

COVID-19 QUARANTINE GUIDELINES

(For Locations Outside of University Housing)



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District
www.c-uphd.org

QUARANTINE

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. This helps prevent the spread of disease.

MONITOR YOUR SYMPTOMS

Monitor your body temperature and record the results and time taken.

IMMEDIATELY call McKinley Dial-a-Nurse (217) 333-2700 if you develop any of the following symptoms:

- FEVER, over 100.4
- COUGH
- SHORTNESS OF BREATH

SEPARATE

Stay in a specific room and away from other people in your home. Use a separate bathroom. If not possible, clean after use. You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people.

DO NOT SHARE HOUSEHOLD ITEMS

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

FACEMASK

Do not leave your room unless there is an emergency or you are seeking medical care. If you have to leave the room, wear a face mask.

COVER COUGHS AND SNEEZES

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds or, if soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Food/Grocery Delivery

Do not leave the room or attend the breakfast bar. Do not order room service.

There are a number of local services that offer food or grocery delivery. In the "delivery instructions" please note for the driver to leave the food outside of the door. You can pay and tip on the app. CUPHD will provide funds for this.

Stores with individual delivery services:

- Walmart
- Meijer Home Delivery
- Target Home Delivery

Grocery Delivery apps:

- Instacart

Food delivery apps:

- Grubhub
- Uber Eats

Laundry

Call the front desk if you need sheets or towels. Tell the staff member to leave them outside your door. Do not allow them to enter your room.

Thank You

CUPHD thanks you in advance for your cooperation. We understand that this process is daunting and sometimes confusing. We are here to help make it as easy as possible for you. Thank you for helping keep our community safe.



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