

ISOLATION VS. QUARANTINE

Isolation keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home/apartment or suite.

Quarantine keeps someone who was in close contact with someone who has COVID-19 away from others.

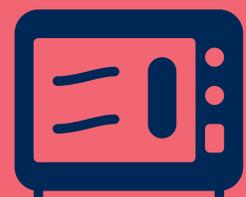


Prepare a COVID-19 emergency bag ahead of time in case you need to isolate or quarantine. Plan to spend 10-14 days in isolation or quarantine. You will not be able to return to your room to retrieve personal items after relocating to a temporary space. HRL will provide some items. Make sure you include:

- Important papers/your ID/insurance information
- Sheets, blanket, pillow
- Bath and hand towels, washcloths
- Cloth face coverings
- Thermometer
- First aid kit
- Toiletries including deodorant, shampoo, conditioner, body wash, body lotion, soap, toothbrush, toothpaste
- Soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- Prescription medications
- Non-prescription medications such as pain relievers and fever reducers
- Prescription eyeglasses and contact lens solution
- Multiple changes of clothing/sleep apparel
- Feminine supplies and personal hygiene items
- Paper and pencil
- Books, games, puzzles or other activities
- Electronic devices, charging equipment, etc.

For students relocated to a quarantine or isolation space, HRL will provide the following in the room:

- Microwave
- Paper plates, bowls, cups, disposable utensils
- Hand sanitizer
- Trash bags, paper towels
- Toilet paper, Kleenex



What happens if a student gets sick?

All students should take their temperature daily and ask themselves:

- Do I have a temperature over 100 degrees today?
- Have I had a temperature of over 100 degrees in the past two weeks?
- Have I traveled anywhere in the past 14 days?
- Have I been in contact with someone with known or suspected COVID-19 infection?
- Do I currently have, or in the past 14 days have I had any of the following?
 - Cough
 - Shortness of breath or difficulty breathing
 - Or at least TWO of these symptoms:
 - Fever
 - Chills
 - Repeated shaking with chills
 - Muscle pain
 - Headache
 - Sore throat
 - New loss of taste or smell

If you answered YES to the screening questions, then REPORT that you are possibly sick with COVID. Complete the Self Report Form.

What should a student do next?

If the student is on campus for class or work, please **GO HOME**. Housing residents should follow the instructions given by the University. Housing residents may be temporarily moved to a building set aside for quarantine or isolation. Please refer to the **Isolation and Quarantine** section for information on preparing an emergency bag and items Housing will provide.

Call your health care provider for advice. Call **BEFORE** going in for care. You may be able to receive care by Telehealth.

If you do not have a health care provider, you may contact the University Health Center at 812-465-1250 to schedule an appointment.

How will a student in quarantine or isolation get food?

The University will offer food service delivery to residents who must quarantine or isolate. Students are not required to use USI's food service delivery and may order their own food from off campus food options which offer contactless delivery. If students have a meal plan, that meal plan will be charged for the food received from USI during isolation or quarantine. If students don't have a meal plan, they have the option to have the charge for food received from USI during isolation or quarantine to be billed to their student account. (This does not include ordering delivery from the C-store.) More information about the on campus food delivery will be provided to students once the University determines they need to isolate or quarantine.

What happens if my roommate or suitemates get sick?

If your roommate or suitemates get sick, you may be asked to quarantine for 14 days. Encourage your roommate or suitemates to notify the University using the Self Report Form. If you are listed as a close contact (being less than 6 feet away from the person for more than 10 minutes), you should be contacted by the University. If you have not been contacted but are concerned about potential exposure, you can talk with the Dean of Students office (812 464-1862) or email Dean of Students (deanofstudents@usi.edu).