

Quarantine Protocols

As a way to protect our community, people will be recommended to quarantine if they have been identified as a close contact of someone who has tested positive for COVID-19.

Quarantine means you will stay confined to your room and home, separate from those individuals living in your home, and not attend any in-person gatherings (including parties).

As a member of the Truman and Kirksville communities, and as a way to protect the most vulnerable in these communities, I AGREE:

- To remain in the specified quarantined location for the total number of specified days recommended by the contact tracers at Truman State University or by the local public health department.
- To respond to all calls, emails, or texts from Truman State University staff members and students, including but not limited to the Student Health Center, Contact Tracing Team, and Residence Life.
- To notify the Student Health Center at 660.785.4182 or email at **contacttracing@truman.edu** if I have been quarantined by a local public health department.



Isolation Protocols

As a way to protect our community, people who test positive for COVID-19 will be recommended to isolate for 10 days or more. Isolation means you will stay confined to your room and home, separate from those individuals living in your home, and not attend any in-person gatherings (including parties).

As a member of the Truman and Kirksville communities, and as a way to protect the most vulnerable in these communities, I AGREE:

- To self-isolate when feeling any symptom, such as runny nose, congestion, sore throat, fever, cough, shortness of breath, nausea, vomiting, diarrhea, headache, fatigue, body aches, loss of taste and/or smell.
- To self-isolate when obtaining a COVID-19 test and awaiting test results.
- To remain isolated (either on-campus or off-campus) for the total number of days recommended by the contact tracers at Truman State University or by the local public health department.
- To notify the student health center at 660.785.4182 within 12 hours of testing positive for COVID-19 if tested at another place besides the Student Health Center.

