Information for students in isolation or quarantine

Why is it important to isolate or quarantine?
According to public health guidance, the incubation period for COVID-19 is two weeks. Isolating or quarantining for that period is highly effective in reducing transmission because it keeps a potentially infected person separated from others and reduces the likelihood of spreading the coronavirus. Quarantine may seem like a passive process, but it actively combats the spread of the virus. Everyone at QU who strictly quarantines contributes to keeping transmission lower and reducing the likelihood of the virus being brought to, or spreading on, our campuses. In other words, through this containment period we are keeping each other—and our surrounding community—safe.

What if I receive a notification that I've been selected for weekly COVID testing while in isolation or quarantine?
If you receive an email request to attend the weekly COVID-19 testing while you're in isolation or quarantine, you should not attend the testing. Students will not be counted as having “missed” a testing appointment, and we will be able to confirm through our isolation/quarantine records that you were unable to attend.

Information about Isolation
When does a student need to be in isolation?
Isolation is used when someone has tested positive for COVID-19 or has symptoms consistent with the infection. Quinnipiac has set aside specific residence halls designated for safe isolation as part of our plan to contain any outbreak. All students who need to isolate also have the option to isolate at home.

Who will monitor the health of students in isolation?
• A “Bobcat Buddy” will be assigned to each student in isolation and they will receive daily calls from their Buddy to check in on them.
• Students also are asked to log their symptoms each day using the Symptom Checker app.
• Students will be given a thermometer and pulse oximeter (which measures oxygen levels in the body) to assist in monitoring. Student Health Services will ask for these readings whenever they check in on students, but you also can take these measurements on your own.
  • Generally, pulse oximeter values should be in the upper 90s. If the number seems low, try readjusting it, using another finger or contact Student Health Services with questions.
• Students who are isolated on campus will have full access to wireless internet in their rooms and can continue to attend their classes online as well as virtual activities as appropriate, depending upon their health.

Information about Quarantine
When does a student need to be in quarantine?
Quarantine is used when a person has been exposed to COVID-19 and needs to separate from other people as a preventive measure in case symptoms develop over 14 days following the exposure. Whether a student needs to quarantine because of a potential exposure to COVID-19 is determined by our contact tracing protocol, which assesses: 1) proximity of less than 6 feet to an individual who is presumed to be positive, and 2) duration of contact for more than 15 minutes. All students who need to quarantine also are given the option to quarantine at home.

Who will monitor the health of students in quarantine?
• Student Health Services will remotely monitor the health and well-being of quarantined students.
• Nonresidential students who live in off-campus housing will be asked to quarantine in their off-campus home. Student Health Services will provide guidance on how to safely quarantine at home.
• Students need to stay in their designated quarantine space for 14 days from the time of exposure, or until they are cleared by Student Health Services. A student may be released from quarantine earlier if the individual whom they were initially exposed to tests negative.
• Students should call 911 for immediate medical assistance if they are experiencing severe shortness of breath, confusion, bluish lips or nail beds or chest pain. Inform the person answering the call that you are in quarantine for COVID-19.
• Students who are quarantined on campus will have full access to wireless internet in their rooms and can continue to attend their classes online as well as virtual activities as appropriate.

Asking for help if you need it
Sometimes we all need help. If being in isolation or quarantine is one of those moments, don’t hesitate to ask for help. The Counseling Center, Student Health Services and Residential Life staff are all here to support you when you need it. Don’t hesitate to contact our Counseling Center 24 hours a day/7 days a week.
When checking in to isolation or quarantine

**Step 1:**
Students need to notify their professors that they will be taking their classes remotely for the next 14 days. There is no need to reveal the isolation or quarantine situation, unless you prefer to do so.

**Step 2:**
Students need to download the QU Symptom Checker app. Student Health Services uses the QU Symptom Checker app as one of the tools to help monitor students’ health.

STUDENTS MUST LOG THEIR SYMPTOMS DAILY WHILE IN QUARANTINE OR ISOLATION.

Download the app for free on the Apple or Google Play store.

What to pack

Students entering isolation or quarantine will need up to 14 days’ worth of clean clothing, toiletries, any medications, their laptop and any class-related materials, including textbooks and notebooks. In addition, students are encouraged to bring items that offer comfort and that help to pass the time, such as books or e-readers, music, video games, a musical instrument, art supplies or other items to allow for creativity during the 14 days.

Note: linens are provided to all students who are quarantining or isolating in Bakke, Sahlin or Founders Hall. These linens are professionally cleaned and laundered and should be left in the room after a student checks out of quarantine.

