Goucher College will use the key public health tools known as isolation and quarantine to prevent the spread of COVID-19 among the campus community. Because there is typically little time to prepare for isolation or quarantine when instructed to do so, Goucher College has developed this planning guide to help students prepare to isolate or quarantine. This guide is for students who live on campus as well as students who live off-campus.

**What is the difference between isolation and quarantine?**

**Isolation** is the separation of someone who is ill with or has tested positive for COVID-19 from people who are not sick. Individuals who test positive for COVID-19 typically isolate for at least 10 days (the duration of the infective period) from the time they are tested or symptoms first appear but could be isolated for longer periods if symptoms persist. Students in on-campus housing must be relocated from their dorm room during isolation to minimize the risk of spread to peers in their hall.

**Quarantine** is the separation of someone exposed to a COVID-positive individual from those who are not sick or exposed, in case the exposed person becomes sick or tests positive for COVID-19. A typical quarantine period lasts 14 days (the duration of the incubation period). Students in on-campus housing will maintain housing in their assigned dorm room during a period of quarantine.

**Do I need a plan for isolation and quarantine?**

All students living on campus are required to have an isolation and quarantine plan. We expect students who can travel safely in a private vehicle and are within 250 miles of their primary place of residence to conduct their period of isolation in their home. For all other students, Goucher has secured temporary off-campus isolation space which will be made available at no additional cost for up to fourteen days to our students. During quarantine on campus or isolation off campus, meals will be delivered, and all other campus services accessible to students virtually. Ongoing telehealth visits and virtual check-ins will be conducted by staff of the Student Health Center, and access to 24/7 telemedicine through an outside vendor will be free and available to all students. **For students within 250 miles of campus who anticipate difficulty with rapid departure from campus housing, we recommend you consider all of your options, including whether returning to campus residency for the fall is the right choice.**

All students living off-campus are strongly encouraged to have an isolation and quarantine plan. Goucher College will **not** provide isolation or quarantine housing or meal service for commuter students or those who have remained in their permanent residence. Campus support services will be available virtually; for Health and Counseling, capacity to access services will depend on the state in which the student is currently living due to licensure laws.
How will I be supported if I am in isolation or quarantine?

- Telehealth visits will be available through the Goucher Student Health Center and through a contracted Telemedicine agency. Students should call 911 for any life-threatening emergencies; when calling, please inform the dispatcher that you are in isolation or quarantine.
- A variety of peer and staff-led supports are available for students in isolation and quarantine:
  - The Student Counseling Center is available to provide mental health resources and counseling services (to those within the state of Maryland). Students can request an appointment by calling 410-337-6481 during business hours. To speak with a licensed mental health counselor after business hours, students can call 855-236-4278 regardless of their location.
  - The Office of Student Support and Outreach (SS+O) is available to meet with students virtually to check in, provide support, and give access to resources they may need. SS+O will reach out to all students in isolation to invite them to meet.
  - Office of Accessibility Services
  - College Chaplain, Hillel staff, Goucher Christian Fellowship staff
  - Residential Life—Resident Assistants will offer daily check-ins with students in quarantine or isolation. In addition, Residential Life has a 24/7 on-call team available for support. Students can contact Campus Safety at 410-337-6111 to get in contact with the on-call team.

How do I prepare for isolation or quarantine?

Communicate With Your Family/Support System
Discuss the following with your family before coming to campus:
- With consideration to known health and mental health factors, have you considered the impact of potential on- or off-campus isolation/quarantine on your physical and emotional wellness?
- In anticipation of possible quarantine/isolation, or potential campus closure, have you considered packing light for the Fall 2020 semester?
- If you live within driving distance, are you able to return home in a private vehicle? If you are instructed to isolate or quarantine, you cannot travel on any public transportation (bus, train, plane, Uber, Lyft, taxi, etc.) as you may expose others.
- If someone from your family plans to pick you up from campus to take you home to isolate or quarantine, how much time will they need to arrive—hours or even a day or two?
- Are you able to distance yourself from others in your home to keep other family members safe?
- If you cannot isolate or quarantine at home, do you have an alternate location where you can conduct isolation/quarantine?
- If you must quarantine/isolate on campus (or the location designated by the college), how will you maintain your emotional and physical wellness?
Do you have a thorough working knowledge of your health insurance policy, coverage in Maryland, and how to access care locally while at Goucher?

Have you fully considered all Fall 2020 alternatives and implications associated with each as they relate to isolation/quarantine (i.e., remaining home to study online, commuting, on-campus housing)?

Assemble a Go-Kit

If you are asked to isolate by the Student Health Center or the Department of Health, you will not be able to leave your isolation or quarantine space during isolation/quarantine. To prepare for this, assemble a Go-Kit before you arrive on campus. Someone can easily pick it up and drop it off to you when you are in isolation or quarantine.

Supplies for Your Go-Kit

- **Cleaning supplies**: Pack EPA-approved disinfecting wipes to use in your living spaces before, during, and after any possible isolation or quarantine. You will need to use these in any common areas of your residence while you are in isolation, quarantine, or anytime you are not feeling well.
- **Self-care medications**: Pack fever/pain reducers such as acetaminophen (Tylenol) or ibuprofen (Motrin). Do not use multi-symptom medications in combination with these, as it can be easy to take too much. You may want lozenges for sore throats or cough medications.
- **Prescription Medications**: Pack several days’ worth of any prescription medications you need. Speak with your provider about how you would access medications if you are in isolation/quarantine.
- **Thermometer**: Pack a digital thermometer that works under your tongue, is easy to use, and is not expensive to purchase. Make sure you have one with new batteries.
- **Face Coverings**: Pack multiple face coverings so you can wear a fresh one each day.
- **Comfort Food**: Pack your favorite comfort snacks and drinks, along with a reusable water bottle. Although the college will ensure meals are delivered to those isolating or quarantining on campus, your favorite snacks can sometimes provide comfort. Off-campus students should maintain a supply of food at home and be knowledgeable about ordering food delivery from their local grocery store.
- **Comfortable Clothes**: Pack a few days’ worth of comfortable clothes, including two weeks’ worth of undergarments.
- **Hygiene Supplies**: Pack shampoo, soap, toothbrush, toothpaste, feminine products, etc.
- **Towels**
- **Spare Set of Twin XL Sheets**: You can use your pillow and blanket from your current bed.
- **Phone Charger**
- **Self-care items to support your overall well-being**: art supplies, puzzles, crafts, playing cards, portable exercise equipment (like fitness bands, hand weights, or yoga mat), books, etc.

In addition to your Go-Kit, you should ensure your academic materials (laptop, books, etc.) should be readily accessible to be brought to you.

If you forget anything, the Campus Store will have supplies available for purchase, and the student supply closet will have some supplies for those in need.