Do I need to Self-Quarantine?

**SELF-QUARANTINE**
Self-quarantine separates people who were exposed but do not have symptoms to see if they become symptomatic. A person can be contagious before symptoms begin, so this is critical to prevent the spread.

This guidance is for people with no fever or respiratory symptoms and are not health care workers.

**STUDENT RESOURCES**
Students can call the OU Physicians Canyon Park Clinic at 405-348-6611 to receive medical care or get advice on how to be screened. This location is taking calls for the OU Clinic in the UCO Wellness Center until further notice.

**FACULTY & STAFF RESOURCES**
All staff and faculty with university-provided insurance may contact one of the local Primary Health Partner clinics for treatment. Visit primary-healthpartners.com to identify the clinic closest to you. All staff and faculty with university-provided insurance have 24/7 access to MDLIVE, the BCBS-provided telemedicine app.

*Close contact means being within 6 feet for a prolonged period of time OR having direct contact with infectious secretions (e.g., being coughed on).

**NOTE:** If you have a connection that is more distant than the options described above, you do NOT need to do anything more than social distancing, which is recommended for everyone. People connected to you do NOT need to do anything different from everyone else, unless they themselves have risks due to some other exposure.

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**Interactions with a Person who has Tested Positive for COVID-19**

**PERSON A:** If this is you...
Self-quarantine and monitor for COVID-19-like illness vigilantly for 14 days from the date of your last contact with the ill person. Isolate yourself if you develop symptoms and call your health care provider for guidance.

**PERSON B:** If this is you...
Social distance and self-monitor for 14 days from the date of your last contact with Person A. If you develop fever or other symptoms, contact your health care provider.

**PERSON C:** If this is you...
Practice social distancing and self-monitor for symptoms. If you develop fever or other symptoms, contact your health care provider.

**Interactions with a Person with Symptoms who was Tested and is Awaiting Results**

**PERSON X:** If this is you...
Self-quarantine and monitor for COVID-19-like illness vigilantly for 14 days from the date of your last contact with the ill person. Isolate yourself if you develop symptoms and call your health care provider for guidance.

**PERSON Y:** If this is you...
Practice social distancing and self-monitor for symptoms. If you develop fever or other symptoms, contact your health care provider.

**PERSON Z:** If this is you...
Practice social distancing and self-monitor for symptoms. If you develop fever or other symptoms, contact your health care provider.

(Adapted from Columbia Health 03/2020)