

QUARANTINE AND ISOLATION HOUSING



Information about what to expect, packing recommendations, services provided, and other helpful resources.

WHAT TO EXPECT



ISOLATION || QUARANTINE

What is the difference?



Isolation

Used for

People with confirmed or suspected COVID-19

Why

To keep the person from infecting others

Where

Could be at home, a health care facility, or an isolation location



Quarantine

Used for

People who were potentially exposed to COVID-19 and who are not sick

Why

- The person could have the virus in their body even without symptoms
- To quickly identify early symptoms

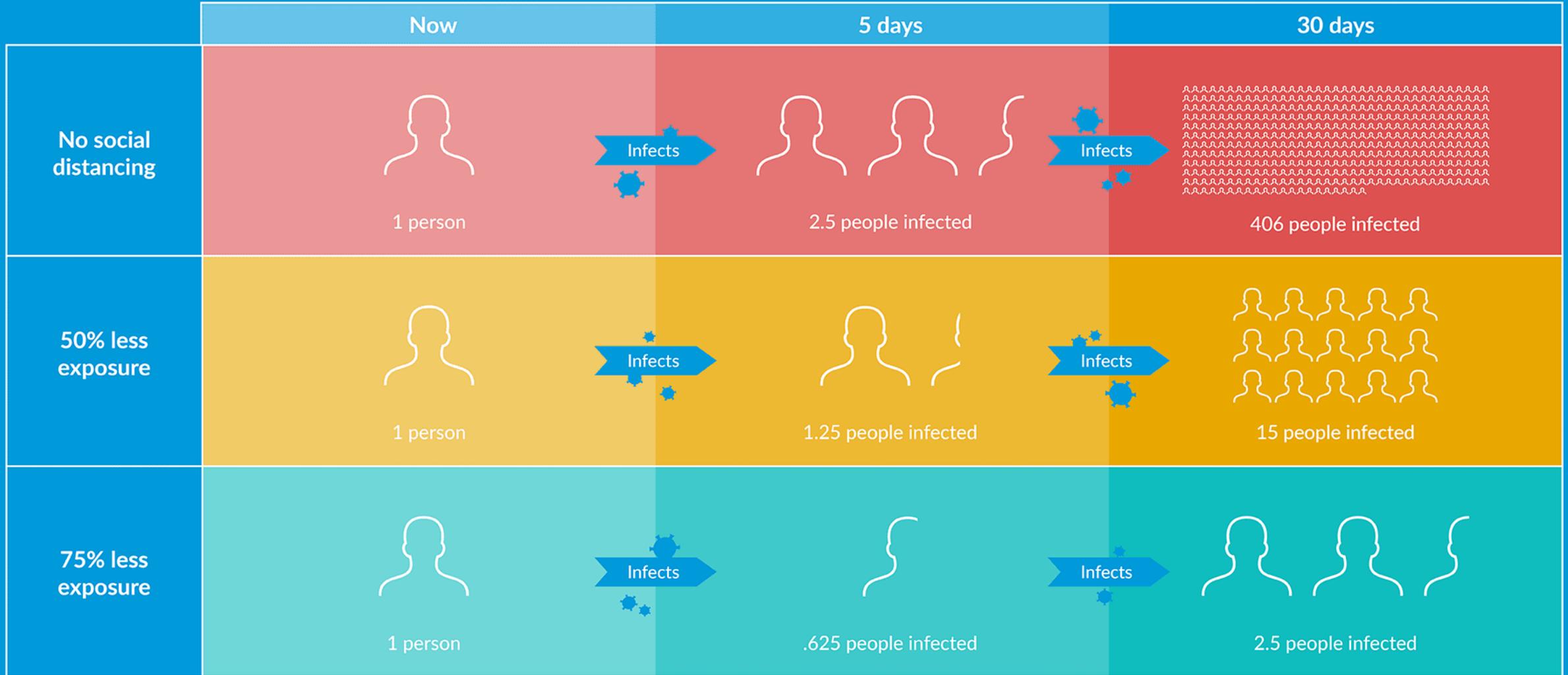
Where

Could be at home or a quarantine location

For more information: www.cdc.gov/quarantine

The power of social distancing

Geisinger



QUARANTINE AND ISOLATION HOUSING

Any on-campus residential student who tests positive or is required to enter quarantine ***must*** relocate to Emerson Hall or another designated quarantine or isolation location.



