

## SUPPORT IS A CALL OR CLICK AWAY

Your health and well-being are important to us. We are here to help you.

### Resources

#### Health Services

- [healthservices@dbu.edu](mailto:healthservices@dbu.edu)
- Mon–Fri, 8:00a.m.–5:00p.m.
- Number: 214-333-5151
- **Please do not arrive at the Health Services Clinic without calling first.**

#### Counseling Center

- Dr. Jordan Davis and staff
- Mon–Fri, 8:00a.m.–5:00p.m.
- 214- 333-5288
- [counselingcenter@dbu.edu](mailto:counselingcenter@dbu.edu)

**If you need immediate treatment of very serious or critical conditions, call 911. If you are on campus, you can also call 214-333-5555.** If you decide to go to the emergency department on your own, if possible, call the ER prior to your arrival so they can be prepared to potentially isolate you when you arrive.

# HOW TO SELF-ISOLATE

## DALLAS BAPTIST UNIVERSITY

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**Isolation** is used to separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected.

People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).

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

### What is the difference between quarantine and isolation?

**Isolation** separates people who are infected with the virus from people who are not infected.

**Quarantine** keeps someone who might have been exposed to the virus away from others.

### 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 (found on next page)

### Who needs to isolate?

- People who have COVID-19
- People who have symptoms of COVID-19 and are able to recover at home
- People who have no symptoms (are asymptomatic) but have tested positive for COVID-19

## Steps to take

- Monitor your symptoms. If you have an **emergency warning sign** (including trouble breathing), seek emergency medical care immediately
- Stay in a separate room from other household members, if possible
- Use a separate bathroom, if possible
- Avoid contact with other members of the household and pets
- Don't share personal household items, like cups, towels, and utensils
- Wear a cloth face covering when around other people, if able

## PUBLIC HEALTH TERMINOLOGY

### symptoms of covid-19

New or worsening fever >100.0°F AND cough, shortness of breath or sore throat.

### close contact

being within approximately 6 feet of an individual for 15 minutes or longer.

### social distance

Social distancing is a conscious effort to maintain six feet of distance between yourself and other people as a way to mitigate the spread of disease.

## Daily Health Log

Day	Date	AM Temp	PM Temp	Symptoms (cough, shortness of Breath, Fever, etc.)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

**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 help or 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 your current situation
- Excitement to have time to yourself to catch up on things
- Loneliness or feeling isolated
- Boredom and frustration
- Sadness or depression
- Symptoms of post-traumatic stress disorder (PTSD)

avoiding public gatherings, bars, restaurants or other events, even if you are symptom free. Stay at least 6 feet from other people as often as possible. Take precautions if you cannot maintain that distance, such as using alcohol-based hand sanitizer and/or hand washing immediately after contact. Consider using curbside pick-up or delivery for essential items.

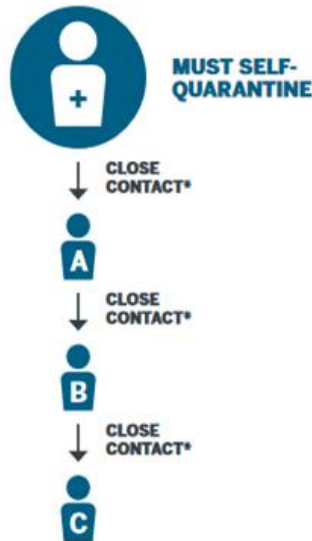
### self-monitor

People should monitor themselves for symptoms of COVID-19 by taking their temperatures twice a day and remaining alert for cough or difficulty breathing. If they feel feverish or develop measured fever, cough or difficulty breathing during the self-monitoring period, they should self-isolate, limit contact with others and seek advice by telephone from a health care provider to determine whether medical evaluation is needed.

### Student Affairs

Stay up to date on what DBU is doing in response to the Coronavirus by checking the DBU Coronavirus website ([www.dbu.edu/coronavirus](http://www.dbu.edu/coronavirus)) and your DBU Email.

## Interactions with a Person who has Tested Positive for COVID-19



### PERSON A: If this is you...

Self-quarantine and monitor for COVID-19-like illness vigilantly for 14 days from the date of your last contact with the ill person. Isolate yourself if you develop symptoms and call your health care provider for guidance.

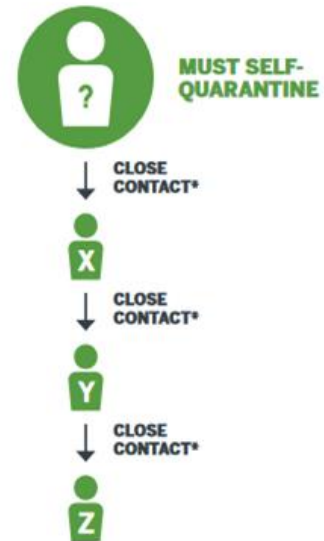
### PERSON B: If this is you...

Social distance and self-monitor for 14 days from the date of your last contact with Person A. If you develop fever or other symptoms, contact your health care provider.

### PERSON C: If this is you...

Practice social distancing and self-monitor for symptoms. If you develop fever or other symptoms, contact your health care provider.

## Interactions with a Person with Symptoms who was Tested and is Awaiting Results



### PERSON X: If this is you...

Self-quarantine and monitor for COVID-19-like illness vigilantly for 14 days from the date of your last contact with the ill person. Isolate yourself if you develop symptoms and call your health care provider for guidance.

### PERSON Y: If this is you...

Practice social distancing and self-monitor for symptoms. If you develop fever or other symptoms, contact your health care provider.

### PERSON Z: If this is you...

Practice social distancing and self-monitor for symptoms. If you develop fever or other symptoms, contact your health care provider.