

# How to self-isolate during COVID-19

*Self-isolation is recommended for people who have tested positive for COVID-19 or are symptomatic and awaiting test results. It can be discontinued under the guidance of Watkins Health Services or your physician.*

## Stay at home.



Limit all non-essential travel unless you're going out for medical care, in which case avoid ride-shares, riding with others and public transit.

Use delivery services.

## Monitor your health.



Check your temperature at least twice a day. If symptoms get worse, immediately call **Watkins Health Services at 785-864-9500.**

## Know when to call for help.



Immediately call Watkins Health Services, or your physician, or seek immediate medical care if you have any of the following:

- » Trouble breathing
- » Persistent pain or pressure in the chest
- » Inability to wake or stay awake
- » Bluish lips or face
- » New confusion

## Emergency services.



If you are experiencing an emergency, call 911. Emergency services also available at Lawrence Memorial Hospital. **LMH Health: 785-505-5000**, 325 Maine Street, Lawrence, Kansas 66044. Call the hospital before arrival and notify them you might have COVID-19.

## Take care of yourself.



Regularly wash your hands with soap and water or use hand sanitizer with at least 60% alcohol.

Cover your coughs and sneezes. Avoid sharing personal items, and wipe down household surfaces often. Rest and hydrate regularly. Consult your physician for medication to manage symptoms.

## Stay in a specific room.



Designate a "sick room." Stay away from roommates and pets. Limit use of common areas and if possible, have a designated toilet and bathroom as well. Caregivers should wear a mask.

## Contact-less delivery services.



**FOOD:** [unmistakablylawrence.com](http://unmistakablylawrence.com)

**PHARMACIES:** **Watkins Health Services Pharmacy** located on KU campus at 1200 Schwegler Drive. 785-864-9500

**Walgreens** at 400 W 23rd St. 785-832-8388

**CVS** at 2300 Iowa St. 785-832-1112

## KU Student Housing



Students living in **KU Student Housing** will receive additional information about meal options and their quarantine/isolation from their building staff.