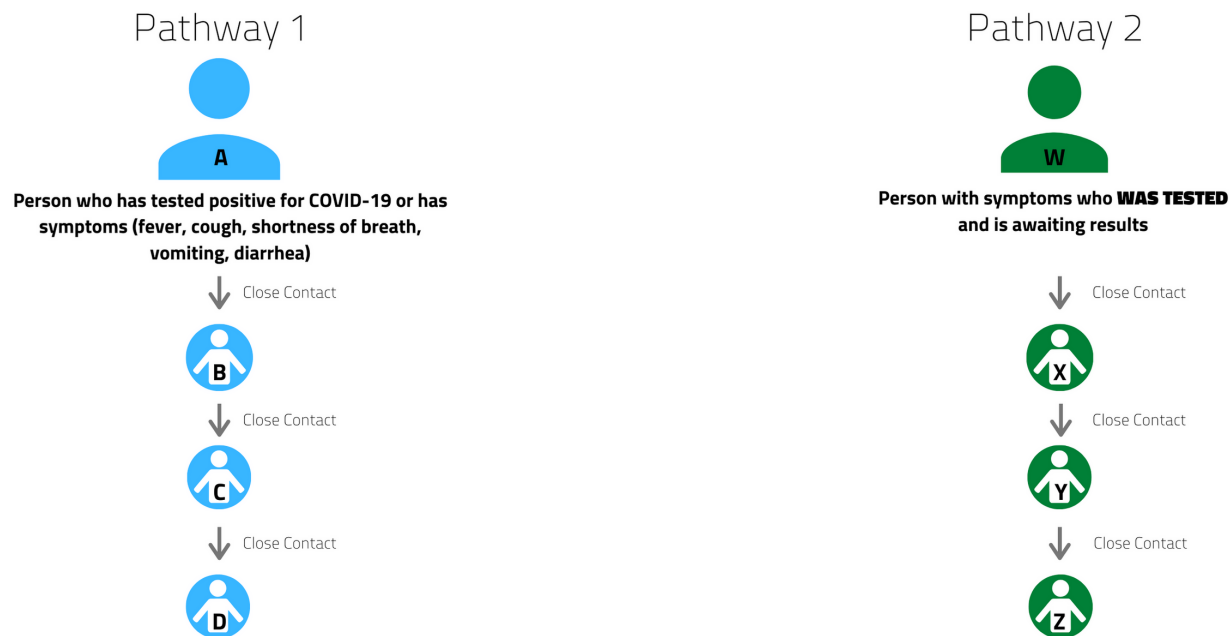


Do I Need To Self-Isolate or Quarantine for COVID-19?



What counts as "close contact?"

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more, even if you both were wearing masks
- You provided care at home to someone who has been diagnosed with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils They sneezed, coughed, or somehow got respiratory droplets on you

If person A is you...

You will need to self-isolate, please follow [these instructions](#). If you are a student call Health Services at (216) 368-2450 or your local healthcare provider.

If person B is you...

[Quarantine & self-monitor](#) for 14 days. Contact Health Services at (216) 368-2450 for advice on next steps

If person C or D is you...

At this time everyone should be staying in as much as possible. If you must go out practice [social distancing](#). If you develop [symptoms](#), contact Health Services at (216) 368-2450 or your personal healthcare provider.

If person W is you...

You will need to self-isolate, please follow [these instructions](#). If you are a student call Health Services at (216) 368-2450 or your local healthcare provider.

If person X is you...

[Quarantine & self-monitor](#) for 14 days. Contact Health Services at (216) 368-2450 for advice on next steps

If person Y or Z is you...

At this time everyone should be staying in as much as possible. If you must go out practice [social distancing](#). If you develop [symptoms](#), contact Health Services at (216) 368-2450 or your personal healthcare provider.

Important Contacts:

- 24 / 7 Nurse on Call (216) 368-2450
- 24 / 7 Counselor on Call (216) 368-5872
- On Campus Emergencies (216) 368-3333



University Health
and Counseling Services