

## HOW TO QUARANTINE OR ISOLATE

As you enter quarantine or isolation, please be prepared with:

- Digital thermometer (for daily use)
- Tylenol and ibuprofen (alternate for fever)
- Alcohol wipes (for cleaning, as needed)
- Hand sanitizer (for times you can't wash)
- Water bottle (UHS will provide to on-campus students)

Continue daily health checks and watch for the following symptoms:

- Fever (new or worsening, >100.4 degrees F)
- Cough
- Shortness of breath
- Sore throat
- Unexplained fatigue
- New loss of taste or smell

### MONITORING YOUR SYMPTOMS IN QUARANTINE OR ISOLATION

If you develop symptoms or need medical help while in quarantine or isolation, please call your designated CRU team member who will determine if you should leave the premises and seek medical attention.

If you need immediate treatment of very serious or critical conditions, call 911.

If you decide to go to the emergency department on your own, if possible, call the emergency room prior to your arrival so it can prepare to potentially isolate you when you arrive.

### University Health Services

- [Uhs.nd.edu](https://uhs.nd.edu)
- 24/7 Consultation: 574-631-7497

### University Counseling Center

- [Ucc.nd.edu](https://ucc.nd.edu)
- Monday-Friday, 8 a.m. to 5 p.m. call 574-631-7336
- 24/7 Emergency Helpline: 574-631-TALK

### Center for Student Support and Care

- Care and Wellness Consultants: [care.nd.edu](https://care.nd.edu) or 574-631-7833
- Sara Bea Center for Student Accessibility Services: [sarabea.nd.edu](https://sarabea.nd.edu) or 574-631-7157

### McDonald Center for Student Well-Being

- [Mcwell.nd.edu](https://mcwell.nd.edu)
- 574-631-7970

### MAINTAINING EXPECTATIONS

Failure to maintain the expectations of quarantine or isolation will be seen as a violation to follow the directive of a University official. This will result in a meeting with the associate vice president for student services or designee to reiterate the parameters articulated in this document and the initial conversation with a CRU team member who placed you in quarantine or isolation. Documentation will note the occurrence of said conversation and indicate that a further incident may result in your withdrawal from the University with or without your consent or permission.

# HERE

your health and well-being are important to us. We are here to assist you.

## QUARANTINE AND ISOLATION

As members of the University of Notre Dame community, we all enter into a shared responsibility to take care of one another and promote the common good. This means the University's expectations go beyond what is minimally required for maintaining public order as we actively seek what is good and life-giving for both the individual and the University community.

In addition to our regular prevention measures, including wearing masks, practicing physical distancing, and disinfecting frequently, part of how we care for one another is implementing appropriate quarantine and isolation strategies.

Quarantine and isolation measures are used to help protect you, your fellow students, faculty, staff, and others by preventing exposure to people who have or are suspected to have COVID-19.

Hearing you need to quarantine or isolate and disconnect from others may be disconcerting, but the goal is to ensure your health and protect others from exposure to illness. Please rest assured the University is here to support you as you navigate this period of uncertainty and do everything possible to make the time comfortable.

## WHAT YOU CAN EXPECT

Notre Dame has contracted with three off-campus partners for quarantine or isolation space for on-campus students and has additional apartments reserved for this purpose in a separate building of Fischer Graduate Residences. While off-campus students will likely complete any necessary quarantine or isolation time in their homes, University staff will check in with all patients daily, provide monitoring supplies, and ensure students receive accommodations and classroom support. The University also has strong partnerships in place with both local hospitals if a student's illness becomes severe.

While you are in quarantine or isolation, a member of the COVID-19 Response Unit (CRU) will connect with you daily to assess your personal needs. This person will also discuss potential people with whom you have been in contact to determine whether they need to be assessed. A Care and Wellness Consultant will also check in regularly regarding your academic, mental health, and spiritual needs, and a member of University Health Services (UHS) will remain in contact to monitor your health and advise when you are able to return to the classroom.

**ISOLATION** separates people with symptoms of COVID-19 with or without a positive test.

**QUARANTINE** separates people who were exposed but do not have symptoms to determine whether they become symptomatic. A person can be contagious before symptoms begin, which is why

quarantine is critical to prevent the spread.

**CLOSE CONTACT** refers to being approximately 6 feet within a COVID-19 case for a prolonged period of time. Close contact can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19

positive patient or having direct contact with infectious secretions of a COVID-19 case.

**PHYSICAL DISTANCING** is a conscious effort to maintain distance between yourself and others as a way to mitigate the spread of disease. This means avoiding

public gatherings, restaurants, and events, even if you are symptom free. Stay at least 6 feet from other people as often as possible. Take precautions if you cannot maintain that distance, such as using alcohol-based hand sanitizer and/or handwashing immediately after contact.

## Guidelines

The following guidelines for quarantine and isolation apply to both University-provided and off-campus housing, and to any student returning home using personal transportation. These expectations apply to all students placed in either quarantine or isolation.

- Students should not leave quarantine or isolation until they have been given formal approval to do so by UHS or a member of the CRU.
- Students should not have any physical visitors while in quarantine or isolation. Communication through digital means, such as Zoom, is welcomed and encouraged.
- Students should communicate with CRU staff regarding symptoms and to identify close contacts to protect the community. Students experiencing worsening symptoms should follow the protocol given to them at the time of quarantine or isolation.
- On-campus students placed in University-provided housing and off-campus students with a meal plan will be delivered meals prepared by Campus Dining. University staff will work with off-campus students without meal plans to ensure they have access to a delivery service for groceries and food. Meals ordered from other sources by students in either University-provided housing or off-campus housing may be delivered, but students should avoid contact with the delivery person.
- Students should continue conducting daily health checks, monitor their temperature twice daily, and report any fever 100.4 degrees F or greater.

## Common Feelings

Everyone reacts differently to stressful situations that require changes in location or behavior. While in quarantine or isolation, you may experience a range of feelings, including:

- Anxiety, worry, or fear related to your health status or that of others
- Anger or resentment at the inconvenience
- Worry about not having your things with you or not doing your usual routine
- Uncertainty or concern about how long you will need to remain in this situation
- Excitement to have some alone time to rest and catch up on reading
- Loneliness or feeling cut off
- Boredom and frustration
- Sadness or depression

Please contact the University Counseling Center  
[574-631-TALK] if you need immediate counseling care.