

How to Quarantine

A Guide for CUIMC Students

Have you been recommended to quarantine due to close contact with someone who tested positive for COVID-19 or having recently returned from a destination with high prevalence of COVID-19?* Quarantining means restricting your interactions with others and monitoring your symptoms for 14 days before returning to work or class. Columbia University is here to support you as you navigate your quarantine. **Please reach out to your school or program leadership to help you plan for how to handle your academic and research obligations during quarantine.**

Below are practices to follow during your quarantine.

You will be asked to follow these practices for a minimum of 14 days before returning to work or class. The goal is for you to maintain your health and protect others from exposure to COVID-19.

Location and Supplies for Quarantine

Some people may quarantine in their own room or residence; others may need to relocate. Some people choose to quarantine in a group. Whatever your choice, you will want to have enough clean clothes for the entire 14-day period, a pillow and blanket, your cell phone, laptop, and any chargers. You'll also need a self-care kit, any toiletries you use, eyewear, and any prescription and non-prescription medications. If you have a pet, be sure to have supplies for them, too.

Creating a Self-Care Kit

Create a self-care kit for your quarantine that contains:

- Digital thermometer (*for daily use*)
- Hand sanitizer (*for times you can't wash*)
- Alcohol wipes (*for cleaning, as needed*)
- Refillable water bottle (*stay hydrated!*)
- *Daily Temperature and Symptom Log (see p. 3)*

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

While You're in Quarantine

Remain in your home or room for the 14-day period.

Do not go out, except when recommended by a medical professional. If you must leave your home, try to do so during off-hours and avoid places where people are congregating. **Wear a face covering at all times when you are outside your home.**

Support is a Call or Click Away

You are a valued member of the CUIMC community, and your health and well-being are important to us. Please reach out if you need support or help.

CUIMC Medical Services

212-305-3400
(available 24/7)

Mental Health Services

212-305-3400
(available 24/7)

Public Safety 212-305-8100

(available 24/7)

Columbia COVID-19 Website

covid19.columbia.edu

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.

In addition:

- Maintain distance (~ 6 feet or 2 meters) from others.
- Arrange for groceries, items from a food pantry, or take-out food to be delivered to you.
- If possible, seek out someone who can assist you with getting packages or other deliveries from the lobby.
- If sharing a bathroom, the person who is quarantining should clean and disinfect the frequently touched surfaces in the bathroom after each use.

Watch for Symptoms

Keep track of your symptoms and watch for these particular symptoms:

- Fever (above 100.4°F)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or bodyaches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Monitor Your Symptoms

Please take your temperature twice daily and record your symptoms on the Daily Temperature and Symptom Log located on the next page. If you develop symptoms or need medical triage/help while in isolation, please call CUIMC Student Health Service at 212-305-3400 (24/7). A nurse will determine if you should leave and where you are to seek medical attention. A Medical Services provider will check in with you each day and let you know when you no longer need to remain in isolation.

Common Reactions to Being in Quarantine

Although each person reacts differently to stressful situations that require changes in location or behavior, especially in quarantine, some common reactions include:

- 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
- Relief at have some alone time to rest and catch up on reading
- Loneliness or feeling cut off from life experiences
- Boredom and frustration
- Sadness or depression
- Symptoms of post-traumatic stress disorder

For support during this time, please reach out to CUIMC Mental Health Services 24/7 at 212-305-3400 for urgent and non-urgent needs. Our full range of services, including individual and group sessions, are offered virtually to you in quarantine.

Communication with Family or Significant Others

Your personal health information is confidential, so you will need to sign a release form before our staff can share information with your parents, family members, partners, or friends.

Public Health Terms to Know

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.

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 or Physical Distancing means avoiding crowds and public transportation (e.g., bus, subway, taxi, ride share) and maintaining distance (approximately 6 feet or 2 meters) from others.

Daily Temperature and Symptom Log

Please record your temperature 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				

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