

ISOLATION AND QUARANTINE PLANNING GUIDE FOR STUDENTS

Washington College will use the key public health tools known as isolation and quarantine to prevent the spread of COVID-19 among the campus community. Because there is typically little time to prepare for isolation or quarantine when instructed to do so, Washington College has developed this planning guide to help students prepare to isolate or quarantine. This guide is for students who live on campus as well as students who live off-campus.

WHAT IS THE DIFFERENCE BETWEEN ISOLATION AND QUARANTINE?

ISOLATION:

Isolation is the separation of someone who is ill with or has tested positive for COVID-19 from people who are not sick. Individuals who test positive for COVID-19 typically isolate for at least 10 days (the duration of the infective period) from the time they are tested or symptoms first appear but could be isolated for longer periods if symptoms persist. Students in on-campus housing must be relocated from their dorm room during isolation to minimize the risk of spread to peers in their hall.

QUARANTINE:

Quarantine is the separation of someone exposed to a COVID-positive individual from those who are not sick or exposed, in case the exposed person becomes sick or tests positive for COVID-19. A typical quarantine period lasts 14 days (the duration of the incubation period). Students in on-campus housing will move to Kent House, the Quarantine residence hall.



**CORSICA WILL SERVE AS
THE HALL FOR ISOLATION.**



**KENT WILL SERVE AS THE
HALL FOR QUARANTINE.**



**24/7 PHONE # FOR
QUARANTINE & ISOLATION
STAFF:**

443-480-1196

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DO I NEED TO PLAN FOR ISOLATION AND QUARANTINE?

All students living on campus are required to have an isolation and quarantine plan.

If a student becomes ill and/or tests positive (with or without symptoms), our first goal will be to try to get the student back home with their family. However, this may not be possible as students will not be able to use public transportation. Traveling home would require that the student have a private vehicle or be picked up by a family member. Washington College is also prohibited from sending any student home across state lines if they have a positive COVID test. We also understand that in some cases, there are high-risk family members at home and sharing a residence could put them at risk. All safe options will be discussed with any student who is required to enter quarantine or isolation. Preparations have been made for students - both on or off-campus - to isolate in Corsica Hall or quarantine in Kent House under the supervision of our Quarantine & Isolation (Q&I) Coordinators for up to fourteen days. So all students should be prepared.

During isolation or quarantine on campus, meals, library materials and packages/mail will be delivered. All other campus services will be accessible to students virtually. Ongoing visits and physical check-ins will be conducted 24/7 by the Q&I staff. For students who anticipate difficulty with rapid departure from campus housing, we can arrange a temporary move to quarantine or isolation housing.

Washington College is prepared to also provide isolation or quarantine housing and meal service for students that live off campus and cannot return to their permanent residence.

HOW WILL I BE SUPPORTED IF I AM IN ISOLATION AND QUARANTINE?

We have made preparations for students to isolate in Corsica or to quarantine in Kent House. During that time (up to 14 days), they will be supported by and under the supervision of our **Quarantine & Isolation Coordinators**.

- During isolation or quarantine on campus, meals, mail/packages and library materials will be delivered, and all other campus services will be accessible to students virtually.
- Ongoing visits and physical check-ins will be conducted 24/7 by the Quarantine & Isolation staff. They will have access to on-call medical support for any situations that warrant further intervention or medical guidance.
- **Students should call 911 for any life-threatening emergencies; when calling, please inform the dispatcher that you are in isolation or quarantine.**
- A variety of peer and staff-led supports are available for students in isolation and quarantine:
 - The Counseling Center is available to provide mental health resources and counseling services (to those within the state of Maryland). Students can request an appointment by calling 410-778-7261 during business hours.



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HOW WILL I BE SUPPORTED IF I AM IN ISOLATION AND QUARANTINE?

