

QUARANTINE GUIDE

what you need to know

Your health and well-being are top of mind for the Berry College Health Center. If you're in quarantine because of COVID-19, it's important to know the facts so you can follow best practices in staying safe and keeping others safe. Please review these guidelines; if you have questions or concerns, contact us.

Quarantine is used to keep someone who might

have been exposed to COVID-19 away from others and lasts 14 days after their last contact or exposure. A COVID-19 test is not required. A 10-day quarantine is allowed with a PCR test taken on day 7. You must be cleared by the Health Center before leaving quarantine. It helps prevent the spread of disease that can occur before a person knows

they are sick or if they are infected with the virus without feeling symptoms.

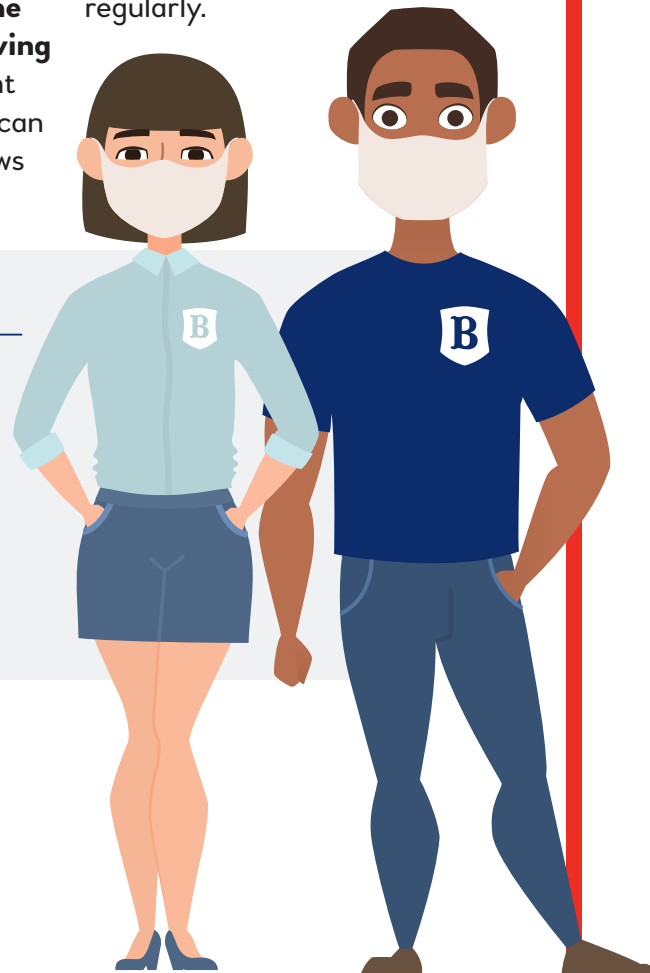
If you need to go into quarantine, the Health Center will provide verbal instructions on monitoring symptoms and will follow up with you regularly.

COMMON SYMPTOMS OF COVID-19

- Fever
- Chills
- Congestion
- Runny nose
- Sore throat
- Headache
- Muscle or body aches
- Shortness of breath
- Fatigue
- Loss of taste or smell
- Nausea
- Vomiting

If you are experiencing emergency warning signs of COVID-19, call the Berry Police for emergency transport:

706.236.2262



SEE REVERSE SIDE FOR QUARANTINE INSTRUCTIONS



HOW TO STAY SAFE DURING QUARANTINE

You will be assigned to a room away from other people, with permission to leave if you are seeking medical care. If you need to be around another person, **wear a cloth face covering** and take these precautions:

- Do not touch the inside of your face covering when putting it on.
- Put it over your nose and mouth, and secure it under your chin.
- Make sure it fits snugly against your face without restricting your breathing.
- Wash your hands thoroughly or sanitize them after touching or adjusting your face covering.
- When removing your face covering, handle it only by the ear loops or ties (do not touch your eyes, nose and mouth); fold the outside corners together.
- Wash your hands immediately after removal.
- Wash your face covering in hot, soapy water after use.
- Make sure it is completely dry before wearing.

Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing or sneezing, going to the bathroom, and before eating or preparing food. Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.

Clean and disinfect the high-touch surfaces in your room, bathroom and common areas. Make sure to clean and disinfect any areas that may have blood, stool or bodily fluids on them. Clean the area or item with soap and water or another detergent. Then use a household disinfectant such as Lysol. Make sure that you follow the instructions on the label to ensure safe and effective use of the product.

****TIP:** *If a caregiver or other person needs to clean and disinfect a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver should wear a mask and disposable gloves prior to cleaning. They should wait as long as practical after the sick person has used the bathroom before coming in to clean and disinfect the high-touch surfaces.*

Stay in touch with the Health Center or your doctor throughout your time in quarantine. We encourage you to get rest and stay hydrated. Take over-the-counter meds such as acetaminophen or decongestants as directed by your healthcare provider.

In the event you are sick with COVID-19 (even if you show no symptoms), the Health Center will take steps to ensure isolation. (This refers to keeping anyone sick or infected in a sick room away from others and using a separate bathroom, if available.)

IF YOU NEED EMERGENCY MEDICAL ATTENTION

If you experience the following emergency warning signs of COVID-19, seek medical care immediately or call the Berry Police for emergency transport to the local hospital. (They will call 911 and arrange an ambulance for you):

- Trouble breathing
- Persistent pain or pressure in the chest
- Confusion
- Severe, constant lightheadedness
- Inability to wake up or stay awake
- Bluish lips or face

(If you make the 911 call, notify the operator that you are seeking care for confirmed or suspected COVID-19.)

This list does not include all possible symptoms. If other symptoms are severe or concerning you, call the Health Center or your doctor.

CONTACT INFO

For non-medical needs while in quarantine, notify the RA on-call (summer only):

706.236.1709. Use this number after 5 p.m. and before 8 a.m. **At all other times,** please contact the Office of Residence Life: **706.236.2209.**

To report a change in your condition or to discuss your medical care, call the Berry Health Center: **706.236.2267**

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