

Effective: 10/5/2020



Minimum Personal Health Protocol Required by All Residents

- Understand the potential risks of going out: With some restrictions on-campus being relieved, you may be looking for ways to resume some daily activities as safely as possible. While there is no way to ensure zero risk of infection, it is important to understand potential risks and how to adopt different types of prevention measures to protect yourself and to help reduce the spread of COVID-19. Click link to see [what makes activities safer?](#)
- Keep these items on hand before venturing out: facemask, tissues or sanitizing wipes, hand sanitizer with at least 60% alcohol, if possible.
- Maintain at least 6-8 feet separation from other individuals not within the same household.
- Face coverings are required in public. This requirement applies to any public place or business – indoor or outdoor.
- Self-screen before leaving your home for any of the following unusual or worsening signs or symptoms of possible COVID-19. **If you experience any of the following, stay home and contact the Carolina Meadows Medical Practice immediately at 919-370-7102 (regardless if you see an outside provider).** If after normal business hours, please use your emergency pendant to alert our emergency response team:
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Muscle or body aches
 - Headache
 - Congestion or runny nose
 - Unusual fatigue
 - Sore throat
 - Loss of taste or smell
 - Nausea / vomiting
 - Feeling feverish or a measured temperature greater than or equal to 99.0 degrees Fahrenheit or 2 degrees above your normal temp
 - Known close contact with a person who is suspected or confirmed to have COVID-19
- Wash or disinfect hands upon leaving home and after any interaction with others or 'high touch' surfaces--even while practicing social distancing. Make sure to wash your hands upon your return home too!