

Tips for Students Quarantining at Home - November 20, 2020

For students and families wishing to quarantine at home over the break, there are many steps you can take to make this process as safe and simple as possible. Below are a few steps you can take to make an at-home quarantine effective. For more information, please read the following article from John Hopkins University: <https://hub.jhu.edu/2020/03/23/how-to-self-quarantine-self-isolate/>

Designate Separate Spaces and Items

If possible, the quarantined person should use a separate room and bathroom than the household. Move all needed items and belongings to those spaces to reduce the need to leave the designated space for the duration of your quarantine. The person in quarantine should use their own dishes, cleaning products, and paper products for the duration of their quarantine.

Clean Common Areas Thoroughly

When having completely designated separate spaces is not possible (a shared bathroom or kitchen area for example), be sure to clean all touched surfaces thoroughly. This includes door handles, counters, sinks, and appliances. Keep these cleaning supplies nearby and use separate cleaning products from the rest of the household.

Open Windows or Be Outside When Possible

Ventilation and fresh air are shown to help prevent the spread of the virus. If the weather allows, open windows and ventilate the house as much as possible. Spending time outside (masked and distanced) is also a helpful and safer way to pass time.

Stay Distanced, Stay Masked at all Times

Even with family, always keep your mask on at all times and stay appropriately distanced. During quarantine, eat in a separate space so you may remove your mask safely. Continue to wash your hands, and practice your everyday precautions.

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