QUARANTINE AND ISOLATION HOUSING

Information about what to expect, packing recommendations, services provided, and other helpful resources.
WHAT TO EXPECT
**Isolation**

What is the difference?

- **Used for**
  - People with confirmed or suspected COVID-19

- **Why**
  - To keep the person from infecting others

- **Where**
  - Could be at home, a healthcare facility, or an isolation location

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**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](http://www.cdc.gov/quarantine)
# The power of social distancing

<table>
<thead>
<tr>
<th></th>
<th>Now</th>
<th>5 days</th>
<th>30 days</th>
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</thead>
</table>
| **No social distancing** | ![1 person](image)  
1 person | ![2.5 people infected](image)  
2.5 people infected | ![406 people infected](image)  
406 people infected |
| **50% less exposure** | ![1 person](image)  
1 person | ![1.25 people infected](image)  
1.25 people infected | ![15 people infected](image)  
15 people infected |
| **75% less exposure** | ![1 person](image)  
1 person | ![0.625 people infected](image)  
0.625 people infected | ![2.5 people infected](image)  
2.5 people infected |
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.*

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**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).
**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