

# When You Need to Self-Isolate

## COVID-19 SELF-ISOLATION INFORMATION FOR FACULTY, OAAS, AND STAFF

If you have recently returned from a destination in which the new coronavirus (COVID-19) is circulating or if you have been in contact with someone who has the virus, you are being asked to self-isolate and monitor your symptoms for 14 days before returning to campus/the workplace. (Visit [coronavirusupdates.uchicago.edu](https://coronavirusupdates.uchicago.edu) for the latest guidance on returning to campus following travel.) The University of Chicago is here to support you as you navigate this period of uncertainty. Please be sure to work directly with your manager or department leadership on academic, research, and work continuity.

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

### WHAT TO WATCH FOR...

Symptoms related to COVID-19 include:

- Fever (above 100.4°F)
- Cough
- Shortness of breath

In more severe cases, infection can cause pneumonia and other complications, especially for older individuals and those with other health conditions.

### MONITORING YOUR SYMPTOMS DURING SELF-ISOLATION

Please take your temperature daily and consider recording any symptoms on the health log located on the next page. If you develop symptoms or need medical triage/help while in self-isolation, please contact your primary care provider. If you do not have a primary care provider, please contact by phone your nearest emergency room/hospital or urgent care facility. **In case of an emergency, call 911.**

### WHILE YOU'RE IN SELF-ISOLATION

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 come to work. Please connect directly with your office/department/unit leadership to determine if teleworking is possible.
- Do not use public transportation.
- Maintain distance (approximately 6 feet or 2 meters) from others.

If you must leave your home, try to do so during off-hours and avoid places where people are congregating.

### PROTECTING OTHER MEMBERS OF YOUR HOUSEHOLD

While in self-isolation, try to maintain a distance of 6 feet from others. You should wash your hands often, cover your sneezes and coughs, avoid sharing personal household goods, and clean high-touch surfaces every day.

### 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 health status or that of 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 this situation
- Excitement to have some alone time to rest and catch up on reading
- Loneliness or feeling cut off
- Boredom and frustration
- Sadness or depression
- Symptoms of post-traumatic stress disorder

#### If you need immediate counseling care:

Consider accessing the resources available through the Staff and Faculty Assistance Program (Perspectives), available 24/7.

Please note, there are options for counseling via the phone.

**Call 800.456.6327 to speak with an expert, or visit [perspectivesltd.com](https://perspectivesltd.com).**

*user name: UNI500*

*password: perspectives*



## PUBLIC HEALTH TERMINOLOGY

When communicable infections circulate, communities try to reduce the spread in several ways, depending on the severity of the illness, the ease of transmission, and the local and national policies of the time. Often, more than one method is employed during an outbreak.

**Self-isolation** refers to the guidance for individuals to stay home and monitor their health following travel to a high-risk country.

**Isolation** prevents the spread of an infectious disease by separating people who are already sick from those who are not. It lasts as long as the disease is contagious.

**Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. Quarantines are typically used for individuals who are at high risk of exposure to COVID-19—particularly those who have had close contact with someone confirmed to have COVID-19 without using recommended precautions for caregivers.

**Social distancing** means avoiding crowds and public transportation (e.g., bus, subway, taxi, ride share), and maintaining distance (approximately 6 feet or 2 meters) from others.

## UChicago Coronavirus (COVID-19) Updates

Please visit [coronavirusupdates.uchicago.edu](https://coronavirusupdates.uchicago.edu) for the latest information from UChicago.

# Your Daily Health Log

*This log is provided for your convenience to record your temperature daily and list your symptoms (if any).*

DAY	DATE	AM TEMP (°F)	PM TEMP (°F)	SYMPTOMS (COUGH, SHORTNESS OF BREATH, ETC.)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

*If your temperature is >100.4°F, or if you feel like you have a fever, and you have a cough or shortness of breath, call your primary care provider to discuss symptoms. Note: COVID-19 symptoms and some cold/flu symptoms can be similar.*