Quarantine - In Place

Why Do I Need to Quarantine?

You are being required to quarantine to help slow the spread of the COVID-19 virus.

You have been in close contact with someone who tested positive for COVID-19 or has symptoms consistent with COVID 19.

This is a measure to decrease your risk of passing the virus on to others.

Am I Allowed to Go Out?

- **Do not** go out.
- **Do not** go to work, school, church/worship, public events, dining halls or group gatherings.
- **Do not** go out for walks.
- **No** Visitors.
- Remain in your room.
- Limit your activity in common areas to using the bathroom, doing laundry, or picking up food.
  - If you are in common areas, you must wear a scarf or mask.
  - Prior to entering common areas, wash your hands.
- You should seek advice by telephone rather than presenting to the doctor’s office.
- If you leave your assigned living area for any reason:
  - Wear a scarf or mask.
  - Wash your hands prior to departing.

What Will I Do About Eating?

- Food delivery will continue through Chartwells as it has been. They will be notified that you have been placed in Isolation. If your food is being picked up in a common area and you can send a friend or neighbor to do this pick up, that would be preferred. If your food is being picked up in a common area and you do not have anyone to pick it up for you please let us know and we will have it delivered closer to you to avoid exposing others to your symptoms.
- Hamilton businesses who typically deliver food during evening hours may or may not be operating during this public health crisis. If you have food delivered to you by a friend or a local business, they must also drop off food outside on the porch for you to pick up after they have already left.
Self Care

Do Health Checks Every Morning and Night and Log Them on the Form Provided

● Record your temperature (see specific instructions below) if you are using Temp Dots.
● Write yes or no next to the question of whether you are coughing.
● Write yes or no next to the question of whether you have any trouble breathing.
● Take a picture of the log sheet each day and submit it through the medical portal to the Student Health Center.

Taking Your Temperature

● Wait 30 minutes after eating, drinking, or exercising
● Wait at least 6 hours after taking medicine that can lower your temperature (like Acetaminophen/Tylenol, Ibuprofen/Advil/Motrin, Naproxen/Aleve, or Aspirin)
● We can provide you Tempa Dot Thermometers for use if you need them (each is for one time use only):

Unwrap the thermometer and place in the mouth under the tongue into either heat pocket for 60 seconds.

Remove thermometer and wait 10 seconds.

Read the temperature by looking at the last blue dot and discard after use.

Read your temperature and write it on the tracking log.

What Do I Do if I Develop Symptoms?

If you develop:

● Fever greater than 100.4°F or 38°C, or;
● Cough, or;
● Trouble breathing

Take these steps:

● Do not go out in public
● Do not go to a doctor’s office or hospital without calling ahead.
● If you are experiencing a medical emergency (severe shortness of breath, severe allergic reaction, or any symptoms that cannot wait for a return phone call), dial 911. Tell them that you have been in quarantine and about your exposure and tell them what your emergency is.

Call the Student Health Center at 315-228-7750

● Mention that you are in Quarantine
● Describe your symptoms and concerns
● Anticipate that you may need to wait for a nurse or provider to call you back.

If you cannot reach the Student Health Center:

● Contact Community Memorial Hospital at 315-824-1100 and ask for the Emergency Department.
● Tell them that you are a Colgate Student that is in Quarantine. Tell them about your recent travel, and tell them about your symptoms.

If you are instructed to come to the Student Health Center or hospital:

● Wash your hands prior to leaving your housing.
● Wear a mask when leaving your housing.
● Call Campus Safety at 315-228-7911 for transportation. Tell them that you are in Quarantine.
  ○ Campus Safety has the ability to call 911 if that is felt to be a safer mode of transport.

What do I do about laundry?

If you need to do Laundry please wear a scarf or mask while you are out.

Please wash your hands before going out

What about other cleaning?

We ask that you clean the bathroom after each time you use it, especially high touch surfaces like door knobs, sinks, counter tops. You will be given either sanitizing wipes or spray cleaner (like Lysol) and paper towels. Please do not waste this or take it to your room. Nationally there is a critical shortage of these cleaners and we need everyone to work together to make this work.
We also would like to note the importance of closing the lid on the toilet prior to flushing if there is one—this decreases the risk of spreading germs when flushing the toilet.

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**When Can I Leave Quarantine?**

If you have remained fever and symptom-free for 14 days you can discontinue the quarantine.

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**What if I Need to Call Facilities to Come into My Room?**

Call facilities:
- Mon–Fri, 8 a.m.–4:30 p.m.: 315-228-7130
- After Hours Emergencies: 315-228-7468
  - If there is no answer, leave a voicemail (it is actively monitored)
Mention your location, that you are in **quarantine**, and the nature of your needs.

If they need to come into your building, they will call ahead to let you know they are coming.
- If the work that needs to be done is *outside* your bedroom, they will ask you to remain in your bedroom with the door closed for the duration of their work.
- If the work that needs to be done is *inside* your bedroom, they will ask you to put on a mask and wait in an area away from your bedroom and any other areas they will need to access.
- **Do not be alarmed:** The people entering your building will be dressed in full protective gear as a precaution.

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**General Ways to Keep Healthy During This Time**

- Eat regular, healthy meals
- Get at least 8 hours of sleep
- Find a way to keep active, even if it’s in your room. Consider *Yoga with Rachel* and other free streamed exercise classes.
- Open your windows and get fresh air when you can.
- Stay in contact with friends and family via phone or Facetime/Skype/What’s App/etc.
- No alcohol
- No recreational drugs
- No smoking
- No vaping
Please be patient with everyone involved in this. Things are literally evolving by the hour and we are working to provide the highest level of care and protection to you as well as our staff.

PLEASE ALWAYS ANSWER YOUR PHONE