I’m self-quarantining or self-isolating.  
How can I stay connected to others?

If you are entering self-quarantine or self-isolation due to COVID-19, you should limit physical contact with others during this period. However, that doesn’t prevent you from staying socially connected with the AU campus community, your friends or family!

1 Stay home
   • Until it’s safe to be around others or if medical care is needed

2 Call
   • The individual(s) who can help with getting you food and other supplies.

3 Complete
   • Submit the COVID-19 Self Report Form.
   • Be prepared to speak with public health officials who may be assisting with contact tracing.

4 Contact your instructors
   • Let them know you are going to miss class or the illness is impacting your ability to get your assignment completed. And know how to engage with university services remotely.

5 Contact your employer (if applicable).
   • Let them know you are going to miss class or the illness is impacting your ability to get your assignment completed. And know how to engage with university services remotely.

6 Physical distancing doesn’t mean social isolation.
   • Stay connected with family and friends remotely.
   • Call, text, or send an email, or talk “face-to-face” using Skype, FaceTime, Facebook Messenger or another platform.
   • Utilize personal or Auburn University resources for meeting with your instructors, advisors, university programming, student organizations or talking to friends and family.