



# Community Safety Bulletin

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As the campus community continues to practice social distancing, the Centers for Disease Control and Prevention (CDC) offers ways to protect yourself and others, particularly if one believes they have been exposed to COVID-19 (coronavirus).

Both isolation and quarantine are measures put in place to protect the public by preventing exposure. Isolation separates sick people with a contagious disease from people who are not sick, according to the CDC. Self-quarantining is for those who may be ill and need to keep themselves separate from others on the chance they become sick over the incubation period.

If you think you have been exposed to the coronavirus, but haven't tested positive, the CDC recommends a voluntary quarantine, 14 days to see whether flu-like symptoms develop.

Residential students should call the Health Center at (662) 329-7289 if they are experiencing symptoms and need medical assistance.

## Key pointers to keep in mind while in quarantine:

- Separate yourself from other people in your home as much as possible, this is known as home isolation.
- Stay in a specific "sick room" if possible; use a separate bathroom, if available.  
Prohibit unnecessary visitors.
- Wash your hands frequently (at least 20 seconds).
- Do a daily wipe-down of "high-touch" surfaces, such as doorknobs, tabletops, toilets and phones.
- If you are sick, you should wear a facemask, if available, when you are around other people (including before you enter a healthcare provider's office).
- If you are caring for others, if the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then as their caregiver, you should wear a facemask when in the same room with them. Visitors, other than caregivers, are not recommended.
- Restrict contact with pets.

According to the CDC, the virus is thought to spread from person-to-person--between people who are in close contact with one another (within about 6 feet) and through respiratory droplets produced when an infected person coughs or sneezes.

Individuals should know symptoms, which may appear 2-14 days after exposure. This could include fever, cough and shortness breath. Medical attention should be sought in the event one experiences trouble breathing, persistent pain or pressure in the chest, new confusion and bluish lips or face. It is important that individuals call the doctor or hospital before making a visit.

The CDC adds that the majority of people with COVID-19 have mild illness and are able to recover at home without medical care. Individuals are advised not to leave your home, unless to get medical care.

