

I'm self-quarantining or self-isolating.

How can I stay connected to others?

If you are entering self-quarantine or self-isolation due to COVID-19, you should limit physical contact with others during this period. However, that doesn't prevent you from staying socially connected with the AU campus community, your friends or family!

- 1 Stay home.**
 - Until [it's safe to be around others](#) or if medical care is needed
- 2 Reach out.**
 - The individual(s) who can help with getting you food and other supplies.
- 3 Self-report.**
 - Submit the required [COVID-19 Self Report Form](#).
 - Be prepared to speak with public health officials who may be assisting with [contact tracing](#).
- 4 Contact your instructors.**
 - Let them know you are going to miss class or the illness is impacting your ability to get your assignment completed. And know how to engage with university services remotely.
- 5 Contact your employer (if applicable).**
 - Let them know you are going to miss class or the illness is impacting your ability to get your assignment completed. And know how to engage with university services remotely.
- 6 Physical distancing doesn't mean social isolation.**
 - Stay connected with family and friends remotely.
 - Call, text, or send an email or talk "face-to-face" using Skype, FaceTime, Facebook Messenger or another platform.
 - Utilize personal or Auburn resources for meeting with your instructors, advisors, university programming, student organizations or talking to friends and family.

