

Quarantine and Isolation Planning Guide

FOR STUDENTS

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



What is the difference between quarantine and isolation?

Quarantine is the separation of someone exposed to a COVID-positive individual from those who are not sick or exposed. A student's vaccination status determines the need for a period of quarantine and is determined by the Student Health Center.

Isolation is the separation of someone ill with and/or who has tested positive for COVID-19 from not-sick people. Individuals who test positive for COVID-19 are isolated for a period determined by the Student Health Center and local health officials. Students in on-campus housing must be relocated from their residence hall room during isolation to minimize the risk of spread to peers in their hall.



Do I need a plan for quarantine and isolation?

Yes! All students living on campus must have a quarantine and isolation plan. For students who can travel in a private vehicle and are within driving distance of their primary place of residence, your plan can be to conduct your period of quarantine or isolation from the comfort of your home. For all other students, isolation space (on-campus) is available. During campus quarantine and/or isolation, meals are delivered, and most campus services are accessible to students virtually. **For students who anticipate difficulty with rapid departure from campus housing, we recommend considering all your options, including returning to campus residency.**

All students living off-campus are strongly encouraged to have a quarantine and isolation plan. Goucher College does not provide quarantine or isolation housing or meal service for commuter students or those who have remained in their permanent residence. Most campus support services are available virtually; for the Student Health Center and the Student Counseling Center, access to services depends on the student's current state due to licensure laws.



How will I be supported if I am in quarantine and isolation?

- Telehealth visits are available through the Goucher Student Health Center and a contracted Telemedicine agency. Students should call 911 for any life-threatening emergencies; when calling, please inform the dispatcher that you are in quarantine or isolation.
- A variety of peer and staff-led supports are available for students in quarantine and isolation:
 - 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 Student Support and Outreach team (SS+O) is available to meet with students virtually to check in, provide support, and give access to resources they may need. In addition, SS+O outreaches 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 contact the on-call team.
 - Office of the Associate Provost of Undergraduate Studies will provide options for students to continue with their classes during isolation.



How do I prepare for quarantine and isolation?

Communicate With Your Family/Support System

Discuss the following with your family before coming to campus:

- Regarding 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 Spring 2022 semester?
- If you live within driving distance, will you 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 to conduct quarantine/isolation?
- How will you maintain your emotional and physical wellness if you quarantine/isolate on campus?
- 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 Spring 2022 alternatives and implications associated with each as they relate to quarantine/isolation (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 quarantine or isolation 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 when you are in quarantine or isolation.

Supplies for Your Go-Kit

- **Cleaning Supplies:** Pack EPA-approved disinfecting wipes to use in your living spaces before, during, and after any possible quarantine or isolation. 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 multisymptom 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:** Pack 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.

Updated: 1/13/22