

## Guide to Isolation and Quarantine

If you become ill or are exposed to someone who is ill, here is what you need to know as a member of the University community:

### If you are experiencing symptoms:

You must report your symptoms through the mobile screening app or directly to University Health Care. If you are experiencing symptoms of COVID-19, you will be directed to seek medical care and obtain a COVID-19 test.

### You should self-isolate if:

You have tested positive for COVID-19 or are experiencing symptoms.

### You should quarantine if:

You have been in close contact with someone known to have COVID-19, even if you don't have symptoms. Close contact means sharing the same residence hall room or home, direct physical contact, or being within six feet for more than 15 minutes.

Even if you test negative, you must still continue to quarantine until 14 days have passed from your last contact with a person known to have COVID-19. Even though you may feel well now, you are still at risk of getting the disease, you may get sick, and you may be contagious to others.

### How to isolate or quarantine:

- Stay home or in your residence hall room. Do not invite guests over.
- Wear an approved face covering if you must enter a public space. Stay at least six feet away from others at all times.
- If you are a residential student, Residential Life and Housing staff will assist you during quarantine or isolation. They will help deliver meals and other essential items like medication.
- Disinfect your spaces regularly, including high-touch areas.
- Cover your coughs and sneezes with your elbow. Throw away used tissues.
- Wash your hands often with soap and water for 20 seconds each time, or if unavailable, use hand sanitizer with at least 60 percent alcohol.

For more information, please visit [www.pace.edu/return](http://www.pace.edu/return).