

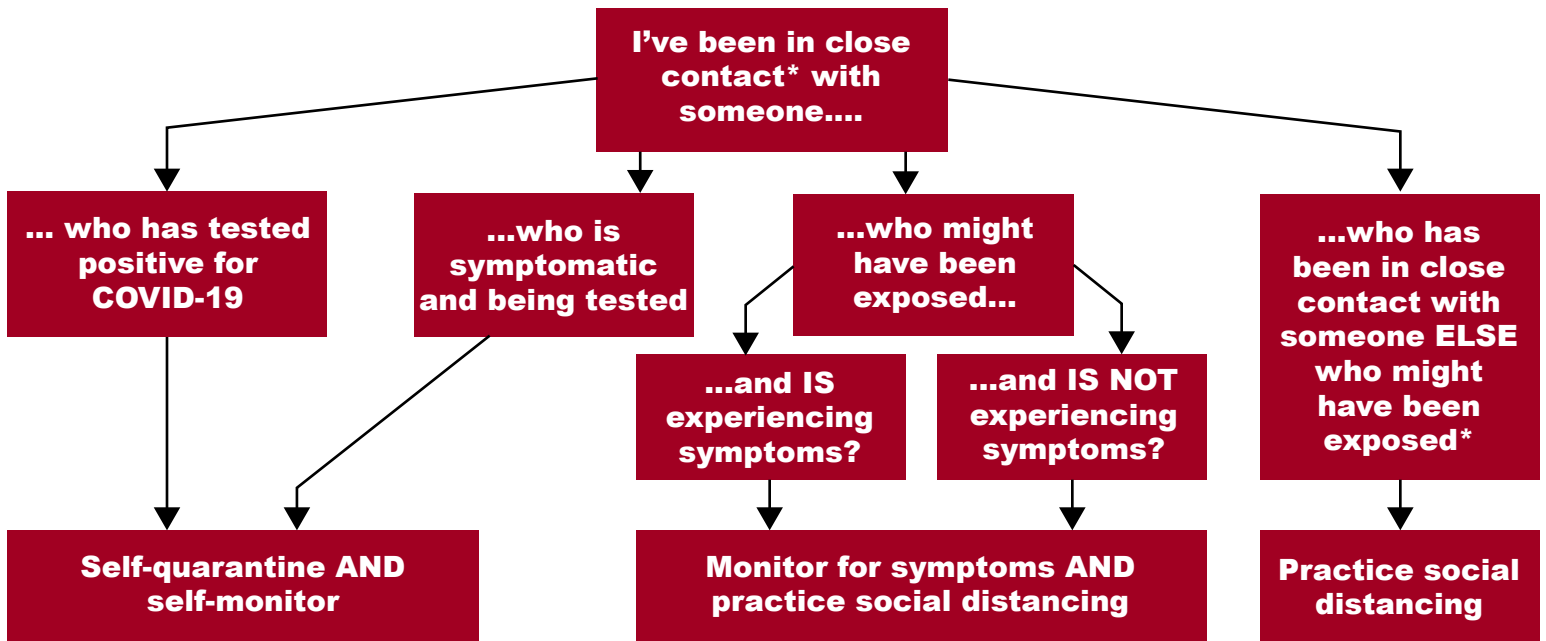


# HEALTHY EAGLES

Protecting Our Community

## WHO SHOULD QUARANTINE?

What should I do if...



## HOW DO I?

### SELF QUARANTINE

- Stay home for 10 days
- Reduce this time to 7 days with a negative COVID test after day 5
- Continue to monitor self for symptoms for 14 days
- Avoid contact with other people and don't share items
- Make a report at [www.ewu.edu/reportcovid](http://www.ewu.edu/reportcovid)

### MONITOR FOR SYMPTOMS

- Be alert of symptoms of COVID-19
- Cough, temperature, runny nose, sore throat, difficulty breathing, aches and pains, loss of taste, loss of smell, nausea, vomiting, fatigue
- Call your doctor if you develop COVID symptoms

*\*CLOSE CONTACT is defined as being within 6' of an infected person for a total of 15 minutes in a 24 hour period.*

### PRACTICE SOCIAL DISTANCING

- Stay home as much as possible
- Try to stay 6 feet away from others.
- Don't hug or shake hands.
- Avoid gathering in close proximity and wear face coverings when around others.

### IF YOU HAVE QUESTIONS REACH OUT TO:

- COVID Question Line: 509-359-6900
- For Students: [stuhealth@ewu.edu](mailto:stuhealth@ewu.edu)
- For Staff: [hr@ewu.edu](mailto:hr@ewu.edu)
- For Anyone 509-359-6900