

# 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.



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