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.

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.

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

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

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.**
- **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.