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