



Residence Life: 443-334-2588

Wellness Center: 443-352-4200

Security: 443-352-4500

QUARANTINE INFO SHEET

WHY DO I NEED TO QUARANTINE?

- You have been in close contact with someone who tested positive for COVID-19 or has symptoms consistent with COVID 19.
- Quarantine helps slow the spread of the COVID-19 virus.
- This is a measure to decrease your risk of unknowingly passing the virus on to others should you be infected.

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 QUARANTING ON CAMPUS you are not permitted to leave your suite/apartment for any reason, except for 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 QUARANTINING 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 QUARANTINING ON CAMPUS:** Dining Services will deliver your meals to your room and they will leave the food at your door. You will be provided with information for using a dining services APP that you will use to place your meal requests each day.

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 quarantine ends and you are approved to return to face-to-face classes.
- **YOU** should contact your professors if you have classes that require in person attendance.



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- Email your professors to inform them you are unable to attend your in-person classes. You should also inform them that you will be keeping up with the class remotely (assuming you feel well enough to do so). If you are unable to keep up with your work during this period, please communicate this to your instructors.
 - If you encounter academic issues with which you need further assistance or if you do not receive 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.

SHOULD I GET A COVID-19 TEST?

- Yes. If you will be quarantining at home, please contact your doctor or a local testing site for further guidance. If you have been approved to quarantine on campus, you may schedule testing on campus by calling the Wellness Center.
- If you are tested off-campus, please share your results with the Wellness Center.
- Regardless of where you are tested, a negative test result will not enable you to end quarantine early. This is because infected individuals may begin experiencing symptoms between 2-14 days after they were exposed to the virus.

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 outside normal business hours. Please contact Security should you need this phone number.

WHAT DO I DO IF I DEVELOP SYMPTOMS DURING QUARANTINE?

If you develop:

- Fever greater than 100.3°F or 38°C or;
- Cough, or;
- Trouble breathing

Take these steps:

- Do not go out in public
- Do not go to the Wellness Center, 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), FOLLOW



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INSTRUCTIONS BELOW. Explain that you have been in quarantine due to a Covid-19 exposure and tell them about your medical emergency.

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 currently under quarantine.
- Explain your symptoms.

WHAT DO I DO ABOUT LAUNDRY?

- If you are quarantining on-campus, you may **not** leave your room to do laundry.
- If you are 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.

WHAT ABOUT OTHER CLEANING?

Whether quarantining on-campus or at home, you should clean the bathroom 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.

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'sApp/etc.
- No recreational drugs, alcohol, or smoking/Vaping

WHEN CAN I LEAVE QUARANTINE?

- A student's last day in quarantine will generally be based on the following criteria: 14 days from the date they were exposed to the virus AND no COVID-19 symptoms have developed while they were in quarantine.