



January 16, 2021

Mariners, 2021 brings great hope that we are making strides to combat the pandemic and can look forward to brighter days ahead!

Spring semester on the Mitchell campus offers more in-person and hybrid classes than in the fall, plus a full slate of fun campus activities, including **food trucks, Block Party, Diversity and Inclusion Week** and this year's "**Spring In**" week to include **spring break-themed movie nights, trivia nights and more** – but it is up **to you** to help keep our campus community safe and healthy. Even with hope on the horizon, we are a long way from being back to "normal," with more cases of COVID-19 around the country than ever.



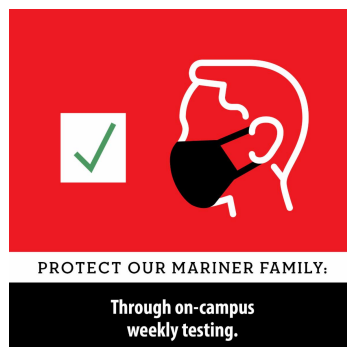
How can you help protect our campus? Put others first.

Live out the Mariner Promise for your friends, professors, coaches and staff supports who make your time at Mitchell so meaningful and embody the Mitchell spirit! Simple steps, now so routine, go a long way in keeping others safe.

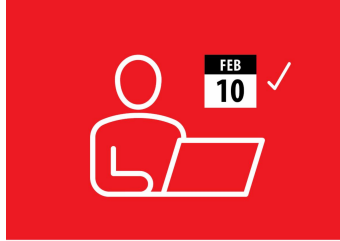
Review the Mariner Promise [here](#) and be accountable for your actions! Failure to comply with College policies including the Mariner Promise will result in consequences. View COVID-19 Judicial Process [here](#).

During your two-week self-quarantine prior to your return to campus, please remember to submit your health symptoms daily to the CoVerified app. This helps us to monitor the health of our campus community.

We are taking the following steps for safety this semester.



All students, faculty and staff who are learning and working on campus for the spring semester will be **tested weekly for COVID-19** on Mondays, Tuesdays, Wednesdays and Thursdays. Watch for more information about test scheduling.



Let's Meet! Make an Appointment First.

Most **support services** in the Duques Center (Accessibility, Advising, BLC, Integrative Career Development) will continue to operate in an appointment-only hybrid model, similar to the fall. Make an in-person or virtual appointment through Starfish.

Tutoring remains fully remote – make an appointment through tutor.com or with our own professional Mitchell or Thames tutors via [Starfish](https://starfish.duques.edu).



Library Curbside Pickup

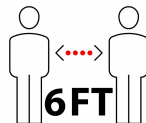
Need to **borrow a laptop, camera, book or video from the library**? Email a request to asklis@mitchell.edu. Once your order is confirmed, library staff will invite you to schedule a curbside pickup time.



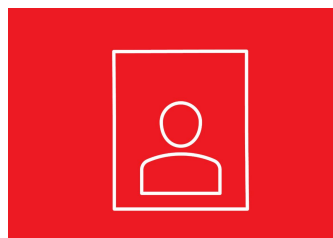
Masks/face coverings are required everywhere on campus.



Continue to wash hands/use hand sanitizer frequently.



Social distance at least six feet and follow all signage posted on campus.



PROTECT OUR MARINER FAMILY:

Initial Quarantine

Begins: Saturday, January 15, 2021

Ends: Monday, February 8, 2021

The **initial quarantine** as a campus community works to establish a safe and healthy community and mitigate potential for COVID-19 transmission. For resident students, the initial quarantine period will begin at the time of your spring check-in on campus and end on Monday, February 8, 2021.

All commuters – no exceptions – should remain off campus until February 8.

The quarantine is essential to helping prevent the spread of COVID-19 both on campus and in our surrounding communities. For everyone's safety, guests of students are not allowed on campus during the quarantine period (this includes parents & family members of students and commuters), and students are not allowed to go home or leave campus during the initial quarantine.



DURING INITIAL QUARANTINE...

EVERYONE: Monitor your health daily and submit your daily symptoms to the CoVerified App



COMMUTERS:

Stay at home or your place of residence off campus. You may come to campus on Monday, February 8.

OR

RESIDENTS:

Stay in your designated self-quarantine location on campus.

Resident students are required to stay on campus and should plan appropriately for any needs they may have during this quarantine period:

- ✓ DO attend all your classes online
- ✓ DO stay connected with family and friends through virtual platforms
- ✓ DO spend time with those in your "family unit"
- ✓ DO attend planned and safe events offered by Residence Life
- ✓ DO get tested for COVID-19 when requested by Health & Wellness
- ✓ DO spend time outside and go for walks away from other people
- ✓ DO wear a mask/face covering whenever you are not in your designated quarantine space, including all residential areas (hallways, bathrooms, etc.)
- ✓ DO wash your hands or use hand sanitizer frequently
- ✓ DO reach out to your Resident Assistant (RA) or Hall Director for help, support, or if you have questions
- ✓ DO contact Health & Wellness for your medical and mental health needs:

Abigail Weymouth, RN, Health Center: 860-701-5195

Dr. Doug Dufore, Counseling Center: 860-701-5103

Outside of Mitchell College Health Clinic hours, students with COVID-19 related questions/concerns may contact:

833-ASK-YNHH (833-275-9644)

If you are in severe distress, as with any other illness, please call 911

- ✓ DO stay on the Mitchell College Campus

Restrictions:

- ✗ Leaving campus
- ✗ Work/internships (unless on campus or virtual)
- ✗ Athletic practices
- ✗ Social events not sanctioned by the College
- ✗ Entering public places



Dining Options

During the initial quarantine resident students will pick up their grab-and-go meals and snacks from the dining hall and return to their rooms to eat them. (This is a change from the fall semester quarantine dining process.)

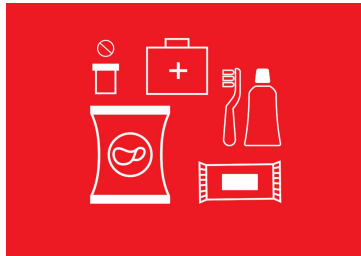
Dining Schedule:

Breakfast 7:30-10am

Lunch/Brunch 11am-2pm

Dinner 5-7:30pm

Students will be allowed to order food or items through Instacart, Grubhub, DoorDash or other delivery services during the initial quarantine period.



Supplies

Come prepared to hunker down! Bring enough of your daily living needs – like snacks, school supplies, personal hygiene items and medication – to carry you through the initial quarantine. If you run out, however, limited supplies will be available for purchase at Michael's Dairy and through a vending machine in the Yarnall Center.



What is a Family Unit?

The **roommates/suitemates with whom you live will be viewed as a family unit**. Floors in some designated residence halls will also be divided into a group of rooms or “pods,” denoted by color. Pods are considered a family unit.

Family Units by Residence Hall:

Mariner Hall: Your suitemates

Montauk: by the first floor as one family unit, and by apartment for the second and third floors

Simpson, Saunders, Matteson & Waterfront: assigned pod on your floor

Guidelines for Family Units

- Keep your areas clean and sanitized for the collective health and safety of your family unit!
- Socialize freely when in your room, pod, suite or on-campus apartment. However, we recommend face coverings and social distance. If a member of your family unit tests positive for COVID-19, the other(s) in your room, pod, suite or on-campus apartment are required to quarantine in place, while the positive person will be relocated to the designated isolation residence hall.

Questions? Email communications@mitchell.edu

Visit the **Adjusting Our Sails webpage** often for updates