Suggested packing list:

- Backpack, small luggage or duffel bag
- Clean clothing for 14 days
- Blanket/comforter
- Toothbrush and toothpaste
- Nail clippers
- Soap and shampoo
- Room slippers/shower shoes
- Toiletries, personal care items and personal hygiene supplies
- Medications
- Eyeglasses/contact lenses and related supplies
- Quinnipiac ID, insurance card, wallet, credit cards and other essential documents
- Laptop and charger
- Phone and charger
- Materials to enable you to do classwork or remote research
- Journal and writing instruments
- Books or magazines
- Fan

Dining information

Meals will be delivered to residential students in quarantine and isolation and charged to a student’s meal plan; the cost is $25/day. Our goal is to deliver meals between 6–7 p.m. Each delivery will include a hot dinner, as well as breakfast and lunch items for the following day.

When you are contacted by Student Health Services during the intake process, a nurse will ask if you have any dietary restrictions. Most dietary restrictions can be accommodated.

Residential students living in off-campus QU-owned housing have the option to either sign up for the daily meal deliveries or provide their own meals. If opting for daily meal deliveries from QU Dining Services, students can add additional funds to their meal plan if needed.

Microwaves and a small selection of snack foods and instant meals have been provided in each quarantine and isolation room for student use. The rooms also contain refrigerators and stoves.

Your point-of-contact while in isolation or quarantine

We know having to quarantine is a new experience – for all of us! And we’re sure you’ll have questions throughout the process.

We have two dedicated staff members who are here to help. Reach out to either Sarah or JoLynn with any questions or needs you may have. If they cannot address your issue themselves, they’ll be your single point-of-contact to help connect you to whatever resources are needed.

Sarah Fraser
QIsupport@qu.edu
203-582-7557

JoLynn Kennedy
QIsupport@qu.edu
203-582-7557
Seeing this time as an opportunity

Bottom line: QU is here to help you get through isolation or quarantine on a healthy note.

Here are a few suggestions to help pass the time during the 14 days of isolation or quarantine. It will be over sooner than you think. At the end, you will have made a real contribution to public health, the health of your fellow classmates, and the QU community. We recommend that you approach this two-week period with hope, possibility and intellectual curiosity, in keeping with the values QU imparts.

Write. Read. Create.

You might want to consider a writing project that you’ve wanted to take on, music you’ve wanted to learn, or a piece of art you’ve wanted to create.

Don’t just binge-watch your favorite shows; you also can use the period to immerse yourself in a number of virtual offerings available from the university:

• The Virtual Quad has a complete list of the latest university events and activities, as well as an extensive archive of on-demand programming, from Puppy University to how celebrity influencers use social media.

• Catch some career advice and forward-looking perspectives from various industry leaders who have participated in Quinnipiac’s new Presidential Speaker Series: “The Way Forward.”

• Check out our entrepreneurial programming and advice from past speakers through the People’s United Center for Innovation & Entrepreneurship and the People’s United Center for Women & Business.

• Learn more about our Student Clubs and Organizations.

• Discover QU’s Department of Cultural and Global Engagement.

• Explore job and career possibilities at Career Development.

• Learn how you can get involved with the Podcast Studio.

• Check out our On-Demand Library of Fitness Classes.

Exercise.

For students who are not experiencing symptoms, exercise is permitted. Aerobic and bodyweight exercises are permitted within your room if the exercise does not provoke symptoms such as chest pain or shortness of breath out of proportion to the level of exertion.

On-demand meditation & breathing practices

• Yoga Nidra for Ability & Capacity to Relax

• Elongated Exhale Breathing Technique

• Breath Awareness

• Yoga Nidra

• Tune Into Your Body & Breath

• Body Scan

• Alternate Nostril Breathing

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Resources

Our live-in residence hall directors and other staff will be on campus and ready to help. They are only a phone call or Zoom session away!

In the event of an emergency, please call Public Safety at 203-582-6200.

- **Student Health Services**
  - 203-582-8742
  - After-hours telephone triage, 203-582-8742 and press #2

- **Counseling Services**
  - 203-582-8680
  - Monday-Friday: 9 a.m.-5 p.m.
  - After-hours counseling: 203-582-8680 and press #3

- **Public Safety (24 hours a day)**
  - 203-582-6200

- **Office of Accessibility**
  - 203-582-8647

- **Learning Commons**
  - 203-582-8628

- **Dean of Students**
  - 203-582-8753

- **CARE**
  - 203-582-8741
  - CARE and Conduct Incident Reporting Form

- **QU Dining Services**
  - 203-582-8448

- **Residential Life**
  - 203-582-8666

- **Religious Life**
  - 203-582-8257

- **Facilities**
  - 203-582-5211

- **Information Services**
  - 203-582-4357

- **Arnold Bernhard Library**
  - 203-582-8945

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