

Resources

Health Services

- 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

If you need immediate treatment of very serious or critical conditions, call 911. If you are on campus 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- QUARANTINE

DALLAS BAPTIST UNIVERSITY

If you have recently returned from a destination with a mandatory quarantine or have been in contact with someone who has the virus, you will be asked to self-quarantine and monitor your symptoms for 14 days before returning to work or campus.

Hearing that you need to self-quarantine 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.

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)

MONITORING YOUR SYMPTOMS DURING SELF-QUARANTINE

(from date-to-date) 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 help while in self-quarantine, please call your primary care provider who will determine if you should leave the premises to seek medical attention.**

WHILE YOU'RE IN SELF-QUARANTINE

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 go out, except when recommended by a medical professional to seek care.
- Maintain distance (approximately 6 feet or 2 meters) if you must go out.
- Do not permit non-essential visitors to come to your residence.

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 fifteen minutes or more.

social distance

Social distancing is a conscious effort to maintain distance between yourself and other people as a way to mitigate the spread of disease. This means avoiding public gatherings, 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.

self-quarantine

Self-quarantine separates people who were exposed but do not have symptoms to see if they become symptomatic. A person can be contagious before symptoms begin, so this is critical to prevent the spread.

self-isolation

Self-isolation separates people with symptoms of COVID-19, with or without a positive test. Stay home and away from others who share your residence.

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)

Please know our DBU Counseling center is available to help you through these tough days and can provide counseling online.

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				

The purpose of self-quarantine

separates people who were exposed but do not have symptoms to see if they become symptomatic. A person can be contagious before symptoms begin, so this is critical to prevent the spread. This guidance is for people with no fever or respiratory symptoms and are not health care workers.

Close contact

If you have a connection that is more distant than the definition of “close contact,” you do NOT need to do anything more than social distancing, which is recommended for everyone. People connected to you do NOT need to do anything different from everyone else, unless they themselves have risks due to some other exposure

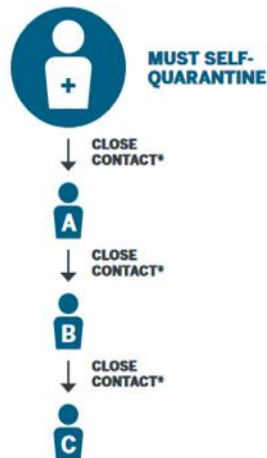
Student Affairs

Please know that DBU is here to assist you during these times. If you have other questions, please contact Student Affairs at 214-333-5101

Stay up to date on Coronavirus (Covid-19):

www.dbu.edu/coronavirus

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.