

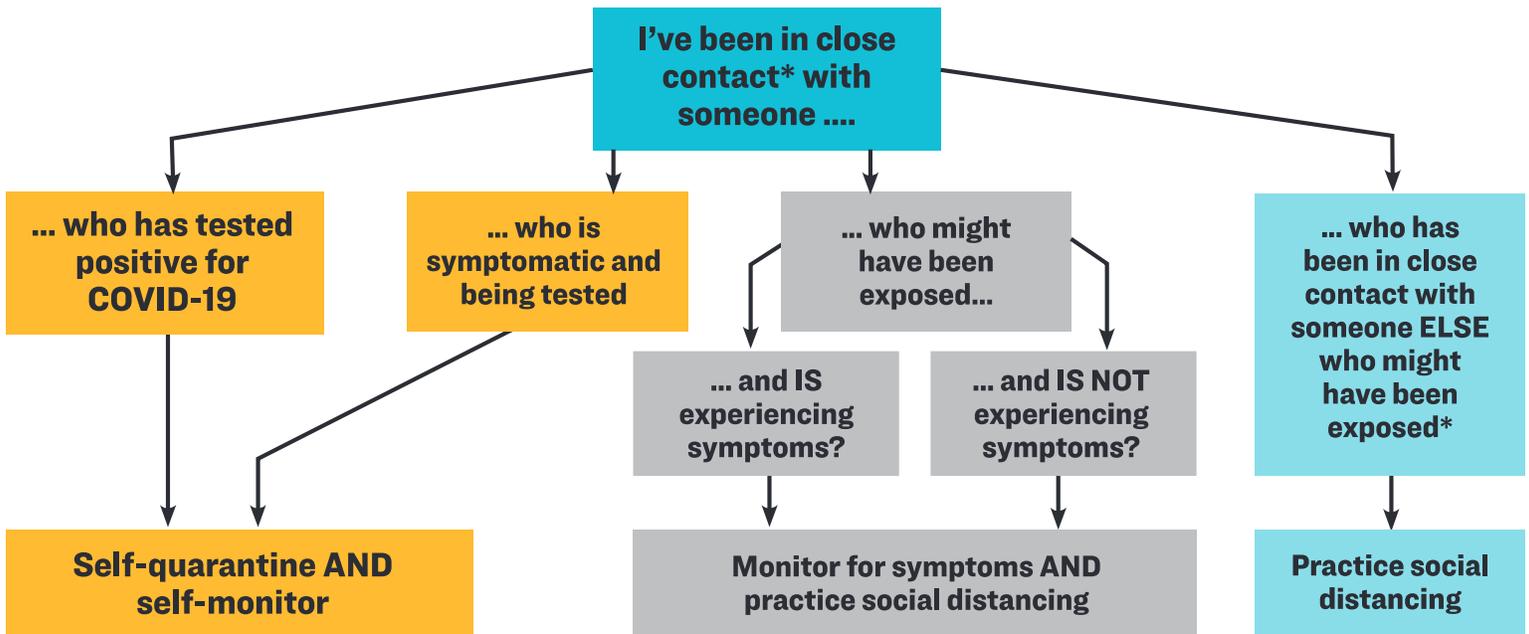


HEALTHY VANDALS

~ protect yourself and others ~

WHO SHOULD QUARANTINE?

What should I do if



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.

IF YOU HAVE QUESTIONS REACH OUT TO:

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

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.