8/23/2020

Dear Student,

Since you have tested positive for COVID-19, you must isolate yourself 10 days from the day you tested positive on [DATE], provided you are symptom free from the time you tested positive.

If you exhibit symptoms of COVID-19, you must remain in isolation until two criteria have been met:

1. At least 10 days have passed since the onset of your symptoms AND

2. At least 24 hours have passed since you have had fever without the use of fever reducing medicine and your other symptoms are improving.

If do not have any symptoms, you need to isolate for 10 days from the time you tested positive. Please know that you will be released to return to the campus environment after you have been cleared by the TCU Health Center.

Being in isolation can be difficult. Please know that we have additional remote services such as counseling and access to virtual fitness options available. If you are interested in getting connected with any of these services, please let me know. A Care Coordinator will work with you during your isolation, providing a wide range of support services including:

- Communications with your professors on your absence
- Logistical support for remote coursework
- Meal and laundry options for your self-isolation
- Mental and physical health resources
- Contact with Housing & Residence Life

How can you take care of yourself?

- Stay hydrated and drink plenty of water
- Stay away from caffeine and alcohol
- Get plenty of rest. If you are currently taking classes online from home, continue doing so as you are able. Be mindful, however, to give your body time to rest and recover.
- You should seek medical care if symptoms worsen. The TCU Health Center and/or your primary care doctor can advise you on next steps.
How can you keep others safe?

- Do not leave your home except for urgent medical care. If you must leave your home, wear a face covering. Make sure to call the medical provider before you go and tell them you have been diagnosed as COVID-19. Do not travel via public transportation, ride shares, or taxis.
- If you are currently taking in-person classes, you will need to go online. Please contact your professors to let them know you will be joining your classes through the online system for the couple of weeks. The Campus Life Dean’s Office will also contact your professors to confirm this request.
- Keep six feet from other people at all times.
  - Wear a face covering at all times, particularly if you must be around others. Be sure, however, to maintain at least a six-foot distance.
  - Anyone you come in contact with in your household should wash their hands often and wear a face covering whenever they are in close contact with you. Limit your time with family members to five minutes or less.
- Do not have visitors in your home.
- Avoid touching your face as much as possible.
- If possible, sleep alone in a separate room.
- If possible, use a separate bathroom.
- Use your own plate, bowl, and utensils. Do not share food with anyone.
- Avoid sharing other personal household items (combs, toothbrush, cups, sheets/blankets, etc.). Wash your laundry separately with detergent; bleach can be used but is not needed.
- Cover your mouth with a tissue when coughing or sneezing and personally throw the tissue away.
- Wash your hands frequently throughout the day with soap and water for at least 20 seconds:
  - Before and after preparing food for yourself (do not prepare food for others)
  - Before and after eating
  - After going to the bathroom
  - After sneezing, blowing your nose, or touching your face
- Wipe down surfaces that you touch frequently with disposable cloths using bleach if possible or household cleaners. Your bathrooms should be cleaned every day using a household disinfectant. Wear gloves while cleaning if possible.
- Your gloves, tissues, masks, and other trash should be put in a bag, tied closed, and put with other household trash.
- Anyone you come in contact with (including anyone in your home) must monitor themselves for fever, cough, and other symptoms.
- Animals: Just as you restrict contact with people while you are sick with COVID-19, you should restrict contact with pets and other animals. There have been a small number of reports of pets testing positive after their owners were ill with COVID-19. When possible, have another member of
your household care for your animals while you are sick. If you are sick with COVID-19, avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask.

For specific information about the process for students who test positive for COVID-19, please review our decision tree document that can be found on our TCU Microsite. Please know that the TCU Health Center will be following up with you in the next few days to collect a list of your close contacts (if they have not done so already). Please be prepared to share that information with them. I have attached a word document where you can begin thinking about this information.


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