If you have traveled to a country with a level 2 or 3 CDC advisory, have been exposed to someone known to have COVID-19, or are currently being tested, please follow these self-quarantine recommendations.

**Self-quarantine**

- Do not leave the house or apartment you are in for 14 days.
- Stay 6 feet from any other people in the home.
- Have food delivered and left outside the room you are staying in (or outside the front door).
- Hand wash with soap and water/hand sanitizer for 30 seconds multiple times daily.
- Use a bathroom which you will not share with anyone else.

Contact your primary care provider or the Campus Health Center at 313-577-5041 if symptoms worsen or if you need to be seen by a provider.

For more information on monitoring your health, visit: [www.cdc.gov/COVIDtravel](http://www.cdc.gov/COVIDtravel)

For details specific to WSU, visit: [https://wayne.edu/coronavirus](https://wayne.edu/coronavirus)