

Isolate versus Quarantine?

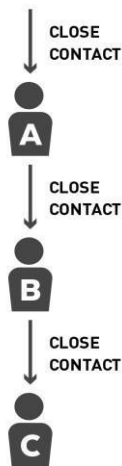
A Guide for CUIMC Students

The guidance in this handout is for people who have **no fever or respiratory symptoms**. CUIMC students who have symptoms or are concerned about an exposure should schedule an appointment with Student Health Service at cuhs.studenthealthportal.com. Your status may change over time, depending upon your risk exposure. Please continue to assess your interactions with others to determine the right course of action to keep yourself and others safe.



**MUST
ISOLATE**

**PERSON WHO HAS TESTED
POSITIVE FOR COVID-19**



OPTION A: If this is you...

Quarantine for 14 days from the date of last contact with the ill person. If you develop symptoms, contact your healthcare provider for guidance.

OPTION B or C: If this is you...

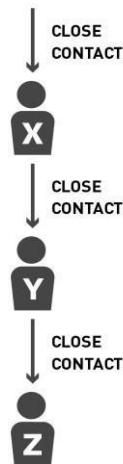
No need to isolate or quarantine. Practice physical distancing. Wear a face covering. Watch for symptoms. If you develop fever or other symptoms, contact your healthcare provider.

CLOSE CONTACT means being within 6 feet for 10 or more minutes during the two days prior to the positive test OR the two days prior to the onset of symptoms, whichever period is longer.



**MUST
ISOLATE**

**PERSON WITH SYMPTOMS
WHO WAS TESTED AND IS
AWAITING RESULTS**



OPTION X: If this is you...

Self-monitor for COVID-19-like illness vigilantly for 14 days from the date of last contact with the ill person. Isolate yourself if you develop symptoms and call your healthcare provider for guidance. If the close contact tests positive, you will need to quarantine and follow the guidance in Option A.

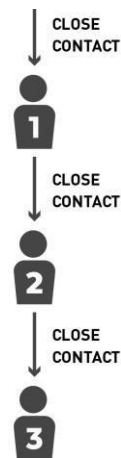
OPTION Y or Z: If this is you...

No need to isolate or quarantine. Practice physical distancing. Wear a face covering. Watch for symptoms. If you develop fever or other symptoms, contact your healthcare provider.



**MUST
QUARANTINE++**

**PERSON WHO IS WELL BUT
TRAVELED ABROAD OR TO A STATE
ON N.Y.'S TRAVEL ADVISORY LIST**



OPTION 1: If this is you...

No need to quarantine. Practice physical distancing. Wear a face covering. Watch for symptoms. If you develop fever or other symptoms, contact your healthcare provider.

OPTION 2 or 3: If this is you...

No need to quarantine. Practice physical distancing. Wear a face covering. Watch for symptoms. If you develop fever or other symptoms, contact your healthcare provider.

++There is an exemption to the travel advisory for students enrolled in clinical programs. Please work with your school to determine if this applies to you.

NOTE: If you have a connection that is more distant than the options described above, you do NOT need to do anything more than physical distancing, wearing a face covering, and all other preventive measures, which are 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.