HEALTHY VANDALS
~ protect yourself and others ~

WHO SHOULD QUARANTINE?

What should I do if ....

I’ve been in close contact* with someone ....

... who has tested positive for COVID-19
Self-quarantine AND self-monitor

... who is symptomatic and being tested

... who might have been exposed...

... and IS experiencing symptoms?
Monitor for symptoms AND practice social distancing

... and IS NOT experiencing symptoms?
Practice social distancing

... who has been in close contact with someone ELSE who might have been exposed*

HOW DO I?

SELF QUARANTINE
• Stay home for 14 days.
• Avoid contact with other people.
• Don’t share household items.
• Students should file a VandalCare report at uidaho.edu/VandalCare.

MONITOR FOR SYMPTOMS
• Be alert for symptoms of COVID-19, especially a dry cough or shortness of breath.
• Take your temperature every morning and night and write it down.
• Call your doctor if you develop COVID symptoms (Moscow-based employees and students can call the Vandal Health Clinic, 208-885-6693).
• Don’t seek medical treatment without calling first!

PRACTICE SOCIAL DISTANCING
• Stay home as much as possible.
• Try to stay 6 feet away from others.
• Don’t hug or shake hands.
• Avoid gathering in close proximity and wear face coverings when around others.

*CLOSE CONTACT is defined by Public Health as anyone who was within 6’ of an infected person for at least 15 minutes with neither party utilizing face coverings.

IF YOU HAVE QUESTIONS REACH OUT TO:
• covid19questions@uidaho.edu
• Dean of Students Office
  askjoe@uidaho.edu or
• Human Resources
  benefits@uidaho.edu