

COVID-19 Quarantine & Isolation Guidance

You've been asked to **quarantine for 14 days or isolate for 10 days or more**. During this time you must stay in your residence or in your relocated room.

You can also manage and monitor your symptoms to help prevent the spread of this virus. Please reach out to Student Health Services at patientconnect.bu.edu if you have any questions.

WHAT QUARANTINE MEANS FOR ME

- Do not leave your living space for any academic, work, or social activities
- If you need necessities from the store, ask others to get them for you or have them delivered
- Frequently wash your hands with soap and water. Use hand sanitizer if soap and water is not available
- Check your temperature twice daily. Keep a daily health log of symptoms, including your temperature, presence of a cough, or trouble breathing

SUPPORT FOR STUDENTS IN QUARANTINE

- Student Health Services will contact you daily to manage your health throughout your quarantine (for all students)
- Contact your Academic Advisor about any concerns you may have about completing your coursework (for all students)
- Dining Services will provide dining accommodations to undergraduates living in on-campus housing for quarantine and isolation. Accommodations may also be provided to graduate students living in on-campus housing, dependent on housing type. Please reach out to Residence Life and Dining Services with any questions
- Residence Life will provide you some supplies, including a thermometer and hand sanitizer (for students living on campus)
- Contact Residence Life with any questions about housing needs at 617-353-4380 (for students living on campus)

SELF-CARE DURING COVID-19

This can be an overwhelming and scary time. You may be experiencing many emotions.

It's important to think about how you can take care of yourself during this time.

If you already have a self-care practice, try to continue it.

Consider how you can modify your practice to better fit your needs.

Your COVID-19 self-care plan might include:

- Video chats, phone calls, or emails with family and friends
- Trying out meditation with the Headspace app ([Free for BU students](#))
- Cutting down on news or media if you find yourself in information overload
- Keeping a journal to record your thoughts and experiences during this time
- Watching shows or movies you've wanted to see
- Reading for enjoyment
- Exercise with the help of online videos (if you are well enough to do so)

YOUR DAILY HEALTH LOG

It is very important to monitor your symptoms during your quarantine/isolation.

Continue to monitor your symptoms for 14 days even if you feel like you are getting better. Symptoms can change quickly.

Record your temperature twice daily and write down any symptoms you're experiencing or other concerns to note.

Common symptoms include: fever, cough, and difficulty breathing.

In a trusted place, please record:

- Day (#1-14)
- Date
- AM Temperature
- PM Temperature
- Other symptoms & notes

BEING PREPARED: INFORMATION TO GET TOGETHER

- Create a physical and virtual emergency contact list for you, and others in your living space
- Create a physical and virtual list of your healthcare facilities and providers so you know who you can contact and where you can go to seek help
- Have the phone number and digital contact information for SHS and/or your local primary care provider readily available. Write it down and keep it in a digital space that's easy to access
- Create a plan with those you live with about how you will now use your space. Consider deciding on a room or space that can be used for quarantine, designating a separate bathroom (if available), and making these spaces comfortable
- Talk about how those who are not in quarantine will continue everyday preventive actions, including cleaning shared spaces

BEING PREPARED: ITEMS TO GET TOGETHER

Since you are in quarantine, someone else should get together any items that are not already in your home

- Make a ready-to-go healthcare kit in case you need to quickly seek emergency medical care. Include:
 - A physical list of the "Information to have ready"
 - Important identification and health insurance cards
 - Any healthy-related notes (e.g., allergies, prescription medications)
 - Other essentials (e.g., a toothbrush, water bottle, phone charger, and snacks)
- Aim to have several weeks of any prescription medication. If you're running out, contact SHS. Local pharmacies can often deliver
- Plan to have several weeks of medication to help relieve COVID-19 symptoms, including cough medicine and acetaminophen (Tylenol)
- A thermometer to help monitor your symptoms. (A thermometer is also available in the supply kit provided by Residence Life for students in quarantine & living on campus)
- A few extra non-perishable food items and hygiene supplies
- Other items to help make sure you are comfortable, such as clean clothes for a number of days and entertainment (e.g., books, your laptop)

WE'RE HERE FOR YOU

We're here to support your health and wellbeing.

Contact Student Health Services (SHS) at
patientconnect.bu.edu