How to Self-Isolate

A GUIDE FOR EMPLOYEES

If you have recently returned from a destination in which the novel coronavirus (COVID-19) is circulating or if you have been in contact with someone who has the virus, you will be asked to self-isolate and monitor your symptoms for 14 days before returning to work or campus. UCI is here to support you as you navigate this period of uncertainty. Please work directly with your supervisor on academic and research continuity.

Hearing that you need to self-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 TO HAVE ON HAND
Some people may self-isolate in their own room or residence; others may need to relocate. In some circumstances, individuals may self-isolate together.
During this time, you will want to have enough clean clothes for the entire 14-day period, as well as a pillow and blanket, your cell phone, and laptop. You’ll also need a toiletry kit, eyewear, and any prescription and non-prescription medications.

YOUR 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 (see next page)

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 record your symptoms on the health log located on the next page. If you develop symptoms or need medical triage/help while in self-isolation, please call your primary care provider who will determine if you should leave the premises to seek medical attention.

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 go out, except when recommended by a medical professional.
- 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.

COMMUNICATION WITH FAMILY
Your personal health information is confidential. You will need to sign a release before our staff will be able to speak with your parents or other family members or friends.

SUPPORT IS A PHONE CALL OR CLICK AWAY
You are a valued member of the UCI community, and your health and well-being are important to us. We are here to assist you if you need help.

UCI Coronavirus Response Center
949-824-9918
Covid19@uci.edu

Employee Assistance Program
844-824-3273
www.guidanceresources.com
(Web ID: UCIEAP3)

UCI COVID-19 Website
uci.edu/coronavirus

If you feel you need immediate treatment of very serious or critical conditions, call 911.

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.

Borrowed with permission from Columbia Health
Original source: Harvard and Cornell Health (3/2020)
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

Please contact your mental health care provider or the Employee Assistance Program if you need immediate counseling care.

Your Daily Health Log
Please record your temperature once or twice daily, and write down any symptoms or concerns.

<table>
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<tr>
<th>DAY</th>
<th>DATE</th>
<th>AM TEMP (°F)</th>
<th>PM TEMP (°F)</th>
<th>SYMPTOMS (COUGH, SHORTNESS OF BREATH, ETC.)</th>
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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 the UCI Coronavirus Response Center at 949-824-9918 to discuss symptoms. Note: COVID-19 symptoms and some cold/flu symptoms can be similar.