EXPECTATIONS DURING QUARANTINE AND ISOLATION

A student in quarantine or isolation must always remain in their room unless there is a fire alarm or is instructed by Ithaca College personnel to vacate the building. If you have an emotional support animal (ESA) or service animal, please consult with a WACM.

TIMELINE INFORMATION

Short-Term Quarantine: min. of 12 hours

Mandatory Quarantine: min. of 14 full days

Isolation: min. of 10 full days

Quarantine and Isolation guidance is subject to change by CDC and New York State.

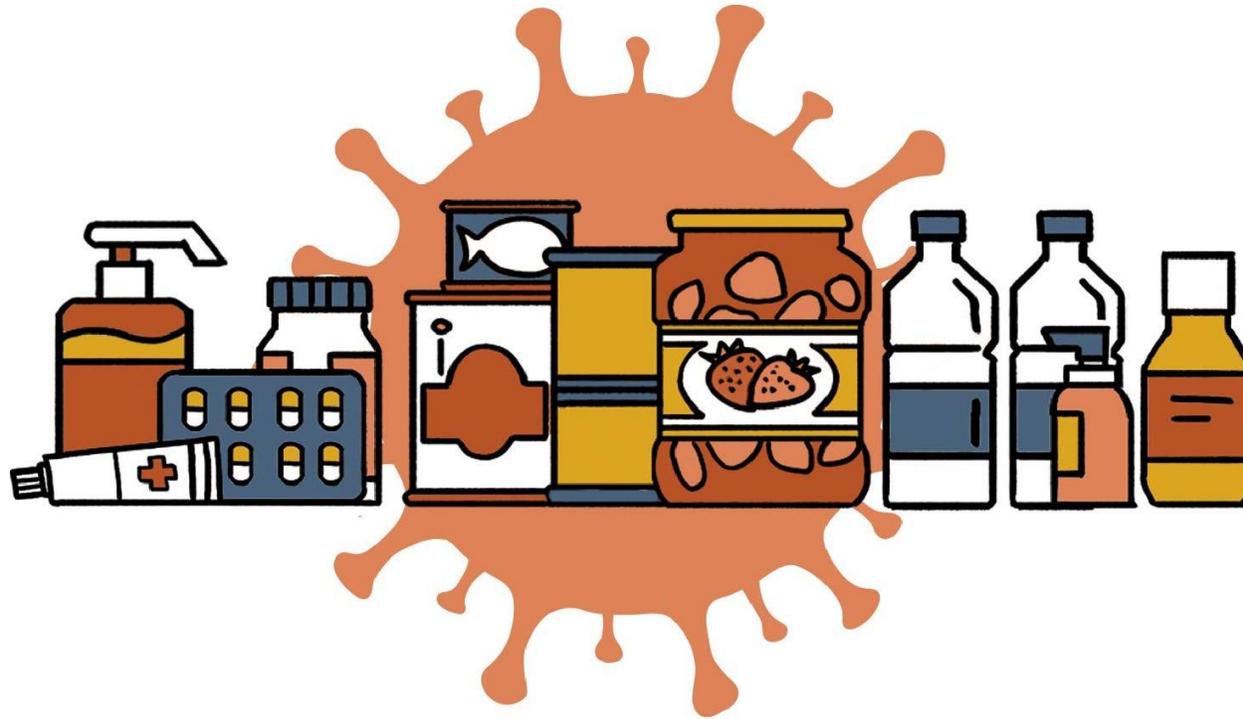


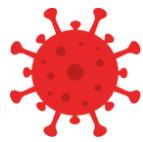
EMERGENCY PROTOCOL



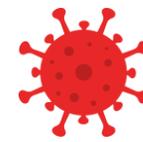
In the event of an emergency evacuation or fire alarm, please wear a face covering and exit the building as soon as possible. Maintain a 6-ft physical distance from those around you until you are allowed back in your room. Please note the emergency evacuation plans found inside of your room (located on wall closest to exit door).

