



Isolation & Quarantine Planning

In addition to other measures, Washington & Jefferson College will use the key public health tools known as isolation and quarantine to help 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, W&J 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. Outside of symptoms prompted isolation and/or quarantine, any member of the W&J community who travels from a hot spot (as determined by [insert resource here]) is expected to quarantine prior to attending courses or being in public spaces on campus, including campus dining.

If a student feels ill or experiences COVID-19 symptoms

- Refrain from attending class or being in public spaces. Communicate with your faculty to inform them that you will be participating remotely.
- Consult Student Health Services to review symptoms and complete a virtual screening. Do not come to the office if you are feeling ill.
- Follow the advice of the health provider and stay in touch while monitoring symptoms.

If testing and tracing are warranted

1. If the health provider feels testing is warranted, the student will be directed to a local testing site. Arrangements will be made for those without a car.
2. The student will be directed to quarantine, pending the results of the test.
3. The provider will also ask the student for close contacts who may need to be quarantined and/or tested, which may begin immediately.
4. Pending the test results, Residence Life staff will reach out to the student to offer support and assist with logistical arrangements as they move to quarantine/isolation.
5. If test results are positive, the Washington County Health Department will also reach out to the student to employ contact tracing and will update W&J regarding the ill student and any close contacts.

What is the difference between isolation and quarantine?

Isolation is the separation of someone who is symptomatic or has tested positive for COVID-19 from people who are not ill. 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. Isolation could be for a longer period 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 who live in close proximity. Return to campus or activities is dependent on medical clearance.



Quarantine is the separation of someone exposed to a COVID-positive individual from those who are not symptomatic or exposed. This is precautionary in case the exposed person also becomes ill 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 maintain housing in their assigned dorm room during a period of quarantine, if they are able.

Planning and support

All students living on campus should have an isolation and quarantine plan. For students who can travel in a private vehicle and are within driving distance of their primary place of residence, it is suggested that your plan will be to conduct your period of isolation or quarantine from the comfort of your home. For all other students, temporary isolation and, when necessary, quarantine spaces will be provided. During campus quarantine and/or isolation, classes and campus services will be accessible to students virtually. Contactless meal delivery will be provided. For students who anticipate difficulty with rapid departure from campus housing, we recommend you consider all of your options, including whether returning to campus residency for the fall is the right choice. W&J College will not provide isolation or quarantine housing or meal service for commuter students or those who have remained in their permanent residence.

For students in isolation and quarantine

- Student Health staff will be in touch daily (minimally) to check in and to monitor symptoms virtually.
- Telehealth visits with counseling staff will be available through the W&J Student Health & Counseling Center.
- Contactless delivery of meals will be provided. Students can work directly with W&J Dining to arrange for meal delivery.
- The Office of Student Life will maintain contact with all students in isolation to check in.
- Resident Assistants will offer daily check-ins with students in quarantine or isolation. In addition, W&J has a 24/7 on-call team available for support, if needed. This team is accessible by contacting Campus & Public Safety.
- Prez2Prez trained peer health educators are available for consult and peer support.
- Courses will be accessible virtually. Students should consult course syllabi and their faculty directly in the event that they need to transition to remote learning.

How do I prepare for isolation or 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 Fall 2020 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 must quarantine/isolate on campus (or the location designated by the college), how will you maintain your emotional and physical wellness?
- Do you have a thorough working knowledge of your health insurance policy? Are you comfortable with your understanding of how to access care locally while at W&J?
- Have you fully considered all Fall 2020 alternatives and implications associated with each as they relate to isolation/quarantine (i.e., remaining home to study online or on-campus housing)?

Assemble a Go-Kit If you are asked to isolate by the Student Health Center or the Department of Health, you will not be able to leave your isolation or quarantine space during isolation/quarantine. 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.

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. If you don't have access to cleaning supplies, please let the Office of Student Life know so they can be provided.
- **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 several 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:** Pack a digital thermometer that works under your tongue, is easy to use, and is not expensive to purchase. Make sure you have one with new batteries.
- **Masks:** Pack multiple masks so you can wear a fresh one each day.
- **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.
- **Comfortable Clothes:** Pack a few days' worth of comfortable clothes, including two weeks' worth of undergarments.
- **Hygiene Supplies:** Pack shampoo, soap, toothbrush, toothpaste, feminine products, etc.
Towels
- **Spare Set of Twin XL Sheets:** You can use your pillow and blanket from your current bed.



- Phone 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 brought to you. If you forget anything, the Campus Store will have supplies available for purchase, and a friend or staff member can pick up items for you.

