What does quarantine mean?

Limiting contact with others is important.

The Centers for Disease Control defines quarantine as separating and restricting the movement of people who were exposed to a contagious disease to monitor if they become sick. Quarantine helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptomatic. It is different from isolation, which is defined as separating sick people with a contagious disease from people who are not sick.

+ I am in self-quarantine. Can I go to class or another on-campus venue?
- No. Students who are in self-quarantine should **not** attend in-person classes, visit campus dining venues, retrieve mail from the mail center, utilize public transportation such as Tiger Transit or engage in any other on-campus activities. You are also strongly encouraged to stay away from public areas including grocery stores, malls or other large public gathering spaces.
- If you are in self-quarantine, you should let your faculty member know that you will be unable to attend class in-person and to request course materials. If you are self-quarantined in an AU residence hall, you will have WiFi and access to online courses/materials, and will be able to complete assignments remotely using your personal computer or phone. If you need additional assistance with class notifications or general support, contact the **Auburn Cares** office.

+ I am self-quarantined in an AU residence hall. Am I allowed to leave my room?.
- You may leave the residence hall under certain circumstances, such as if you have a doctor's appointment, need to take out your trash, or would like to get some fresh air right outside the residence hall. However, we strongly encourage you to limit all contact with others both inside and outside of the hall.

+ How do I monitor my health while in quarantine?
- If you need immediate medical assistance, call 911. If you have questions regarding your health or show signs or symptoms of COVID-19, please contact the **Auburn University Medical Clinic** COVID hotline at 334-844-9825
- If you test positive while in quarantine, complete the self-report form available at aub.ie/covidhelp. If you are quarantined in an AU residence hall, contact **University Housing** at 334-844-4580.

+ How long will I have to remain in self-quarantine?
- The AU Medical Clinic will let you know when your quarantine period ends. Depending on your situation, this is usually up to 10 days.

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