

# 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](http://binghamton.edu/health/coronavirus)

**BINGHAMTON UNIVERSITY**  
STATE UNIVERSITY OF NEW YORK