- The Q&I Coordinator is available to meet with students virtually to check in, provide support, and give access to resources they may need. The Q&I Coordinator has a 24/7 on-call team available for support as needed. The Q&I Coordinators will reach out to all students in isolation to invite them to meet in person.
- Office of Accessibility Services can be reached at 410-778-7860 and additional resources can be found [here](#).
- Students can also contact Public Safety at 410-778-7810 to get in contact with the on-call team.
- Campus support will be facilitated by the Q&I Coordinator:
 - The Q&I Coordinator will work with course faculty and/or the Office of the Provost to provide options for students to continue with their classes during isolation.
 - The Office of Academic Skills, Writing Center, and/or the QR Center will also be notified during this period to ensure students have all the academic support they need.
 - The Q&I Coordinator will follow-up with students throughout isolation and/or quarantine to address any changes in needed support.

QUARANTINE AND ISOLATION COORDINATORS WILL:

Quarantine & Isolation Coordinators will provide care and monitoring for our students required to stay in our designated Isolation & Quarantine residence halls. These services will include but are not limited to:

- facilitating pick up of ill students and their necessary belongings from their residence hall room and transporting them to the isolation space
- coordinating transport to local urgent care facility or hospital, in the event of an emergency situation
- coordinating meal deliveries through College dining services
- daily observation/check-ins with students in the Q&I residence halls and coordinating services with Health and Counseling as needed
- coordination of deliveries of library materials, mail and packages
- provide over-the-counter medicines if needed
- coordination of cleaning and linen services
- coordination of and assistance with contact tracing for faculty, staff and students
- notification of Provost's Office when a student is unable to attend classes
- notification of Provost's Office when the student is cleared to return to classes



PREPARING FOR ISOLATION AND QUARANTINE

COMMUNICATE WITH YOUR FAMILY/SUPPORT SYSTEM

Discuss the following with your family before coming to campus:

- With consideration to known health and mental health factors, have you considered the impact of potential on or off-campus isolation/quarantine on your physical and emotional wellness?
- In anticipation of possible quarantine/isolation, or potential campus closure, have you considered packing light for the Spring 2021 semester?
- If you live within driving distance, are you be able to return home in a private vehicle? If you are instructed to isolate or quarantine, you cannot travel on any public transportation (bus, train, plane, Uber, Lyft, taxi, etc.) as you may expose others.
- If someone from your family plans to pick you up from campus to take you home to isolate or quarantine, how much time will they need to arrive—hours or even a day or two?
- Are you able to distance yourself from others in your home to keep other family members safe?
- If you cannot isolate or quarantine at home, are you prepared with a Go-Kit to do so on campus?
- If you must quarantine/isolate on campus (or the location designated by the college), how will you maintain your emotional and physical wellness? What needs to get added to your packing list to support this potential?
- Do you have a thorough working knowledge of your health insurance policy, coverage in Maryland, and how to access care locally while at Washington College?

ASSEMBLE YOUR GO-KIT!

If you are asked to isolate by the Student Health Services Team or the Department of Health, you will not be able to leave your isolation or quarantine space during the entire isolation/quarantine period.

To prepare for this, assemble a Go-Kit before you arrive on campus. Someone can easily pick it up and drop it off to you when you are in isolation or quarantine. You will be provided with linens, blankets and towels, as well as some amenities, but if you prefer using your own supplies, please have these no used items packed with your to-go kit.

See next page for recommended supplies.



