

### Take Steps to Protect yourself:

- **Wash your hands** often with soap and water for at least 20 seconds.
- **Avoid touching your eyes, nose, and mouth** especially with unwashed hands.
- **Avoid close contact** with people who are sick
- Practice social distancing. Put (at least 6 ft) **distance between yourself and other people**

### Self-Isolation definition:

- Stay away from communal areas on campus and avoid close contact with others (social distancing – 6 ft away from others)
- You **CAN** leave your apartment or cottage and walk around campus, but please practice social distancing.
- During this time your food, mail, and medication will be delivered. If you are in a cottage – you can still drive through the food pick-up line and get your mail.
- If you go off campus again during this time the 14 days start over.

If you have to self-isolate, Salemtowne can assist you getting the essential items, you need.

### Important numbers to call for assistance:

Title/Department	Number	Email
Concierge	336-767-8130	<a href="mailto:CONCIERGE@salemtowne.org">CONCIERGE@salemtowne.org</a>
Culinary (to order meals) * order by 10 a.m.	336-714-3141	<a href="mailto:dining.reservations@salemtowne.org">dining.reservations@salemtowne.org</a>
Dorcas Market (in house grocery) *order by 11 a.m.	336-714-2146	<a href="mailto:dining.reservations@salemtowne.org">dining.reservations@salemtowne.org</a>
Bahnson Hall Clinic	336-714-2158	
Housekeeping or Maintenance	336-767-8130	
Library book order	336-714-3142	<a href="mailto:librarybookrequest@salemtowne.org">librarybookrequest@salemtowne.org</a>
Maintenance Emergency (off hours)	336-714-2189 or 336-817-0875	
Maintenance Emergency (business hours)	336-767-8130	
Salemtowne Store order	336-714-3142	<a href="mailto:store@salemtowne.org">store@salemtowne.org</a>

Call the **Bahnson Hall Clinic** at 336-714-2158 if:

- You feel sick
- You need assistance rescheduling your doctor's appointment
- You need urgent medical appointment transportation
- You need to have your prescription(s) transferred to Southern Pharmacy

Call the **Concierge** at 336-767-8130 if:

- You need help ordering items from the drug store, grocery store or with online ordering
- You have an emergent maintenance or housekeeping request
- You need help with a bank deposit or downloading the online banking app