SELF-QUARANTINE PROCEDURES

Self-quarantine is recommended for individuals who have symptoms.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches, headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list from CDC does not include all possible symptoms. We will continue to update this list as we learn more about COVID-19.

STAY ISOLATED & MONITOR SYMPTOMS

Stay in your personal room and use a designated toilet/bathroom if possible.

Contact your physician and follow their instructions. If your health care is through UA Campus Health, call first: (520) 621-9202

Contact your course coordinator. Engage in alternative learning activities. If illness develops a severe course, follow your doctor's instructions.
Acland's Anatomy is a highly rated resource from MD students and is available through the library. The link is also posted in anatomy learning events in MedLearn. In addition, for some courses there are additional anatomy resources in MedLearn.

Should COVID-19 conditions prevent all learners from in-person dissection, Dr. Czuzak may demonstrate dissections by Zoom.

Students may be able to engage with their Societies groups using Zoom.

Doctor & Patient course may engage Standardized Patients (SPs) by Zoom, rather than in-person meetings.

If symptoms are mild, students should attend by Zoom. The sessions have been designed to engage you and help you practice applying the material. If symptoms or illness are severe, learners should contact Curricular Affairs.

If you have questions, contact your Curricular Affairs coordinator or your House Dean.