

HOW-TO SELF-QUARANTINE ON-CAMPUS

BE BOLD. Shape the Future.
Housing and Residential Life



CALLING THE AGGIE HEALTH & WELLNESS CENTER (575-646-1512) OR YOUR DOCTOR, SHOULD SYMPTOMS DEVELOP.



DO PROTECT YOURSELF AND OTHERS BY:

CONTINUING TO COMMUNICATE WITH OTHERS, EVEN THOUGH YOU ARE PHYSICALLY SEPERATE. (I.E. EMAIL, PHONE, VIDEO CALLS, ETC.)



WEARING A FACE COVERING (MASK) WHEN ANSWERING THE DOOR OR GOING OUTSIDE.



WASHING YOUR HANDS OFTEN, SCRUBBING FOR AT LEAST 20 SECONDS.



STAYING HOME, IN YOUR ROOM, AND MONITOR ANY SYMPTOMS.



EXERCISING REGULARLY. GO OUTSIDE AND TAKE A WALK AROUND CAMPUS. (GO ALONE ONLY, AVOIDING POPULATED AREAS, AND REMAINING 6 FT AWAY FROM ANYONE YOU MAY PASS)



ATTENDING IN-PERSON CLASSES/ACTIVITIES DURING THE 14-DAY QUARANTINE.



DON'T PUT YOURSELF AND OTHERS AT RISK BY:

DISCONTINUING SELF-QUARANTINE EARLIER THAN INSTRUCTED.



SHARING DISHES, UTENSILS, CUPS, TOWELS, OR BEDDING.



CROSSING STATE LINES.



ORDERING PACKAGES AS RETRIEVAL IS NOT AVAILABLE UNTIL AFTER SELF-QUARANTINE



INVITING FRIENDS, SIGNIFICANT OTHERS, OR FAMILY TO VISIT YOU IN YOUR ROOM. VISITORS ARE NOT ALLOWED IN CAMPUS HOUSING.