NECESSITIES

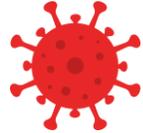




ILLNESS



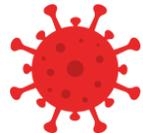
If you are not feeling well or begin to have symptoms of COVID-19, please contact Hammond Health Center at 607-274-3177 to speak with a nurse or provider.



FOOD



If you are in short term quarantine while waiting for results, two-days-worth of shelf stable food will be distributed to you upon your arrival. If you are in mandatory 14-day quarantine or isolation, dining services will deliver food daily. You will receive three meals every day containing two cold meals for breakfast and lunch and one hot meal for dinner. You will receive a link from the Wrap Around Care Manager (WACM) to order your meals.



ACADEMICS



You are encouraged to bring a laptop and charger and headphones/earbuds to attend your virtual classes and continue your academics. We encourage you to notify your professors if you are feeling ill and/or are unable to participate virtually in class while in quarantine or isolation. If you need assistance in this, please contact the WACM.



LAUNDRY AND TRASH



LAUNDRY

If you would like your laundry cleaned, locate the water-soluble bag in your room to place your laundry and linens. Laundry pick up will be every Tuesday and Friday from 9-10 a.m. Please leave your bag outside your door in the hallway. Also let the WACM on call know that you need laundry service.



TRASH



Place your bagged trash outside your room for pick up. Trash will be collected daily M-F from 9-11 a.m. Please do not discard of liquids in your garbage bins.

WHAT IS A *WRAP AROUND CARE MANAGER (WACM)* ?

A Wrap Around Care Manager (WACM) is a college appointed professional who will be coordinating wrap around care for you while you are in quarantine or isolation. WACM's are also responsible for being in contact with you daily to assess your needs and provide support.



WHEN TO CONTACT A WACM



Meal concerns

Maintenance concerns

Biohazard clean up (ex. vomit)

Other questions, concerns, or needs

WHAT TO PACK

ESSENTIALS

Clothes
Medication
Thermometer
Phone + Charger
Toothbrush + Toothpaste
Shampoo + Conditioner
Personal Hygiene Products
Deodorant
Face Covering
Health Care Insurance Card
Wallet/ ID

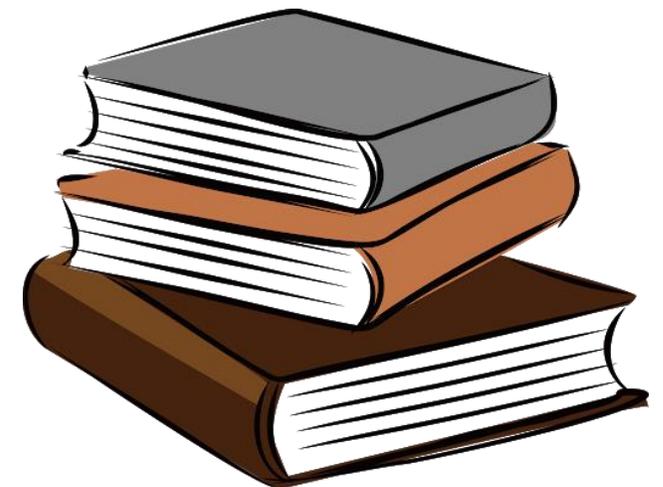
ACADEMICS

Books
Notebooks
Pens + Pencils
Laptop + Charger
Earbuds or Headphones



OTHER

Pillow + Blanket (sheets, pillow, + towels are provided)
Entertainment: books, games
Snacks + Drinks
Shower shoes



HELPFUL RESOURCES

Office of Public Safety (607)274-3333

Counseling and Psychological Services (CAPS) (607) 274-3136

Hammond Health Center (607) 274-3177

ICare Referral ithaca.edu/icare

IT Helpdesk (607) 274-1000 servicedesk@ithaca.edu

Connection with Community
ithaca.campuslabs.com/engage

