

ISOLATION INFORMATION

You should isolate if you have symptoms of COVID-19 and are awaiting test results OR if you have tested positive for COVID-19.

What dates should you keep track of?

_____ is your last day of isolation if you meet the criteria for ending isolation (right).
(write date on line)

_____ is when you may return to campus and be around others if you meet the criteria for ending isolation (right). You must adhere to strict and proper mask use while around others for an additional 5 days and avoid those with weakened immune systems. If you CANNOT wear a mask around others, you should remain in isolation through _____.
(write date on line)

_____ is when you may end all precautions if the criteria for ending isolation (right) has been met.
(write date on line)

Criteria for Ending Isolation:

- It has been 5 days since the onset of symptoms (symptom onset day is day 0) AND
- You have been fever-free for 24 hours without fever-reducing medication AND
- Your symptoms have improved.

If you do not meet the criteria to end isolation, contact Student Health (information on following page).

Advice and Resources While in Isolation

- During isolation, stay home and isolate from others you live with. You are most infectious during the first 5 days of symptoms. Try to avoid being in shared spaces at the same time as others to limit contact. If you share a bathroom with others, you should be sure to clean surfaces before and after use.
- Students residing in University or University Approved Housing may use available University isolation space on an as-available basis. For housing and dining accommodations, contact Student Support and Community Standards or Residential Life.
- Take active steps to protect your mental well-being while isolating. Some suggestions are:
 - Establish and maintain a routine- wake, shower, dress, eat, and sleep at the same times each day
 - Communicate and connect with family and friends by phone, text, or video chat
 - Stay informed, but not overwhelmed- be mindful of too much news and social media consumption
 - Access professional help as needed- Student Well-Being provides virtual individual and group counseling
 - Take care of your physical health- regularly eat healthy meals, get plenty of sleep, and avoid alcohol or drug use

Resources for medical care, campus housing, mental well-being, and other needs while in isolation are all listed on the following page.

MEDICAL RESOURCES

Emergency	Address (Rolla, MO)	Phone	If your symptoms are life threatening, call 911 or go to the nearest emergency department	
Phelps Health Emergency Room	1000 W 10th Street	573.458.7800		
Walk-In Clinics	Address (Rolla, MO)	Phone	Website	
Phelps Health Walk-In Clinic	603 S Bishop Ave, Ste C	573.426.4411	phelpshealth.org/conditions-treatments/walk-clinics	
Mercy Convenient Care	1605 Martin Springs Dr, Ste 260	573.458.6350	mercy.net/practice/mercy-convenient-care-rolla-suite-260	
Four Rivers Community Health Center	1081 E 18th St	573.426.4455	fourrivers.org	
Rolla Family Clinic	416 S Bishop Ave	573.426.5900	rollaurgentcare.com	
Campus	Address (Rolla, MO)	Phone	Website	
Student Health Services	910 W 10th St	573.341.4284	studenthealth.mst.edu	
University Police (available 24/7)	205 W 12th St	573.341.4300	police.mst.edu	

NON-MEDICAL RESOURCES

Campus	Address (Rolla, MO)	Phone	Website	
Student Well-Being	204 Norwood Hall, 320 W 12th St	573.341.4211	wellbeing.mst.edu	
Student Support and Community Standards	107 Norwood Hall, 320 W 12th St	573.341.4209	studentsupport.mst.edu	
Residential Life	1102 N Rolla St	573.341.4218	reslife.mst.edu	
University Police (available 24/7)	205 W 12th St	573.341.4300	police.mst.edu	
Online (all available 24/7)	Phone	Website		
Crisis Text Line	Text "HOME" to 741741	crisistextline.org		
National Suicide Prevention Lifeline	Call or Text 988	988lifeline.org		
BetterYou App	NA	bit.ly/betteryouSandT (log in using your @mst.edu email)		