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SELF-QUARANTINE INSTRUCTIONS

Self-Quarantine for Direct Exposure to COVID-19

Quarantining helps prevent the spread of COVID-19 that can occur from people with or without symptoms.

If you have **direct exposure** to someone with COVID-19 during the semester **you will be required to self-quarantine**.

WHAT IS DIRECT EXPOSURE?

Being within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the person is isolated.

WHERE SHOULD YOU QUARANTINE? HOW LONG SHOULD YOU SELF-QUARANTINE?

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-YNNH (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