



WELCOME
BACK!

Let's kick off a great semester, together!
It will take every one of us to
Protect our Mariner Family.

Critical Reminders:

MARINER
PROMISE

PROTECT OUR MARINER FAMILY:

Follow the Mariner Promise Every Day.

**Live out the Mariner Promise every day for your friends,
professors, coaches and staff**

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](#).



PROTECT OUR MARINER FAMILY:

Initial Quarantine

**We are now in our Initial Quarantine.
All Classes are Remote until February 8.**

Resident students:

- Do not leave campus until February 8.
- No guests are allowed on campus.
- All meals are grab-and-go from Milner; eat in your room.

Commuter students: do not come to campus until Monday, February 8.

The quarantine is essential to helping prevent the spread of COVID-19 both on campus and in our surrounding communities.

**Know and abide by all of the Initial Quarantine Do's &
Don'ts:**

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:

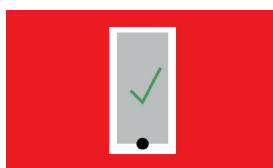
833-ASK-YNHH (833-275-9644)

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



PROTECT OUR MARINER FAMILY:

Submit your health symptoms daily.

CoVerified

Today, and every day, submit your health symptoms into the CoVerified app. App download instructions: <https://www.coverified.us/download>.



PROTECT OUR MARINER FAMILY:

Through on-campus weekly testing.

Weekly mandatory COVID-19 on-campus testing begins today, January 25, for all Mitchell College and Thames at Mitchell students*, faculty and staff – living, learning, working or participating in any activity on campus for the Spring 2021 semester

***Commuter Students, do not come to campus for any reason, including testing, until the week of February 8, 2021.**

COVID-19 testing will take place by appointment only, by last name, beginning with the letters:**

A-F | Mondays (9am-Noon)
G-L | Tuesdays (9am-Noon)
M-S | Wednesdays (11am-2pm)
T-Z | Thursdays (9am-Noon)

Location: Market Café (Market Café will not be used for dining this semester. Products have been moved to Milner Dining Hall.)

How to set an Appointment: You must set your **weekly** appointments through the CoVerified app. For app download information, visit <https://www.coverified.us/download>.

Procedure on campus: Proceed to the Market Café entering from back of Weller Center (use the same entrance as you would to enter the dining hall). Once entering the Weller hallway, you will see signage for entering the Market Café testing site. Masks and social distancing are required.

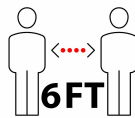
Don't Let Down Your Defenses:



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.



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.

Dining Schedule Now through February 7:

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.



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.

**Tech or Wifi Questions?*****IT Service Desk***support@mitchell.edu

860-701-5190

Library Service Deskasklis@mitchell.edu

860-701-5156

Questions? Email communications@mitchell.eduVisit the **Adjusting Our Sails webpage** often for updates**mitchell.edu/adjusting-our-sails**