

Self-Quarantine Policy

Out of an abundance of caution, we ask Reinhardt students, faculty, staff, who are traveling or who have traveled in [CDC Level 2 or Level 3 areas](#), or whose household members are returning from those areas, even if asymptomatic, not to return to the University (including any activities on or off campus) until a 14-day period has elapsed following their return to the United States. This policy is consistent with the federal Centers for Disease Control and Prevention's [recommendations](#). If you travel to these areas or after exposure or diagnosis, we ask you to self-report, via the email to the Campus Nurse (nurse@reinhardt.edu). We also ask Reinhardt's students, faculty and staff to notify us if anyone in their household has a COVID-19 diagnosis, has come in contact with someone who has traveled to a country under a CDC travel advisory, or has come in contact with someone who has been diagnosed with COVID-19.

What Does it Mean to Self-Quarantine?

Self-Quarantine is an agreement to remain at home and not to go to work or school, limit your movements outside and monitor your health for 14 days after returning from travel to CDC Level 2 or 3 Travel Warning locations. You are agreeing to isolate yourself from others to limit any potential for transmission of the virus, even if you are not experiencing symptoms at the end of your travel. For the most up-to-date information about prevention and treatment, visit the [CDC online](#).

What are some general self-quarantine guidelines?

Stay at home and do not go to class or work, participate in any campus activities or come to campus. (For students, the university is developing an academic continuity plan and if you have questions, you are encouraged to reach out to your academic advisors and professors about your classes.)

- Stay home except to get medical care and please call ahead before visiting your doctor.
- Do not return to class or work, participate in any campus activities or come to campus.
- Stay away from public areas including grocery stores, malls, theaters and large public gathering spaces.
- Separate yourself from other people and animals in your home.
- Cover your mouth and nose with a tissue when you cough or sneeze; wash your hands afterward with soap and water or use an alcohol-based sanitizer.
- Clean your hands often with soap and water or with an alcohol-based sanitizer; use soap and water preferentially if your hands are visibly dirty.
- Avoid sharing personal household items.
- Clean “high-touch” surfaces daily with a household cleaning spray or wipe.
- Monitor your symptoms and if they develop or worsen then call your health care provider BEFORE seeking in-person care.