Resident Isolation & Quarantine Guide

Quarantine and isolation for ill or potentially ill residential students

CCU's procedures for quarantine and isolation align with the CDC and SCDHEC guidance.

Quarantine is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.

Students who have been identified as a close contact of a positive COVID-19 case should quarantine and follow the CDC guidelines:

- Stay in your assigned residence space for 14 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4◦F), cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away others, especially people who are at higher risk for getting very sick from COVID-19.

Isolation is used to separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms but have received a positive test) from people who are not infected.

Students who test positive for COVID-19 should stay in their assigned residence space, with the exception of receiving medical care, and isolate according to the CDC guidelines:

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately;
- Stay in a separate room from other roommates, if possible;
- Use a separate bathroom, if possible;
- Avoid contact with other roommates;
- Don't share personal household items, like cups, towels, and utensils; and
- Wear a cloth face covering when around other people, if you are able to.

Quarantine and isolation operations for residents

University Housing is committed to providing safe, clean, and comfortable accommodations for residents required to quarantine or isolate. While in quarantine or isolation, residents can expect an exceptional level of care as outlined in the Quarantine and Isolation Plan.

University Housing's facility profile includes spaces that meet federal guidelines for quarantine and isolation (private bedrooms/private bathrooms), allowing residents assigned to these spaces to recover from illness and separate from others safely. Residents required to relocate will partner with a professional staff member to identify personal needs and make the transition as smooth as possible.

If it is in the best interest of the resident to quarantine away from campus or with a parent, they may do so and return to University Housing when quarantine or isolation has been concluded. Residents who select this option will need to remain in contact with the University's Student Health Services and provide all necessary information before returning to their housing assignment.

Residents directed to quarantine or isolate must complete the COVID-19 Intake Form with a University Housing staff member. The form includes questions about prescription medication refills, dietary restrictions or preferences, food and medication allergies, and the need for additional personal care items. The information gathered on the intake form will provide campus partners important information to support the student for the duration of their quarantine or isolation.

In addition to the services listed above, the University will provide the following services to residents in quarantine or isolation:

- A Student Health Services provider or nurse will remotely monitor signs and symptoms via periodic phone calls;
- Meals and essential supplies will be delivered to the exterior door for pick-up; and
- Trash will be collected during each food delivery. Residents should wait to place bagged trash outside their exterior door until staff confirm the timing of the food delivery and trash pick-up.

University Housing and Student Health Services will speak with the resident and provide important quarantine or isolation instructions and information:

- How to complete the required self-monitoring and documentation of symptoms;
- How to obtain access to medical care;
- Rules restricting access beyond the approved quarantine/isolation space;
- Proper procedures and PPE for waste pick-up and meal/essentials delivery;
- Communication protocols;
- Meal delivery schedule;
- Sanitation procedures; and
- Discontinuation of quarantine/isolation.

Transportation

If the resident does not have their own mode of transportation/vehicle to get to Student Health Services, an outside outpatient testing center, and/or the residential facilities for COVID-19 positive and suspected positive housing, transportation can be provided by the University's Transportation Services. This service will be arranged by University Housing or Student Health Services personnel. Residents should use their personal transportation resource first, if available.

Meal Delivery Schedule

The standard food delivery schedule is Monday, Wednesday, and Friday with the food deliveries beginning at 6 p.m. The deliveries will consist of one hot meal and additional meals that can be warmed up by the resident. Breakfast, lunch, and dinner will be provided to ensure the resident is well-nourished during their time in isolation and quarantine. Each delivery will have enough food, beverages, and snacks for the student until the next standard delivery day by providing a combination of pantry items and refrigerated meals.

