What “isolation” means

Hearing that you are “being isolated” or asked to “self-isolate” may feel kind of scary, but take a deep breath. Remember: the goal of isolation is to give you the space and time to recover, while also protecting others from exposure to illness.

Chances are, you’ll be sleeping most of the time. However, you can still connect with friends and family via social media and phone. You can also leave your isolation room to enjoy time in the fresh air, as long as you stay at least 6 feet from others.

Limits that apply to you during your isolation time are as follows:

- You may not go to classes, the library, or other academic/social functions.
- You must not use public transportation or go to shopping centers.
- You may not have friends or family with you in your isolation room or apartment, unless they have been approved by your health care provider.

What to bring

To make your stay more enjoyable, you will want to bring enough comfortable clothes for the number of days you’ll be in isolation, a favorite pillow or blanket, your cell phone, and laptop. Also, remember to bring a toiletry kit, any prescription and non-prescription medications, and a thermometer.

Additionally, although your room will be equipped with many of the basic items, including a phone,
microwave, and refrigerator, you may contact your
Crisis Manager (by calling Cornell Police at 607-255-
1111) and ask if they can help arrange for the safe
delivery of or service with other necessary items
(e.g., a wired computer connection).

**To obtain meals ...**
Food will be provided to you by Campus Life. If you
have special needs, please call: 607-255-5533.

**To access health services & support ...**
Cornell Health staff will check on you by phone each
day you are in isolation. To prepare for the phone
call, please take your temperature and record your
symptoms on the form below so staff can review
them with you each day, especially if you are self-
isolating off-campus. Please answer your phone or
circle back to us promptly with a phone call or a
secure message via myCornellHealth.

If you have any pressing needs or concerns before
we call, you may call Cornell Health at 607-255-
5155 during business hours and press #1 to speak
with a nurse. After hours, you may call the same
number and our answering service can assist you in
connecting with an on-call provider.

**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. Note: your
verbal permission may be given if the paper release
is missed in the checkout from Cornell Health.

**Daily temperature & symptom log**
The name of your health care provider is:

<table>
<thead>
<tr>
<th># day(s) after exposure</th>
<th>Date</th>
<th>AM Temp (°F)</th>
<th>PM Temp (°F)</th>
<th>Other Symptoms (note as indicated by your nurse)</th>
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