During this time of the coronavirus pandemic, everyone should be self-monitoring, practicing good hygiene, and practicing social distancing.

Self-monitor

- Take your temperature with a thermometer twice a day and watch for symptoms: fever (100°F/38°C or higher), cough and shortness of breath.
- If you develop mild symptoms, call your primary care provider's office or the Campus Health Center at 313-577-5041 before you go in. The emergency room should be reserved for severe symptoms.
- During this call, tell your provider about your current symptoms, travel or exposure to the coronavirus.
- Avoid close contact with others and do not travel while sick.
- Social distancing: Maintain a distance of 6 feet away from anyone you come in contact with.
- Hand wash with soap and water/hand sanitizer for 30 seconds multiple times daily.

For more information on monitoring your health, visit: www.cdc.gov/COVIDtravel

For details specific to WSU, visit: https://wayne.edu/coronavirus