COVID-19
CORONAVIRUS DISEASE 2019

Coronavirus (COVID-19) is a respiratory illness that can easily spread from person to person.

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

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

WAYNE STATE
College of Nursing

CAMPUS Health CENTER

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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.

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Self-Quarantine in WSU Housing

Students entering self-quarantine on WSU campus must take the following steps:

1. Notify Campus Health Center (CHC) to receive further guidance at 313-577-5041.
2. Watch for an email from Campus Housing with Self-Quarantine Instructions.
3. Student is not to leave room for up to 14 days and will follow WSU Campus Dining process for having meals sent to room.
4. After the specified period, student is to call CHC to confirm ending self-quarantine.
5. When self-quarantine is lifted, student is to verify their self-quarantine status with Campus Housing by emailing housing@wayne.edu.

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Ending self-quarantine

Students who tested positive for COVID-19 may discontinue self-quarantine if they meet the following criteria:

- At least 3 days (72 hours) have passed since fever has resolved without the use of fever-reducing medications

AND

- Resolution of respiratory symptoms (cough, shortness of breath)

AND

- At least 7 days have passed since symptoms first appeared

Please call the Campus Health Center at (313) 577-5041 before discontinuing quarantine.

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