What Does it Mean to Self-Isolate?
Self-isolation means avoiding situations where you could infect other people. This includes any situation where you may come in close contact with others (face to face contact closer than 6 feet), such as social events, work, school, restaurants, and all public gatherings.

When to Self-Isolate
Self-isolation procedures are required for all travelers returning from or transiting through countries classified by the CDC as Level 3 Travel Health Notice. Current Level 3 countries include China, South Korea, Iran, and most of Europe.

Self-Isolation Guidelines:

• **Stay in your room or at home** and do not go to class or participate in any campus activities. (Work with your professors to arrange for remote access to classes, if appropriate.)

• **Do not go to work.** Work with your supervisor and HR to explore working from home options, if appropriate.

• **Do not go to public events, meetings,** social activities, or other group activities. Do not have others come to your home for social visits.

• **Avoid rideshare and public transportation,** such as Uber, Lyft, taxis, Caltrain and BART.

• **Cover coughs and sneezes with your upper sleeve or a tissue.** Never cough in the direction of someone else.

• **Wash your hands with soap and water for at least 20 seconds.** If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

• **Wash laundry and dishes using hot water.** If you can, use a washing machine and dishwasher.

• **Monitor yourself for symptoms.** If you develop a fever, cough, or sore throat, call your health care provider for advice, and share your travel history.