STAY HEALTHY MALONE

QUARANTINE/ ISOLATION GUIDELINES

for ill or potentially ill residential students

If you have tested positive for COVID-19, are in the process of being tested, are symptomatic, or in close contact with someone who has tested positive, you MUST COMPLETE THE MALONE COVID-19 INTAKE FORM

www.malone.edu/stayhealthy

1892 MALONE UNIVERSITY
CHRIST'S KINGDOM FIRST

DEFINITIONS

SHELTER-IN-PLACE or **STAY-IN-PLACE** is the direction we are giving to non-symptomatic students who MIGHT have been exposed to a potentially COVID-19 positive person while a COVID test is being conducted. This is a precautionary quarantine.

QUARANTINE is the term used to keep someone who was exposed to a positive COVID-19 person 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:

- A quarantined person should not stay in a room/suite with non-quarantined roommates/suitemates.
- A quarantined person who is symptomatic should not share a suite with asymptomatic, quarantined suitemates. The symptomatic person will be moved to another location.
- If a person who is symptomatic has a single room with a private bathroom, they may be able to quarantine in their room upon University housing approval.

Please stay in your assigned quarantine room for 14 days after your last contact with a person who has COVID-19. You are permitted to use restroom/shower facilities, and you will have common space for access to microwave, and refrigerator for under 15 minutes, socially distanced, and with a face covering. Please sanitize everything you touch.

- If you are in a quarantined space, please do not congregate or go into others' rooms.
- Do not go to the cafeteria or other public spaces (library, wellness center, etc.).
- Residential, quarantined students should expect contact via email or phone from the Student Health Center staff for contact tracing purposes and remote monitoring of symptoms.
- If you start to experience symptoms while in quarantine, please alert the Student Health Center by completing the Intake Form again, and please add an accurate contact list.
- Watch for a fever (100.4°F), cough, shortness of breath, chest discomfort, or other COVID-19 symptoms. A thermometer will be available for use in the common space area.
- Avoid contact with others, especially people who are at higher risk of getting sick from COVID-19.

DEFINITIONS *(continued)*

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

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

- Monitor your symptoms. Watch for a fever. If you have any emergency signs such as coughing, trouble breathing, chest pain or discomfort, bluish lips/face, or sudden confusion, seek medical care immediately.
- Stay in a separate room from others; don't congregate in a lounge or enter others' rooms.
- Use a separate bathroom, if possible.
- Avoid contact with all others. Do not go into any public spaces.*
- Do not share any personal household items (cups, towels, utensils, etc.).
- Wear a face covering when around others (ex. meal drop-off, housekeepers, etc.).

*COVID-19 positive floors have a refrigerator, microwave, and thermometer for daily temperature checks in a common space area. You are permitted to use the common space for access to the microwave and refrigerator for under 15 minutes, socially distanced, and with a face covering. Please sanitize everything you touch. Otherwise, you should stay in your assigned room. At this time, the Canton Health Department does not recommend isolated individuals to go outside.

GUIDELINES

RETURNING HOME FOR QUARANTINE OR ISOLATION

If it is in the best interest of the resident to quarantine/isolate away from campus, they may do so and return to University housing when quarantine or isolation has been concluded. Please consider that you may be putting those you live with at risk. Symptoms can develop 2-14 days after exposure.

The University has a limited number of isolated/quarantined spaces. **Should the University reach capacity for quarantine rooms, asymptomatic quarantine individuals within a 50-mile radius may be asked to quarantine at home.** Since your residence is connected to your local health department jurisdiction, you will need to remain at the same address throughout your quarantine period. You cannot travel back and forth between campus and your off-campus location. No refunds will be issued to those residents who isolate or quarantine at home or on campus. Residents will need to remain in contact with the Malone Student Health Center and provide all necessary information before returning to their campus housing assignment.

COVID-19 INTAKE FORM

Residents who have tested positive for COVID-19, are in process of being tested, are symptomatic, or have been in close contact with someone who has tested positive must complete the COVID-19 Intake Form online. Students who have been directed to quarantine or isolate must also complete the COVID-19 Intake Form. The form includes questions about testing, meals, dietary restrictions, and medical conditions; this information will provide campus partners important information to support the student for the duration of their quarantine or isolation. The Intake Form is found at www.malone.edu/intakeform

NOTE:

For the most up-to-date information relating to quarantine timeframes, visit:

www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

QUARANTINE DATES

If you had close contact with someone who has COVID-19, you will not have further contact or interactions with this person while they are sick (e.g. roommate, co-worker, neighbor, or friend).

