9 things you should do if you are quarantined for COVID-19.

1. Stay in your quarantine room at all times, leaving only to use the restroom. When you must use the restroom, wear a mask.

2. Monitor yourself for symptoms. If you develop a temperature of 100 degrees or more, a cough, or shortness of breath, immediately notify your primary care provider or the Decker Student Health Services Center at 607-777-2221. After hours call 607-239-3861.

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 the University Police Department at 607-777-2222 from your cell phone, or by dialing 911 from the emergency phone in the hallway. Notify them you are under quarantine for COVID-19.

If you have any immediate needs, concerns, or questions, refer to the Helpful Information Document in your room.

For more information: binghamton.edu/health/coronavirus