

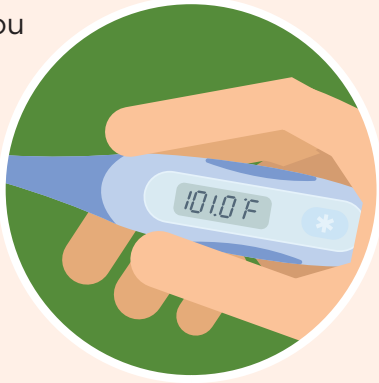
# 8 things you should do

if you are isolated for COVID-19.

**1 Stay alone in your room** at all times, leaving only to use the restroom. When you must use the restroom, wear a mask.



**2 Monitor yourself for symptoms.** If you develop a temperature of 100 degrees or more, a cough, or shortness of breath, immediately notify the Weigel Wellness Center at (716)878-6711. After hours call the nurse line at (866)710-1002.



**3 Wash your hands often** with soap and water for at least 20 seconds, or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



**4 Cover your cough and sneezes.**



**5 Get rest and stay hydrated.**



**6 Avoid sharing personal items** with other people in your building, like dishes, towels, and bedding.



**7 Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



**8 If you have a medical emergency,** call the University Police Department at (716)878-6333.



Notify them you are under quarantine for COVID-19.

**If you have any immediate needs, concerns, or questions, refer to [coronavirus.buffalostate.edu](https://coronavirus.buffalostate.edu)**



For more information:  
[coronavirus.buffalostate.edu](https://coronavirus.buffalostate.edu)



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