How to Self-Quarantine

If you have recently returned from a destination in which the novel coronavirus (COVID-19) is circulating or if you have been in contact with someone who has the virus, you will be asked to self-quarantine and monitor your symptoms for 14 days before returning to work or campus. The University of Central Oklahoma is here to support you as you navigate this period of uncertainty.

Hearing that you need to self-quarantine and disconnect from others may be disconcerting, but the goal is to ensure that you are healthy while also protecting others from exposure to illness.

Your Self-Care Kit
Be prepared with a self-care kit that contains:
• Digital thermometer (for daily use)
• Hand soap and sanitizer
• Alcohol wipes (for cleaning)
• Water bottle (stay hydrated!)
• Temperature and symptom log (see next page)

What to Watch for
Symptoms related to COVID-19 include:
• Fever (new or worsening >100.0 °F)
• Cough
• Shortness of breath
• Sore throat
In more severe cases, infection can cause pneumonia and other complications, especially for older individuals and those with other health conditions.

Monitoring Your Symptoms During Self-Quarantine
Please take your temperature daily and record your symptoms on the health log located on the next page. If you develop symptoms or need medical help while in self-quarantine, please call your primary care provider who will determine if you should leave the premises to seek medical attention.

While You’re in Self-Quarantine
To the extent possible, remain at home for the 14-day period. You should avoid crowds, limit public activities and practice social distancing. This means:
• Do not go out, except when recommended by a medical professional to seek care.
• Do not use public transportation.
• Maintain distance (approx. 6 feet or 2 meters) from others.
• Do not permit non-essential visitors to come to your residence.

If you need immediate treatment of very serious or critical conditions, call 911.
If you decide to go to the emergency department on your own, if possible, call the ER prior to your arrival so they can be prepared to potentially isolate you when you arrive.

Get updates on covid-19: uco.edu/coronavirus

SUPPORT IS A CALL OR CLICK AWAY
Your health and well-being are important to us. We are here to assist you.

STUDENT RESOURCES
OU Physicians Canyon Park (Edmond)
• Mon–Fri, 8:00 a.m.–5:00 p.m.
• 405-348-6611
This location is receiving forwarded calls from OU clinic in the UCO Wellness Center.

CENTER FOR COUNSELING AND WELL-BEING
• www.uco.edu/counseling
• Mon–Fri, 9 a.m. - 3 p.m.
• 405-974-2215
• Telecounseling visits only

FACULTY & STAFF RESOURCES
Employee Assistance Program
deeroakseap.com
• Username and Password: uco
• 866-327-2400
• Reach out to employeerelations@uco.edu for questions
• Telecounseling available

PRIMARY HEALTH PARTNERS
• primary-healthpartners.com
• Call, text, or video chat free of charge for all UCO employees
• Edmond: 405-471-5655
• NW OKC: 405-607-8855
• Yukon: 405-265-2778
• Moore:405-877-3128