Most resident students will quarantine in place in their rooms; however, some may need to relocate to a designated quarantine location on campus. Meals will be delivered to resident students. Please communicate any food allergies or specific dietary needs to dining services.

Commuter students are asked to self-quarantine in their place of residence and not come to campus until cleared by Health & Wellness staff.

If you decide to quarantine at home you are required to communicate your plan to Health & Wellness who will coordinate with you for next steps for your return to campus.

The self-quarantine period may be concluded after 14 days. Health & Wellness will coordinate testing with you during your quarantine period.

**DO:**

- communicate with your academic advisor, faculty instructors, supervisors, coaches, RHDs, etc.
- continue with online learning
- report to scheduled COVID-19 testing
- stay connected with friends and family through virtual platforms
- spend time outside and go for walks away from other people
  - *You cannot socialize with others outside while in quarantine*
- wear a mask/face covering whenever you are not in your designated quarantine space, including all residential areas (hallways, bathrooms, etc.)
- wash your hands and/or use hand sanitizer frequently
- reach out to the Residential Life for needed help and support
- stay on campus

**DO NOT ATTEND:**

- work/internships (unless on campus or virtual)
- athletic practices
- social events
- activities in public places

**CONTACT:**

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) Monday-Sunday (7 days a week) 7am-7pm
If you are in severe distress, as with any other illness, please call 911