



Residence Life: 443-334-2588
Security: 443-352-4500

Wellness Center: 443-352-4200

ISOLATION INFO SHEET

WHY DO I NEED TO ISOLATE?

- Isolation will help slow the spread of the COVID-19 virus.
- You have tested positive for COVID-19 or you are “presumed positive” meaning that there is a strong likelihood, based on your symptoms, that you will test positive.
- 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.
- **Do not** host visitors.
- **Do not** use public transportation, such as the bus, train, Uber, or Lyft, etc.
- **Do** remain in your room. IF YOU ARE ISOLATING ON CAMPUS you are not permitted outside of your assigned apartment for any reason other than an emergency.
- **Do** limit your activity in common areas.
 - If you are in common areas, you must wear a mask.
 - Prior to entering common areas, wash your hands.
- If you need to see a medical provider from the Wellness Center please call by phone and staff will provide you with further guidance. If you wish to seek guidance from your doctor’s office, once again it is best that you call them first.
- If you must leave your assigned living area for any reason (to go to your home/permanent address or in case of emergency, for example):
 - Wear a mask.
 - Wash your hands prior to departing.
 - Avoid contact with others and maintain physical distance of six feet or more.

WHAT WILL I DO ABOUT MEALS?

- **IF YOU ARE ISOLATING OFF-CAMPUS:** Food should be delivered to you either by family, friends, Grubhub, Doordash, etc. Groceries are also available for delivery by several stores. Please check with your local supermarkets for additional information.
- Food delivery should **be left at your door** if possible. Minimal to no direct contact is best to prevent the possibility of spreading the virus.
- **IF YOU ARE ISOLATING ON CAMPUS:** Three meals will be delivered to your isolation room each day for the whole day. You will be provided with information for using a dining services APP that you will use to place your meal requests each day. Off-campus deliveries are not permitted.

What will I do about CLASSES and WORK?

Classes:

- The Office of Student Success will notify each of your professors that you will be unable to attend classes in person. They will also notify your faculty again when your period of isolation ends and you are approved to return to face-to-face classes. They will not disclose any specifics regarding your illness.
 - **YOU** are encouraged to contact your professors if you have classes that require in



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person attendance. As noted above, you are not required to disclose any specifics regarding your illness.

- Email your professors to inform them you are unable to attend your in-person classes. If you are feeling well enough, inform them that you will be keeping up with the class remotely. If you are unable to keep up with your work during this period, please communicate this to your instructors and/or the Office of Student Success.
- If you encounter academic issues with which you need further assistance or if you have not received a response from your instructor(s) please contact the Office of Student Success. First year students should request assistance from your Success Coach while sophomores, juniors, and seniors should direct their message to the Director, Student Support. The Office of Student Success may be reached at oss@stevenson.edu or 443-352-5880.

Work:

- **YOU** should contact your *University Supervisor or Outside Employer* and inform them you will be unable to report to work until cleared to return.
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Health Monitoring Questionnaire

REQUIRED: Do health checks every morning and night and log them on the Health Monitoring Questionnaire available on the Wellness Center portal page.

- Call with any other symptoms of concern:
 - **Wellness Center (443-352-4200)**
 - **Security (443-352-4500)**
 - **911 (if you are experiencing a medical emergency).**

Note: The University is currently developing a partnership with an outside nursing agency (FONEMED) that students will be able to utilize after normal business hours. Please contact Security should you need this phone number.

In Case of Emergency

In case of emergency, please contact Campus Security or a local hospital emergency room (the hospital closest to campus is provided below):

<p>Northwest Hospital 410-521-2200 5401 Old Court Road Randallstown, MD 21133</p>
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- Tell them that you are a **Stevenson University student that is COVID-19 positive and in isolation.**
 - Explain your symptoms.
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What do I do about laundry?

- If living on-campus, you may not leave your room to do laundry. If you must do laundry, please work with the nursing assistant on duty to make arrangements.



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- If you are at home and must do your laundry, please wash your hands, wear a mask, and either avoid contact with others or maintain social distance of six feet or more.
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What about other cleaning?

Whether isolating on-campus or at home, you should clean the bathroom after each time you use it, especially high touch surfaces like doorknobs, sinks, counter tops. It is best to use disinfectant wipes or cleaners, then wipe down with a paper towel and dispose in trash can.

When Can I Leave Isolation?

You may only leave isolation when you have received clearance from the Wellness Center. Do not leave isolation for any reason (other than in case of emergency or to go to your home/permanent address).

General Ways to Keep Healthy During this Time

- Take your temperature daily
 - Wait 30 minutes after eating, drinking (when using an oral thermometer), 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).
- Eat regular, healthy meals
- Get at least 8 hours of sleep
- Find a way to keep active, even if it's in your room.
- 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 recreational drugs, alcohol, or smoking/vaping