SUPPLIES FOR YOUR GO-KIT

- **Cleaning supplies:** Pack EPA-approved disinfecting wipes to use in your living spaces before, during, and after any possible isolation or quarantine. You will need to use these in any common areas of your residence while you are in isolation, quarantine, or anytime you are not feeling well.
- **Self-care medications:** Pack fever/pain reducers such as acetaminophen (Tylenol) or ibuprofen (Motrin). Do not use multi-symptom medications in combination with these, as it can be easy to take too much. You may want lozenges for sore throats or cough medications.
- **Prescription Medications:** Pack 14 days worth of any prescription medications you need. Speak with your provider about how you would access medications if you are in isolation/quarantine.
- **Thermometer:** Every student will receive a digital thermometer during check-in. We recommend you also bring one with you, to keep in your Go-Kit.
- **Face Coverings:** Pack multiple face coverings so you can wear a fresh one each day. Every student will be issued two cloth masks upon arrival.
- **Comfort Food:** Pack your favorite comfort snacks and drinks, along with a reusable water bottle. Although the college will ensure meals are delivered to those isolating or quarantining on campus, your favorite snacks can sometimes provide comfort. Off-campus students should maintain a supply of food at home and be knowledgeable about ordering food delivery from their local grocery store.
- **Comfortable Clothes:** Pack a few days' worth of comfortable clothes, including two weeks' worth of undergarments.
- **Hygiene Supplies:** Pack all daily toiletry items such as shampoo, deodorant, soap, toothbrush, toothpaste, feminine products, etc.
- **Towels** (if you prefer using your own)
- **Spare Set of Twin XL Sheets:** You can use your pillow and blanket from your current bed. (If you prefer using your own)
- **Phone Charger/Laptop Charger**
- **Self-care items** to support your overall well-being: art supplies, puzzles, crafts, playing cards, portable exercise equipment (like fitness bands, hand weights, or yoga mat), books, etc.

In addition to your Go-Kit, you should ensure your academic materials (laptop, books, etc.) should be readily accessible to be packed when needed; classes will be offered virtually all semester so quarantine or isolation does not necessarily equal a disruption in learning. If you forget anything, the COVID Care Coordinators will have some supplies available for those in need.



QUARANTINE AND ISOLATION PLANNING

AFTER-HOURS/WEEKEND CARE:

The College will be staffed with Quarantine & Isolation Coordinators 24/7. Any student who requires care or intervention will have access to this team at any time, day or night (PH:443-480-1196). The Q&I Staff, in turn, will have access to on-call medical personnel. They will consult with those medical professionals as needed. Should any student need more urgent care, the Q&I Coordinators will assist in transporting them to the local hospital.



COVID testing is only available Mon-Fri during normal business hours. If a student falls ill with COVID-like symptoms overnight or the weekend, we will proceed as if they are positive for the virus.

YOU'VE TESTED POSITIVE: WHAT NEXT?

Students who test positive either through our surveillance testing or through testing due to COVID symptoms will be guided by the Health Services Team as follows:

- A member of the Health Services Team will make contact with the student, alerting them that they have tested positive for COVID.
- Options for either a departure from campus (if this can be done safely) or a move to Corsica for Isolation will be discussed with the student.
- If moving to Corsica (or Kent for quarantine), the student will be permitted to go directly back to their dorm room, pack, and wait for a call from a Q&I Coordinator about move-in time.
- A Quarantine & Isolation Coordinator will assist in getting them transitioned and settled in to this temporary housing.
- If departing campus, the student may need to temporarily reside in Corsica if pick-up is delayed.
- Any student who quarantines or isolates at home is expected to follow the same guidelines as if they were on campus.

CONTACT TRACING & NOTIFICATION PROCESS

We are following practices and procedures learned through contact tracing education/training:

- When Health Services or HR are notified of a positive COVID test, our practice is to notify those members of our community who have been identified as having been in close contact with that person.
- Health Services/HR will not reach out about possible exposure unless there is a concern about “close contact” – defined as being within 6’ for 15 minutes or more.
- All other contact is considered casual contact and is consistent with what people experience when they go to the store, for example.
- We assume people are following the rules and guidelines about social distancing, which generally eliminates close contacts; we also know there may be exceptional situations.
- Health Services finds out about close contacts from the person who is sick.
- When notified of a close contact, trained contact tracers are doing a personal outreach to the person in close contact to advise them on next steps. Students who have had this type (close contact) of exposure will be required to quarantine.

DON'T FEEL WELL? PLEASE CALL HEALTH SERVICES FOR COVID TESTING! 410-778-7261.

WC Health Services will administer COVID testing for symptomatic cases. Please contact them and do not go to a community or retail testing site.

