

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, you should stay in your isolation space and not have others enter this space.
- Students residing in University or University Approved Housing who are unable to return home 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.
- If you share a bathroom with others, you should be sure to clean surfaces before and after use. Your time spent in shared spaces should be limited. Try to avoid being in shared spaces at the same time as others to limit contact.
- 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		
Phelps Health Emergency Room	1000 W 10th Street	573.458.7800		
Walk-In Clinics	Address (Rolla, MO)	Phone	Weekday Hours	Weekend Hours
Phelps Health Immediate Care	603 S Bishop Ave, Ste C	573.426.4411	8am - 8pm	8am - 6pm
Phelps Health Walk-In Clinic	1050 W 10th St, Ste 300	573.364.9000	8am - 4:30pm	NA
Mercy Convenient Care	1605 Martin Springs Dr, Ste 210	573.458.6350	9am - 5pm	9am - 1pm
Four Rivers Community Health Center	1081 E 18th St	573.426.4455	9am - 9pm	8am - 5pm
Rolla Family Clinic	416 S Bishop Ave	573.426.5900	8am - 4:30pm	NA
Campus (call for appointment)	Address (Rolla, MO)	Phone	Weekday Hours	Weekend Hours
Student Health Services	910 W 10th St	573.341.4284	9am - 3pm	NA
University Police	205 W 12th St	573.341.4300	24/7	24/7

NON-MEDICAL RESOURCES

Campus	Address (Rolla, MO)	Phone	Weekday Hours	Weekend Hours
Student Well-Being	204 Norwood Hall, 320 W 12th St	573.341.4211	8am - 5pm	NA
Student Support and Community Standards	107 Norwood Hall, 320 W 12th St	573.341.4209	8am - 5pm	NA
Residential Life	1102 N Rolla St	573.341.4218	9am - 5pm	NA
University Police	205 W 12th St	573.341.4300	24/7	24/7
Online (all available 24/7)	Phone	Website		
Crisis Text Line	Text "HOME" to 741741	crisistextline.org		
National Suicide Prevention Lifeline	800.273.8255	suicidepreventionlifeline.org		
Sanvello (app)	NA	sanvello.com		