

How to Self-Isolate and Self-Monitor

A GUIDE FOR EMPLOYEES

If you have recently traveled from a destination in which the novel coronavirus (COVID-19) is circulating, or if you believe you have been in contact with someone who has the virus, you should follow self-monitoring and social distancing guidelines for 14 days. Tulane University is here to support you as you navigate this period of uncertainty.

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

During your time in self-isolation, you will want to have access to a self-care kit, including the following items:

- Digital thermometer (for daily use)
- Hand sanitizer (for times you can't wash)
- Alcohol wipes (for cleaning, as needed)
- Plenty of water (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 help while in self-isolation, please contact your primary care provider who will determine if you should leave home 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) from others.

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

SUPPORT IS A PHONE CALL OR CLICK AWAY

You are a valued member of the Tulane University community, and your health and well-being are important to us. We are here to assist you if you need help.

NEW DIRECTIONS EMPLOYEE ASSISTANCE PROGRAM

800-624-5544
ndbh.com

TULANE POLICE DEPARTMENT

504-865-5911

TULANE COVID-19 WEBSITE

campushealth.tulane.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.

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 from a high-risk area.

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 (ex: bus, subway, taxi, ride share) and maintaining distance (approximately 6 feet) from others.

LEARN MORE ABOUT CORONAVIRUS (COVID-19)

campushealth.tulane.edu/coronavirus

COMMON FEELINGS

Everyone reacts differently to stressful situations that require changes in location and 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 participating in 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 New Directions Employee Assistance Program at 800-624-5544 if you need counseling assistance.

YOUR DAILY HEALTH LOG

Please record your temperature once or twice daily and write down any symptoms or concerns.

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 greater than 100.4 °F, or if you feel like you have a fever, and you have a cough or shortness of breath, call your healthcare provider to discuss symptoms. Note: COVID-19 symptoms and some cold/flu symptoms can be similar. Please consult a healthcare provider right away.