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 monitor for symptoms

... who is symptomatic and being tested

... who might have been exposed...

... and IS experiencing symptoms?  ... and IS NOT experiencing symptoms?

Monitor for symptoms AND practice social distancing

... who has tested positive and I’M FULLY VACCINATED

Monitor for symptoms and get tested 5-7 days after exposure

HOW DO I?

SELF QUARANTINE
- Stay home for 10 days; continue to monitor symptoms.
- 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 or Vandal Health Clinic (208-885-6693) for medical care or COVID-19 testing options.
- Don’t seek medical treatment without calling first!

MONITOR WHEN FULLY VACCINATED
- Do not need to quarantine
- Monitor for symptoms, remember symptoms may be more mild when fully vaccinated
- Seek test 5-7 days after exposure, even without symptoms
- Wear a mask indoors and around people for 14 days or until test result is negative

* 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:
- Dean of Students Office askjoe@uidaho.edu
- Human Resources benefits@uidaho.edu
- covid19questions@uidaho.edu