

COVID-19 Exposure Notification

You are receiving this notification because you have had an exposure to someone who tested positive for COVID-19.

If you have had exposure to someone who tested positive for COVID-19 and/or if your roommate or suitemate gets sick, you will need to take the following actions:

- Call Campus Health to discuss next steps and testing at **(520) 621-9202**.
- Stay in your room most of the time and follow CDC guidelines. See the quarantine instructions below.
- Monitor your health for any possible symptoms. If symptoms develop, stay home and call Campus Health.

Quarantine means staying in your room most of the time unless you need to leave for essential trips. These include bathroom breaks, getting food and occasional breaks for fresh air and exercise where you can maintain physical distance. When away from your room, always wear a mask, avoid groups, and limit your exposure with others as much as possible.

How to Safely Quarantine:

- **No In-Person Classes** – Go to classes online only and let your instructor know, if necessary.
- **Mask Up** – Make sure to wear a mask at all times when outside of your room, no exceptions.
- **Watch Your Distance and Wash Your Hands** – Stay at least 6 feet away from others, and wash your hands or use hand sanitizer frequently.
- **Shared Restrooms** – It's okay to use shared restrooms. Try to use the restroom during low traffic times. Please clean up after yourself.
- **Socializing** – Social contacts will need to remain online. Do not socialize in-person during quarantine.
- **Food & Meals** – Limit your trips out and try to go during low traffic times. When possible, order food for delivery or have a friend drop off food at your door. While in quarantine, you can order food online from the Student Union: <https://union.arizona.edu/dining/mealpackage/> and enter code **FALL2020B**.
 - If you must, it's okay to pick up food for takeout (eat in your room or outside with appropriate physical distance), run to the grocery store, or do laundry. Make these quick trips and avoid prolonged exposures to others.
- **Work Online Only** – Do not go to work in person.
 - If you work on campus and at many off-campus employers, you may qualify for sick time through the Families First Coronavirus Response Act (FFCRA). This provides sick time for employees who have tested positive for COVID-19, have symptoms, or have had an exposure. Talk with your supervisor or HR representative. More information: <https://hr.arizona.edu/content/families-first-coronavirus-response-act-ffcra>
- **Exercise and Outside Time** – Go outside to walk or do light activity in places where there are few people. Walk by yourself, make sure to distance from others, and go outside during low traffic times.
- **Remain in Quarantine** for up to 14 days, or until you receive further instructions from Campus Health or from SAFER, a group who is doing contact tracing on campus.
- **Watch for Symptoms** – Monitor your health and call Campus Health at (520) 621-9202 if you develop any symptoms or have questions or concerns about your health. After Hours the number to call is (520) 570-7898.

For more, information go to: <https://covid19.arizona.edu/self-quarantine>

