO OUT or invite guests to your housing
 Share food, personal items or spaces with other when possible
 Sharing items such as phone or computers increases the risk of infection
 End your quarantine early



COVID 19 RESOURCES AT KUTZTOWN UNIVERSITY

CLINICAL SERVICES HEALTH CENTER: **610 683-4082**
Operating Hours 8:00am – 4:30 pm Monday – Friday

UNIVERSITY COUNSELING: **610 683-4072**
Operating Hours 8:00am – 4:00 pm Monday – Friday
For Mental Health crisis after hours call Service Access Management at
610 236-0530 (24/7)

KU HOUSING: **610 683-4027**

PUBLIC SAFETY: **610 683-4002**

If you are **ISOLATING ON CAMPUS** – KU Health & Wellness staff will call students daily to monitor your symptoms

If you are **ISOLATING OFF CAMPUS** – KU Health & Wellness staff will be calling students on Day 10

If you asked to **QUARANTINE** – Students will receive a text message for daily monitoring of your symptoms