

So you need to spend some time out of circulation

Live Well to
Learn Well

Web:
health.cornell.edu

Phone (24/7):
607-255-5155

Fax:
607-255-0269

Appointments:
Monday–Saturday

*Check web for hours,
services, providers,
and appointment
information*

110 Ho Plaza,
Ithaca, NY
14853-3101

Thank you for helping us care for you.

Given that you have recently traveled from a destination in which the new coronavirus (COVID-19) is circulating, you are being asked to “self-quarantine” (stay out of circulation) and to monitor your symptoms upon return to campus. Cornell Health, Crisis Managers, Cornell Dining, and our partners in the Tompkins County Health Department (TCHD) are here to support you as you reacclimate to life on campus and navigate this period of uncertainty.

Hearing that you are “being quarantined” and restricted from connection on campus may feel kind of scary, but the goal of this period of time is to simply to ensure that you are healthy, while also protecting others from exposure to illness.

What to have on hand

Some students may self-quarantine in their own room/house; others may need to relocate. In some circumstances, students may be quarantined together. To make your stay more enjoyable, you will want to have enough clean and comfortable clothes for the number of days you’ll be laying low, a favorite pillow or blanket, your cell phone, and laptop. You’ll also need a toiletry kit, eyewear, and any prescription and non-prescription medications.

If you are relocated for quarantine, your room will be equipped with many of the basic items. However, you may contact **your Crisis Manager** (by calling Cornell Police at 607-255-1111) to ask if they can help arrange for the safe delivery of other necessary items.

Your self-care kit

We are providing you with a small kit to help you monitor your health for symptoms while in quarantine. The kit contains:

- Digital thermometer (for daily use)
- Hand sanitizer (for times you can’t wash)
- Alcohol wipes (for cleaning, as needed)
- Water bottle (stay hydrated!)
- Temperature & symptom log (see next page)
- Face masks (if you need to use a shared bathroom, health care facility, etc.)

What to watch for...

Symptoms related to COVID-19 include:

- fever (above 100.4 °F)
- cough
- shortness of breath



Resources are available to you while you’re laying low

In more severe cases, infection can cause pneumonia and other complications, especially for older individuals and those with other health conditions.

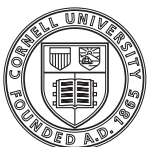
To access health services & support

Please take your temperature daily and record your symptoms on the health log located on the next page. Cornell’s partners in the Tompkins County Health Department (TCHD) **will monitor your health status daily by phone**, asking for your temperature and other pertinent health questions. If you develop symptoms or need medical triage/help while in quarantine, please **call TCHD at 607-274-6604** (24/7). The TCHD nurse will determine if you should leave the premises to seek medical attention.

While you’re laying low

You can still connect with friends and family via computer and phone. However, **please do not break quarantine** until after 14 days is over, or until 14 days after the *last returning traveler* joins your shared living space, (if applicable). Limits that apply to you during your time in quarantine:

- Do not go to classes, the library, or other academic/social/athletic functions.
- Do not use public transportation or go to shopping centers.
- Do not have friends or family with you in your isolation room or apartment, unless they have been approved by your health care provider.
- Wear a mask if you need to use a shared bathroom, go to a health care appointment, etc.



Communication with family

Your personal health information is confidential. You will need to sign a release before our staff will be able to speak with your Crisis Manager, your parents, or other family members or friends.

Obtaining meals

Food will be provided to you by **Cornell Dining**. If you have special needs, please call: 607-255-2937.

Common feelings

Everyone reacts differently to stressful situations such as an infectious disease outbreak that require changes in location or behavior. When you're out of circulation for a few days, you may experience a range of feelings, including:

- Anxiety, worry, or fear related to your health status or that of others
- Feeling special; like you're having an adventure
- Anger or resentment of the inconvenience
- Worry about not having your things with you or not doing your usual routine
- Uncertainty or concern about how long you will need to remain in this situation
- Excitement to have some alone time to rest and catch up on reading
- Loneliness or feeling cut off
- Boredom and frustration
- Sadness or depression
- Symptoms of post-traumatic stress disorder (PTSD)

Support is a call or text away

Students who need support can contact:

- Cornell Health (24/7) to speak with a licensed therapist: call 607-255-5155 and press 2.
- EARS Peer Counseling (afternoon/evening): 607-255-3277
- Ithaca Crisisline: 800-273-8255
- National Crisis Text Line: Text HELLO to 741741
- Steve Fund crisis text line: Text STEVE to 741741 (connects you to a crisis counselor of color)
- Trevor Project text line: Text START to 678678 (for LGBTQ+ students)

Please know you, and all Cornellians, are valued members of this community. Your health and well-being are important to us and we are here to assist as needed.

Your daily health log

Please record your temperature once or twice daily, and write down any symptoms or concerns:

Day	Date	AM Temp (°F)	PM Temp (°F)	Other Symptoms (cough, shortness of breath, etc.)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

If your temperature is $>100.4^{\circ}\text{F}$, or if you feel like you have a fever, and you have a cough or shortness of breath, **call Tompkins County Health Department (TCHD) at 607-274-6604 (24/7)** to discuss symptoms. Note: COVID-19 symptoms and some cold/flu symptoms can be similar. Please consult with TCHD right away.

Nerd Alert: know your public health terms...

When communicable infections circulate, communities try to reduce the spread in several ways, depending on the severity of the illness, the ease of transmission, and the local and national policies of the time. Often, more than one method is employed during an outbreak.

Quarantine is designed to separate and restrict the movement of people who are at a higher risk of having been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure a person has not contracted the infectious illness.

Isolation prevents the spread of an infectious disease by separating people who are already sick from those who are not. It lasts as long as the disease is contagious.

Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. When an illness begins to spread, schools and other gathering places such as movie theaters may close, and sports events and religious services may be cancelled.

Learn more fun facts about the new coronavirus (COVID-19):

- cornell.edu/health-update
- NYS Health Department: www.health.ny.gov/coronavirus
- U.S. Centers for Disease Control & Prevention (CDC): www.cdc.gov/coronavirus
- World Health Organization (WHO): www.who.int/health-topics/coronavirus

This content adapted from SAMHSA: HHS Publication No. SMA-14-4894(2014)