

## **WVU School of Dentistry Self-Quarantine Document Coronavirus (COVID-19)**

The WVU School of Dentistry is committed to the safety, health, and well-being of the faculty, staff, students, and patients. In preparation for returning to clinical and laboratory courses, students, faculty, and staff that have resided or traveled outside West Virginia must self-quarantine for the protection and health of yourself and others. Below is a summary of the WVU Self-Quarantine Guidelines, for more information please review the following webpages:

- [WVU Coronavirus](#)
- [WVU School of Dentistry's Coronavirus](#)
- [WVU Self-Quarantine Guidelines for Faculty and Staff](#)
- [WVU Self-Quarantine Guidelines for Students](#)

### WVU Self-Quarantine Guidelines

All employees or students returning from travel to any international location or from [domestic travel](#) to the states of New York, New Jersey, Connecticut, or Louisiana should remain at home and self-quarantine/self-monitor for 14 days prior to returning to work. The only exceptions to this are individuals who can provide documentation that they have tested negative for coronavirus since returning from international or domestic travel.

All employees or students returning from travel to any other location must self-quarantine/self-monitor at home for a period of time. Travelers who have no symptoms and no known exposure to individuals with COVID-19 should remain at home and self-monitor for a minimum of 5 days. If symptoms develop during the five-day period, the traveler should either undergo testing or remain in self-quarantine for a full 14 days.

Student-workers and employees must also notify their supervisor of their travel and self-quarantine / self-monitor status.

All employees who have traveled should contact [WVU Medical Management](#) at [MedicalManagement@mail.wvu.edu](mailto:MedicalManagement@mail.wvu.edu) at 304-293-5700 ext. 8 to develop a return-to-work plan tailored to their specific situation before resuming normal work activities (on campus or via an [alternative work arrangement](#)).

Self-quarantine guidelines are as follows:

- Remain at home. Do not attend any gatherings and avoid public places until 14 days after leaving a hotspot or coming in contact with a symptomatic individual.
- Contact your healthcare provider – If you develop COVID-19 symptoms, have been exposed to a COVID-19 patient or recently have traveled to a high-risk area (domestic or internationally), contact your primary healthcare provider or call [WVU Medicine](#) at 304-598-6000 (option 4).
- Stay home except to get medical care – You should restrict activities outside your home, except for getting medical care. Do not go to work, school or public areas. Avoid using public transportation, ride-sharing services or taxis.

- Separate yourself from other people and animals in your home:
  - People – As much as possible, you should stay in a specific room and away from other people in your home. You also should use a separate bathroom, if available.
  - Animals – You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it still is recommended that people with COVID-19 limit contact with animals until more information is known about the virus.
- Call ahead before visiting your doctor – If you have a medical appointment, call the healthcare provider and tell them you have or may have COVID-19. This will help the healthcare provider’s office take steps to keep others from getting infected or exposed.
- Wear a facemask – You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider’s office. If you are unable to wear a facemask (e.g., because it causes trouble breathing), then people who live in your residence should not stay in the same room with you or they should wear a facemask if they enter your room.
- Cover your coughs and sneezes – Throw used tissues in a lined trash can. Immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Clean your hands often – 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 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid sharing personal household items – You should not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.
- Clean all “high-touch” surfaces every day – High-touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. Also, clean any surfaces that may have blood, stool or body fluids on them.
- Monitor your symptoms – Seek prompt medical attention if your illness is worsening. Before seeking care, call your healthcare provider and tell them that you have (or are being evaluated for) COVID-19. If you have a medical emergency and need to call 911, notify the dispatch personnel that you have (or are being evaluated for) COVID-19.
- Discontinuing home isolation – Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis in consultation with healthcare providers and state and local health departments.

## WVU School of Dentistry Self-Quarantine Agreement

Location, dates and extent of stay prior to return to WV:

\_\_\_\_\_ days  
City State Country Date/Length of stay

In order to prevent the potential spread of COVID-19, the WVU School of Dentistry has advised me to self-quarantine for a period of \_\_\_\_\_ days.

I will be returning to the Morgantown area and self-quarantining at the following location:

\_\_\_\_\_ (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
Date of Return Telephone

\_\_\_\_\_  
Street address

I agree to adhere to the self-quarantine and any additional recommendations and instructions from the WVU School of Dentistry listed below:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Faculty    Staff    Student  
            Circle One

\_\_\_\_\_  
Department or Year/Class  
(Faculty/Staff)                      (Student)