

QUARANTINE VS. ISOLATION - COVID-19

Report any COVID-19 related symptoms by calling the Protect Purdue Health Center (PPHC) at 765-496-4636 or 833-571-1043.

QUARANTINE

Quarantine keeps someone who was in close contact with someone who has COVID-19 away from others.



For more information about quarantine, symptoms and people who are at higher risk visit, <https://www.cdc.gov/coronavirus/2019-ncov/>

If you had close contact with someone who has COVID-19:

You will need to quarantine. According to CDC, quarantine is used to keep *someone who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.

- **You will need to quarantine for 14 days after your last contact.**
- **Monitor yourself for symptoms of COVID.** Watch for **fever (100.4°F), cough, shortness of breath**, or other symptoms of COVID-19.
- **Stay away from others**, especially people who are at higher risk for getting very sick from COVID-19
 - ▶ **Do not use public transportation**
 - ▶ **You cannot attend classes in person**
 - ▶ **Limit leaving your residence to the following:**
 - ▷ Pick up food that you will eat at home
 - ▷ Or, for emergencies
- **You cannot return to on-campus in-person activities at Purdue University until you complete the quarantine period.**
- **Please resume the Protect Purdue Pledge to minimize risk once you return to on-campus, in-person activities.** At this time, it is unknown if someone can become reinfected with COVID 19.

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ISOLATION

Isolation keeps someone who is sick or has tested positive for COVID-19 without symptoms away from others, even in their own home.



For more information about isolation and symptoms, visit <https://www.cdc.gov/coronavirus/2019-ncov/>

If you are sick and think or know you have COVID-19:

You will need to isolate. According to the Centers for Disease Control, isolation is used to separate people infected with COVID-19 from people who are not infected.

- **Isolate in your home or other location** until the Protect Purdue Health Center (PPHC) notifies you that you have completed your isolation. **The PPHC case manager will help determine the length of isolation** based on when your test resulted and if you are currently experiencing symptoms.
 - ▶ The average time in isolation will be 10-14 days:
 - ▷ At least 10 days since your symptoms first appeared **and**
 - ▷ At least 24 hours with no fever (without fever-reducing medication) **and**
 - ▷ Symptoms have improved
- **To safely isolate, your location must have access to food and a bathroom** (if possible, one that only you use).
- **Immediately seek medical help by calling 911, if you experience any of these signs or symptoms: shortness of breath, confusion, chest pain, excessive sleepiness, or blue discoloration of your lips**
- **Provide a list to the contact tracer of anyone that you have had high-risk close contact with in the last 14 days** to determine if they need testing, as well. Your identity is never revealed to anyone.
 - ▶ The most **high-risk contacts** are those that you interacted with that were:
 - ▷ Less than 6 feet apart
 - ▷ Without use of masks
 - ▷ For more than 15 minutes
- **Do not use public transportation** to avoid spread
- **You cannot return to on-campus in-person activities at Purdue University until you complete the isolation period.**
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