

# COVID-19 Resident Information

We urge all members of our on-campus residential community to be vigilant and take precautions to prevent the spread of viral illness. To help protect our community, residents are required to practice universal social distancing measures (see attached).

## Self-Isolation Procedure

If you were told that you need to self-isolate by your health provider, **you must confine all your activities to your assigned bedroom/suite and bathroom for 14 days**. This is essential to help prevent the spread of this illness to your fellow residents and those providing essential services.

If you or your non-HUHS provider made this assessment, immediately email HUHS at [isolation-core@calists.harvard.edu](mailto:isolation-core@calists.harvard.edu) with your name & HUID, the name of your residence hall, your room number, and your cell phone number. Immediately begin self-isolation. You will be supported by Harvard University to manage and monitor your symptoms and receive the food and supplies necessary to sustain yourself during this difficult time.

### During the self-isolation period:

- Do not leave your personal residence at any time, unless attending a medical appointment in consultation with HUHS or in response to an emergency alarm within the building. If you do, wear a mask.
- Check your temperature twice daily. Keep a daily log temperature (see page 2), and note development of a cough or any breathing issues. Report any new symptoms to HUHS.

## University Support Services

The University is prepared to provide you with everything you need during self-isolation. You will receive information about these services via email. Please check your email daily.

Services include:

- Daily consultation with HUHS
- Daily check-in from leadership at your School regarding academic/other needs
- Meal delivery (you will be responsible for ordering your meals daily)
- Basic supplies, such as a linens, toiletries, and shelf-stable food and drink
- Trash removal (schedule to be determined)

**Thank you for keeping your community safe**

## Common feelings

This can be an overwhelming and scary time and you may be experience a variety of emotions. We are here to help and support you.

### Self-Care Tips

Try to take care of yourself during this stressful time.

#### Some ideas:

- Call family and friends
- Write letters to family and friends
- Consider starting a mindfulness/ meditation practice.
- If you have a practice, do it
- Call Harvard's Guided Meditation Line 617-494-2256 (4-CALM)
- Keep a journal
- Binge watch some Netflix shows
- Read for fun
- Watch Youtube videos for exercises

## Resources

**Harvard:** [www.harvard.edu/coronavirus](http://www.harvard.edu/coronavirus)

**CDC:** [www.cdc.gov/coronavirus/2019-nCoV](http://www.cdc.gov/coronavirus/2019-nCoV)

**HUHS Urgent Care:** 617-495-5711

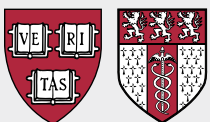
## Your Daily Health Log

Please record your temperature twice daily and write down any symptoms or concerns.

Day	Date	AM Temp	PM Temp	Other symptoms, such as cough, shortness of breath etc.
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

**Please know that we value your health and wellbeing and here to assist as needed.**

\*Original content sourced from Anne Jones, Medical Director, Cornell Health



# SOCIAL DISTANCING

**Social distancing helps separate you from people who are ill and reduces the spread of illness**



Keep 6 feet away from others.

Don't shake hands.

Wash hands often with soap and water for 20 seconds. If unable, use alcohol sanitizer wipes or lotions.

Don't touch your face, nose, and mouth, especially with unwashed hands.

When sneezing or coughing, use the crook of your elbow. Tissues are also ok.

Stay home when you are sick.

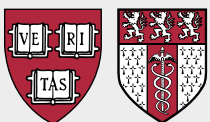
Don't share water bottles, food, towels, utensils, etc.

Throw away used tissues and disposable items.

Frequently clean touched surfaces with household disinfectant, leave slightly wet and allow to air dry for best disinfection.

Respectfully, stay away from sick people.

Avoid going to large public venues such as theaters or sporting events.



**HARVARD UNIVERSITY**  
Health Services

[www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)  
[www.harvard.edu/coronavirus](http://www.harvard.edu/coronavirus)