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).

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
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.