<u>For example:</u> The food delivery on Friday evening will consist of:

- One hot dinner for Friday evening
- Breakfast items for Saturday, Sunday, and Monday
- Lunch items for Saturday, Sunday, and Monday

- Dinner items for Saturday and Sunday
- Multiple beverages, fruit, and snacks

For residents that are instructed to isolate/quarantine on an off-scheduled day (Tuesday, Thursday, Saturday, Sunday) or at an off-hour (after the standard drop offs or early morning) an off-schedule food delivery will be made with one hot meal and enough food, beverages, and snacks to get the resident to the next standard delivery. These deliveries can take place any time between 6 a.m. and midnight.

When a new intake form is completed, it is important for the student to indicate when their last meal was as this ensures that the student receives the proper meals and allows for planning on when the next delivery makes the most sense.

> For example: If the resident is instructed to isolate/quarantine on Wednesday evening (after 6 p.m.) and indicates that they already had dinner and they have snacks/beverages already in their room, then their off-schedule delivery of food would take place Thursday morning with the hot meal being Breakfast and enough food to get them to the Friday evening standard delivery.

Students' meal plans will be deducted 3 meal swipes per day for each day that the quarantine/isolation food delivery is provided to them covers. Students can check their meal swipe balance on the CINO Card website or using the GET Mobile App.

The CCUFoodCrew's website (www.coastaldine.com) lists the menu for the hot meals that will be delivered to the isolated and quarantined students under the "Students Under Care" heading.

Standard food deliveries include the following types of items:

Non-Perishables:
Whole fruit: apples, oranges, bananas
Pudding: Chocolate or Vanilla
Jello
Assorted chips
Granola bars
Fruit Cups (peaches, pears, mandarin oranges, mixed fruit)
Muffins: Chocolate, Banana Nut, Blueberry
Danish: Cheese, Apple, and Raspberry
Apple Juice
Water
Orange juice

Perishables:
Uncrustables (Peanut butter and grape jelly)
Cold Sandwich
Cold entrée salad with protein
Hot entrée (includes a protein, starch, and vegetable

Appropriate substitutions will be made to honor dietary restrictions, allergies, and dietary preferences in order to ensure that the residents are receiving proper nutrition throughout their isolation and quarantine period.

How to Prepare

Being prepared for the potential need to isolate or quarantine will help the student transition and be successful during their time in isolation and quarantine.

Important personal care items to have ready:

- Masks/Facial Coverings
- Comfortable Clothing
  - Tops
  - Bottoms
  - Undergarments
  - Socks
  - Pajamas
  - Shoes
- Face and body cleansing soap
- Toothbrush and toothpaste
- Shampoo/Conditioner
- Bath Towels
- Floss
- Contact Lens
- Contact solution and case
- Glasses
- Body lotion
- Cotton swabs
- Facial tissue
- Feminine Hygiene products
- Deodorant
- Cough Syrup
- Tylenol or other over the counter pain killers
- Any Prescription medications (14 day supply)
- Thermometer
- Phone
- Phone charger
- Laptop and charger
- A pillow
- Any materials needed to continue online classes
  - Books
  - Notebooks
  - Paper/Pen/Pencils
  - Earbuds/Headphones
- Comfort and Entertainment Items
  - Coloring books/crayons
  - Movies
  - Books/Magazines
  - Puzzles
  - Playing Cards
- Cleaning Supplies
- While meals, snacks, and beverages will be supplied as outlined in the Food Delivery Schedule section it is suggested that the student have some of their favorite snack items on hand to provide additional comfort.

Fire/Emergency Evacuations

All facility alarms should be treated with responsible and urgent action. If you hear an alarm, you should gather your keys, CINO Card, mask, and exit the building immediately! Residents must obey the direction of all CCU staff in an emergency. Move far away from the building, remain calm, and physically distance yourself from others. You will be given permission to re-enter the building by Fire Safety staff or University personnel when the threat has been cleared.

IMPORTANT PHONE NUMBERS and LINKS

Public Safety
Emergency 843-349-2911
Non-emergency 843-349-2177
Student Health Services 843-349-6543
National Suicide Prevention Lifeline 1-800-273-8255
Telemental Health Appointment

Counseling Services 843-349-2305
Dean of Students 843-349-4161
University Housing 843-349-6400