

## Prevention is the best way to limit the spread of disease.

Consistent with the Centers for Disease Control and Prevention recommendations for travelers from countries with widespread and ongoing transmission of COVID-19, ISU is requiring a 14-day self-isolation period for travelers from CDC Level 3 countries before they return to campus. At this time, these countries include: China, Iran, South Korea and most of Europe.

### What is self-observation?

- You should remain alert for fever, cough, and/or difficulty breathing.
  - If you feel feverish or develop cough or difficulty breathing during the self-observation period, you should:
    - Take your temperature
    - Limit contact with others
    - Seek health advice by telephone from a health care provider or your local health department to determine if medical evaluation is needed.

# COVID-19

## Social Distancing and Self-Isolation Guidance

- What is self-observation?
- What is social distancing?
- Do I need to self-isolate?
- How do I self-isolate?



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### What is social distancing?

- Restrict activities outside your home, except for medical care.
- Limit trips to the grocery store to low density hours. Do not go to work, school, or high density public areas, and do not use public transportation or taxis.
- Avoid sharing household items
- Practice respiratory hygiene
  - Cover your coughs and sneezes with a tissue
  - Clean and disinfect frequently touched objects and surfaces.

### Who will be asked to self-isolate?

Everyone's situation is unique, and Idaho State will evaluate each person's risk to determine who should self-isolate and who does not need to self isolate. ISU is working closely with University Health Services and Central District Health and will make individual recommendations based on the latest information.

### What does it mean to self-isolate?

- If you are asked to self-isolate, you should stay home
- Do not go to work, stores, restaurants, classes, athletic events, or other social gatherings until 14 days after the date of your departure from the country in question.