

QUARANTINE GUIDELINES TO REDUCE COMMUNITY RISK OF COVID-19

If you have been in a Travel Health Notice* country or in cities, locales and/or events where the exposure to COVID-19 is likely, you need to quarantine yourself for 14 days. **Students:** Please ensure Bucknell Student Health is aware that you are in isolation by calling 570-577-1401.

*<https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>

Monitor your health and practice social distancing:

- Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
- Stay home (in your room) and avoid contact with others. Do not go to work or school for this 14-day period. Discuss your work situation with your employer before returning to work.
- Do not take public transportation, taxis or ride-shares during the time you are practicing social distancing.
- Keep your distance from others (about six feet/two meters).

If you are required to quarantine, Housing Services will provide a bag of supplies that will include the following:

- Two bottles of water
- Toothbrush and toothpaste
- Deodorant
- Shampoo
- Mask
- Cleaning wipes to clean the surfaces in your room
- Thermometer and a few doses of medication
- Garbage bag to contain dirty laundry

What to Do if You Get Sick:

If you get sick with fever (100.4°F/38°C or higher), cough or have trouble breathing, do the following:

- For emergency care for extreme symptoms, call 911
- Contact your health professional for guidance about where best to seek care, and to discuss your recent travel and symptoms. Students on campus should call Bucknell Student Health (570-577-1401). Faculty, staff and students off campus should call their personal physician.
- Avoid contact with others.

Recommended supplies to have on hand in the event of illness:

- Disposable tissues
- Hand sanitizer (at least 60% alcohol) or soap and water
- Fluids such as tea, water, packets of Gatorade, packets of ramen noodles or chicken soup, and juice
- A disposable or digital thermometer
- Salt (for saltwater gargling for sore throat)

(continued)

(Recommended supplies continued)

- Honey (for sore throat and coughs)
- Acetaminophen (Tylenol) for fever and aches (follow dosing guidelines carefully to avoid excessive amounts)
- Pseudoephedrine for nasal congestion (Sudafed — the kind you buy at the pharmacy counter, **not** Sudafed PE)
- Food sufficient for two weeks if living off campus (those on campus will have meals provided by Dining Services)
- Supplies needed for your school work (organized in case you must leave with little notice)
- **A two week supply of any chronic medications**

When in doubt, contact Bucknell Student Health (on-campus students) or your primary care physician (faculty, staff or students off campus) for advice about self-care. **Always call ahead to your provider.**

Bucknell community actions:

- Dining Services will supply meals to students in on-campus quarantine/isolation.
- Facilities has increased area cleaning.
- Bucknell Student Health will make daily contact (electronically or by phone) with isolated/quarantined individuals.
- Bucknell will require quarantined/isolated students to strictly maintain physical separation from the rest of the campus community.

Where to call for help:

Bucknell Student Health: 570-577-1401 (Monday–Friday 8:30 a.m.–4:30 p.m., Saturday/Sunday 10 a.m.–2 p.m.)

Public Safety: 570-577-3333 (in an emergency or when Bucknell Student Help is closed)

Evangelical Community Hospital, Urgent Care: 570-523-3006

Emergency: 911