



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 Initial Quarantine.

- ✓ 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:

Initial Quarantine