

Isolation/Quarantine.

What do I need to know?

Terms:

Per the CDC, Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

- **Isolation** separates infected people with a contagious disease from people who are not infected. Isolation will take place when an individual has tested positive for COVID-19.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. Quarantine will take place when an individual has been exposed to someone with COVID-19 or when they have traveled to New York from a location that is listed on the COVID-19 Travel Advisory (found on [ny.gov](https://www.ny.gov)).

What should I bring to Isolation/Quarantine:

In these uncertain times, the possibility exists that you may test positive and/or be asked to quarantine or isolate yourselves. We recommend having a pre-packed Quarantine bag in your room. This “go-bag” should include:

- Extra cell phone charger
- List of important peoples’ phone numbers written out and a list of any allergies
- Clothes for 14 days: comfy clothes; sweats, PJ pants, T-shirts
- Linens and Bedding
- Cough Drops
- Tylenol to bring fever down, help with aches
- Vicks VapoRub
- Mucinex DM or Robitussin Cough & Chest Congestion
- Thermometer
- Body lotion, menstrual hygiene products, toothbrush, toothpaste, shampoo, hair brush, hair ties, razor/shave cream, etc
- Prescription medications
- Tissues
- Snacks
- Masks
- Optional entertainment needs such as a book, sudoku, puzzle, etc.

Important Telephone Numbers:

- Campus Safety 315-792-3046
- Office of Student Living and College Engagement 315-792-3285
- Dean of Students - 315-792-3100

- Health Center 315-792-3094
- Center for Student Success 315-792-3179
- Dining Services 315-792-3178

What Can I Expect:

- The Counseling Center will check on you every other day or more if needed. If you would like to schedule a virtual appointment you can do so by contacting the Health Center. If it is after hours, you can contact Campus Safety and ask for the Counselor-On-Call to contact you.
- The Health Center staff will provide daily telehealth services.
- A liaison from the SLCE Office will check in with you daily.
- Sodexo will provide 3 meals each day.
 - They will contact you to see if you have specific dietary needs.
- Your ID will be turned off for all locations until you are released.

What Will Be Provided For Me In Quarantine/Isolation:

- Small refrigerator
- Microwave
- A few bottles of Water/Gatorade to keep you hydrated
- A few snacks for you to munch on
- A few items to help pass the time- Sudoku, Crossword Puzzle, Coloring Book, etc.
- Trash Bags - Trash pick up is Monday, Wednesday and Friday. Please place trash outside your door on those mornings.
- Disinfecting Wipes

What Can I Do in Quarantine/Isolation?

- Reach out to the Center for Student Success and your professors to make plans for online learning until you are released.
- Attend online classes and do your academic work.
- Rest.
- Play on your phone or computer.
- Call or video chat friends and family members.
- Practice self-care.
- Journal, meditate, do yoga.
- Laundry - You must wear a mask and have zero contact with others in the building. Wipe everything you have touched down with the provided cleanser and paper towels.

What Can I Not Do in Quarantine/Isolation?

- Do not leave your room unless there is an emergency or as indicated above. Violating a quarantine/Isolation requirement will be subject to the Student Conduct process.
- You are not allowed to have any visitors at any time.

How Can I Remain Healthy in Quarantine/Isolation?

- Eat regular, healthy meals
- Get at least 8 hours of sleep
- Find a way to keep active, even if it's in your room. Consider Yoga or another free exercise class.
- Open your windows and get fresh air when you can.
- Stay in contact with friends and family via phone or FaceTime/Skype/Zoom etc.
- No alcohol.
- No recreational drugs.
- No smoking.
- No vaping.
- Keep your room clean! We ask that you:
 - Clean the bathroom after each time you use it, especially high touch areas such as the door knobs, sinks and countertops.
 - Close the toilet lid prior to flushing to help stop the spread of germs when flushing the toilet.
 - Clean all high touch areas in your room such as desk, drawers, etc. daily.
 - Clean your eating area after each meal

What do I do if I Develop Symptoms?

Take these steps:

- Do not go out in public
- Do not go to a doctor's office or hospital without calling ahead.
- Call the Student Health Center at 315-792-3094 (after hours please contact Campus Safety at 315-792-3046)
- **If you are experiencing a medical emergency (severe shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face Call 911.** Tell them you have been in quarantine and about your exposure and tell them what your emergency is.

If you are instructed to go to the hospital:

- Wash your hands prior to leaving your housing.
- Wear a mask when leaving your housing.