The quarantine start date is based on your last day of close contact with the COVID-positive individual. Your last day of quarantine if you have no symptoms is either on day 10 if no test was taken or on day 7 after receiving a negative test result. In addition, a person must be symptom-free to be released from quarantine. If there is discrepancy between health department dates and Malone's dates, Malone will abide by the health department dates.

GUIDELINES *(continued)*

- Should you not hear from your local health department, Malone's Student Health Center quarantine end date will be 14 days from the last day of contact/exposure to the positive person. You will also have to be symptom-free (including fever free) on that last day.
- Should the health department call you and give you different dates, Malone will adhere to the health department dates. But, please send documentation of the health department dates to the Malone Student Health Center email.
- The Malone Student Health Center will not necessarily notify you of your end date as it is understood that if you are symptom free, you will return to normal activities 14 days after your exposure. However, please notify the Student Health Center via email if you have symptoms on your last day of quarantine so a consultation can occur.

WHAT OTHER SERVICES WILL I RECEIVE DURING QUARANTINE OR ISOLATION?

Student Development or the Student Health Center will communicate with residents to provide important information or instructions. We will also call or email on a regular basis to check-in with those who are quarantined or isolated on campus. In addition to the services listed above, the University will provide the following services to residents in quarantine or isolation:

- Instructions on self-monitoring;
- How to obtain access to medical care;
- Rules restricting access beyond the approved quarantine/isolation space;
- Communication protocols;
- Meals will be delivered to the room; trash cans are available on each floor.
- Mail will be delivered once per week.
- Laundry services will be available once per week upon request.
- Essential supplies (such as a thermometer and disinfectant wipes) will be available in main lounges.

TRANSPORTATION

If the resident does not have their own mode of transportation to get to an outside outpatient testing center, transportation can be provided by the University. This service will be arranged by University housing or Student Health Center personnel. Residents should use their personal transportation resource first, if available.

GUIDELINES *(continued)*

MEAL DELIVERY SCHEDULE

The standard food delivery schedule is daily (Monday - Sunday) with food deliveries beginning at 11:30 a.m. and 5 p.m. (Monday-Friday) and 12:00 p.m. and 5 p.m. (Saturday and Sunday). 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 food and beverages for the student until the next standard delivery.

For residents that are instructed to isolate/quarantine on an off-schedule/off-hour (after the standard meal drop offs) an off-schedule food delivery will be made with one 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 9 p.m.

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.

The University may need to adjust the meal delivery schedule to accommodate major University events. Residents in quarantine and isolation will be made aware of any changes in the meal delivery schedule via their email and/or text message.

HOW TO CARE FOR YOUR HEALTH DURING ISOLATION OR QUARANTINE

- Monitor your symptoms, particularly temperature and chest discomfort.
- During this time, eat regular and healthy snacks and meals.
- Get at least eight hours of sleep at night.
- Find ways to stay active with light exercise in your room.
- Get fresh air from your window when you can.
- Stay virtually connected with others.
- Continue with your studies.
- Practice good hand-washing often and thoroughly; avoid touching your face.
- Cover your nose and mouth when you cough or sneeze.
- Clean and disinfect frequently touched surfaces like your cell phone, chairs, table, desk, faucets, etc.

GUIDELINES *(continued)*

HOW TO PREPARE FOR POTENTIAL QUARANTINE

Being prepared for the possible 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/toothpaste/floss
- ☐ Shampoo/conditioner/hand soap
- ☐ Bath towels
- ☐ Contact lenses, solution, case
- ☐ Glasses
- ☐ Facial tissues
- ☐ Feminine hygiene products
- ☐ Deodorant
- ☐ Cough syrup
- ☐ Tylenol or other over-the-counter pain medication
- ☐ Any prescription medications (14-day supply)
- ☐ Thermometer
- ☐ Phone and charger
- ☐ Laptop and charger
- ☐ Pillow/bedding
- ☐ Any materials needed to continue online classes (computer, 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 Meal Delivery Schedule section, it is suggested that the student have some of their favorite snack items available to provide additional comfort. ** Refrigerated and microwavable items are permitted, as students will have access to a refrigerator and microwave in their quarantine area.

GUIDELINES *(continued)*

FIRE/EMERGENCY EVACUATIONS

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

MAIL/PACKAGES

If a resident has a necessary school-related item needing to be picked up at the campus mail room, you can provide notice via the COVID-19 Intake Form granting your permission to Residence Life staff to retrieve the item(s).

