

# 9 things you should do

if you are quarantined for COVID-19.

## 1 Stay in your own room

and use your own bathroom at all times, leaving only for emergencies or to seek medical care.



## 2 Monitor yourself for symptoms.

If you develop a temperature of 100 degrees or more, a cough, or shortness of breath, immediately notify Decker Student Health Services Center at 607-777-2221. After hours, notify your local health department.



## 3 Call your healthcare provider ahead of time.

Call your healthcare provider ahead of time if you need medical care. Tell them you may have COVID-19.



## 4 Wash your hands often

with soap and water for at least 20 seconds, or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



## 5 Cover your cough and sneezes.



## 6 Get rest and stay hydrated.



## 7 Avoid sharing personal items

with other people in your building, like dishes, towels, and bedding.



## 8 Clean all surfaces

that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



## 9 If you have a medical emergency, call 911.

Notify the dispatcher you may have COVID-19. Put on a mask while you wait for the ambulance.



For more information:  
[binghamton.edu/health/coronavirus](http://binghamton.edu/health/coronavirus)

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