



Non-Student-Athlete Self-Quarantine Expectations and Form

Thank you for working with your instructor and LCC so you can complete your in-person hands-on classes. In order to return we need you to agree to stay quarantined at home for (14 days) immediately prior to your return to LCC. By doing so, you will be able to immediately return to classes, labs, simulations, clinicals and/or other in-person hands-on settings.

Student Self-Quarantine Instructions:

- You should restrict all activities outside your home, except for getting medical care.
- You should restrict all in-person interactions with anyone outside your immediate family.
- If a family member is ill, avoid interaction and contact with that individual.
- Under no circumstance should you go to parties and social events, gyms/fitness centers, church, shopping, or other public areas.
- If you have to work, you must certify that there were no cases at the workplace and that you followed all safety guidelines.
- Avoid using public transportation, ride sharing, or taxis.
- You may exercise and condition in your own home or outdoors as long as you avoid interacting with anyone other than your immediate family.

When you return to LCC, if you need to use public transport, please wear your mask, social distance, and wash your hands frequently. You will also need to complete and turn in this form before you will be allowed to participate in in-person classes/clinical/labs.

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_____ I certify I followed self-quarantine instructions

_____ I was not able to follow self-quarantine instructions

Name: _____

Date: _____

Signature: _____