CALL THE HEALTH CENTER

The University has implemented a special phone line for residential students that have general questions about the University's COVID-19 response and quarantine/isolation processes. The COVID-19 phone line supports the University's contact-tracing program and performs case management services for resident student quarantine and isolation operations. Please note that the staff are not allowed to discuss or disclose the health status of students, faculty, or staff.

The Health Center COVID-19 phone line can be reached at 330-471-8329.*
HOURS OF OPERATION: Monday – Friday / 9 a.m. - 4:30p.m.

*After hours, there is a phone prompt that will transfer you to a non-medical professional for on-campus, emergency response only. A nurse is not available during non-business hours. If you need immediate medical attention, please call 911 or seek treatment off-campus.

IMPORTANT PHONE NUMBERS

Safety: 330-471-8111

Malone Health Center: 330-471-8329

Counseling: 330-471-8711 ; National Suicide Prevention Lifeline: 1-800-273-8255

Aultman Hospital Emergency Department: 330-363-6203

Aultman Urgent Care: 330-305-6999

Mercy Medical Center ED: 330-489-1000

Mercy Medical Stat Care: 330-966-8884

Ohio Department of Health call center is ready to answer your questions about COVID-19:
1-833-4-ASK-ODH (1-833-427-5634) *Staffed from 9 a.m. to 8 p.m. each day*

FAQS

WHAT IF I WAS TESTED OFF-CAMPUS ON MY OWN?

If you were tested off-campus and the Student Health Center is not aware, please take the following steps:

- Complete the Malone COVID-19 Intake Form: **www.malone.edu/intakeform**
- Notify the Student Health Center by emailing your COVID-19 test results to healthcenter@malone.edu.
- Notify your professors of the need to participate in courses remotely for your period of isolation/quarantine, and let your professors know you have already notified the Student Health Center.
- Respond to any communication from the Health Center and/or local contact tracers promptly to help mitigate the spread of COVID-19.
- Notify Student Health Center and your off-campus medical provider if symptoms change.

IF I TESTED POSITIVE, WHEN CAN I GO BACK TO CLASS?

If you tested positive for COVID-19, been in isolation, and reported it to the Student Health Center, you must be cleared by your appropriate local health department in order to return to class. Any documentation received from the health department should be forwarded to the Health Center email (healthcenter@malone.edu). The student will receive a final confirmation of their return date from Malone once the Health Center verifies your documentation from the appropriate health department. (Please note, your final date on the health department letter will be your final day of isolation).

If you see a person returning to normal activities that you know has been in isolation, know that they have been released by the Health Department.

IF I'VE ALREADY BEEN POSITIVE FOR COVID-19 and completed isolation, do I have to quarantine in the future if exposed to another COVID-positive individual?

CDC guidance indicates that individuals who have previously tested positive for COVID-19 do not need to quarantine or get tested again for up to three months if no additional symptoms develop.

HOW IS CLOSE CONTACT DEFINED?

- Providing care for someone who is sick with COVID-19.
- Being within 6 feet of someone who has COVID-19 (regardless of if you were wearing a face covering).
- Allowing the duration of your time of exposure to exceed 15 minutes or more.
- Having direct physical contact with the person (hugging, kissing, etc.).
- Sharing eating or drinking utensils.
- Being exposed to sneeze, cough, or other respiratory droplets.
- Not wearing a mask (eating together, riding in a car together, etc.).

FAQS *(continued)*

IF I AM IN QUARANTINE, will I be required, or could I choose, to get a COVID-19 test?

The Student Health Center currently only orders tests for students who are displaying COVID-19 symptoms upon recommendation of a medical professional. If a student chooses to get a test by their own means (i.e. primary care doctor, Stat Care, CVS, etc.), please complete the Malone COVID-19 Intake Form. The form will ask for details relating to the date of the test, the location of the test, and the results. If you are asymptomatic at present, and you start to experience symptoms during your quarantine, please complete the Malone COVID-19 Intake Form again with your updated symptom information.

IF I GET A COVID-19 TEST WHILE IN QUARANTINE, and it comes back negative, can I be released from quarantine?

No. The CDC website states that even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2-14 days after exposure to the virus.

WHAT HAPPENS IF I TEST POSITIVE FOR COVID-19 WHILE I AM IN QUARANTINE?

You will be moved from your quarantine room into an isolation room or you may choose to return home. The health department will give you your release date.