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