

# Patient Isolation



*The goal of isolation is to give you the space and time to recover...*

## What “isolation” means

Hearing that you are “being isolated” or asked to “self-isolate” may feel kind of scary, but take a deep breath. Remember: the goal of isolation is to give you the space and time to recover, while also protecting others from exposure to illness.

Chances are, you’ll be sleeping most of the time. However, you can still connect with friends and family via social media and phone. You can also leave your isolation room to enjoy time in the fresh air, as long as you stay at least 6 feet from others.

Limits that apply to you during your isolation time are as follows:

- You may not go to classes, the library, or other academic/social functions.
- You must not use public transportation or go to shopping centers.
- You may not have friends or family with you in your isolation room or apartment, unless they have been approved by your health care provider.

## What to bring

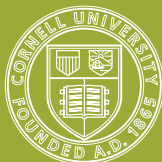
To make your stay more enjoyable, you will want to bring enough comfortable clothes for the number of days you’ll be in isolation, a favorite pillow or blanket, your cell phone, and laptop. Also, remember to bring a toiletry kit, any prescription and non-prescription medications, and a thermometer.

Additionally, although your room will be equipped with many of the basic items, including a phone,

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microwave, and refrigerator, you may contact your Crisis Manager (by calling Cornell Police at 607-255-1111) and ask if they can help arrange for the safe delivery of or service with other necessary items (e.g., a wired computer connection).

**To obtain meals ...**

Food will be provided to you by Campus Life. If you have special needs, please call: **607-255-5533**.

**To access health services & support ...**

Cornell Health staff will check on you by phone each day you are in isolation. To prepare for the phone call, please take your temperature and record your symptoms on the form below so staff can review them with you each day, especially if you are self-isolating off-campus. Please answer your phone or circle back to us promptly with a phone call or a secure message via myCornellHealth.

If you have any pressing needs or concerns before we call, you may call Cornell Health at **607-255-5155** during business hours and press #1 to speak with a nurse. After hours, you may call the same number and our answering service can assist you in connecting with an on-call provider.

**Communication with family**

Your personal health information is confidential. You will need to sign a release before our staff will be able to speak with your Crisis Manager, your parents, or other family members or friends. Note: your verbal permission may be given if the paper release is missed in the checkout from Cornell Health.

**Daily temperature & symptom log**

The name of your health care provider is:

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# day(s) after exposure	Date	AM Temp (°F)	PM Temp (°F)	Other Symptoms <i>(note as indicated by your nurse)</i>
1				
2				
3				
4				
5				
6				
7				