

# ISOLATION AND QUARANTINE PLANNING GUIDE

FOR STUDENTS

Prepared by the Student Residential Experience Sub-Committee  
and approved by the Return to the Hill Committee, July 2020.



**MCDANIEL**  
COLLEGE

**McDaniel College's continued priority during the COVID-19 pandemic is the safety and well-being of the members of our Community. The College's many decisions about the fall have been and will continue to be informed by the recommendations and guidance from the Center for Disease Control (CDC) and the state and local health departments. McDaniel will use two public health tools known as isolation and quarantine to prevent the spread of COVID-19 among the campus community. This guide will help students prepare to isolate or quarantine.**

### WHAT IS THE DIFFERENCE BETWEEN ISOLATION AND QUARANTINE?

**Isolation** is the separation of someone who is ill with or has tested positive for COVID-19 from people who are not sick. Individuals who test positive for COVID-19 typically isolate for at least 10 days (the duration of the infective period) from the time they are tested or from the time symptoms first appear. Individuals may be isolated for longer periods if symptoms persist. Students in on-campus housing must be relocated from their housing assignment during isolation to minimize the risk of spread to peers in their residence.

**Quarantine** is the separation of someone exposed to a COVID-19 positive individual from those who are not sick or exposed, in case the exposed person begins experiencing symptoms or tests positive for COVID-19. A typical quarantine period lasts 14 days (the duration of the incubation period). Students in on-campus housing will maintain housing in their assigned room during a period of quarantine.

### DO I NEED A PLAN FOR ISOLATION AND QUARANTINE?

All students living on campus are required to have an isolation and quarantine plan. Students who can travel home safely in a private vehicle have the option to conduct their period of isolation in their home. For all other students, McDaniel has secured temporary off-campus isolation space which will be made available to our students at no additional cost for up to fourteen days. During quarantine on campus or isolation off campus, meals will be delivered, and all other campus services accessible to students virtually. Ongoing telehealth visits and virtual check-ins will be conducted by staff of the Wellness Center, and the Department of Campus is available to all students 24/7.

All students living off-campus are strongly encouraged to have an isolation and quarantine plan. McDaniel College will **NOT** provide isolation or quarantine housing or meal service for commuter students who live off-campus in the Westminster area or those who have remained in their permanent residence. Campus support services will be available virtually; for Health and Counseling, ability to access services will depend on the state in which the student is currently living due to licensure laws.

### HOW WILL I BE SUPPORTED IF I AM IN ISOLATION OR QUARANTINE?

Telehealth visits will be available through the McDaniel Wellness Center and students should call the Department of Campus Safety for any after-hours life-threatening emergencies; when calling, please inform the dispatcher that you are in isolation or quarantine.

A variety of peer and staff-led supports are available for students in isolation and quarantine:

- The Wellness Center Counseling Services is available to provide mental health resources and counseling services (to those within the state of Maryland). Students can request an appointment by calling 410-857-2243 during business hours. For after-hours emergencies, please call the Department of Campus Safety at 410-857-2202.
- The Office of Academic Life is available to provide support and give access to resources that students may need to stay current with academic classes and assignments. The Office may be contacted at [academiclife@mcdaniel.edu](mailto:academiclife@mcdaniel.edu).
- Office of Student Accessibility and Support Services may be reached at 410-857-2504.
- Office of Residence Life—Resident Assistants will offer daily check-ins with students in quarantine. In addition, Residence Life has a 24/7 on-call team available for support. Students can contact Campus Safety at 410-857-2202 to get in contact with the on-call team.

### HOW DO I PREPARE FOR ISOLATION OR QUARANTINE?

#### **Communicate With Your Family/Support System**

Discuss the following with your family before coming to campus:

- With consideration to known health and mental health factors, have you considered the impact of potential on- or off-campus isolation/quarantine on your physical and emotional wellness?
- In anticipation of possible quarantine/isolation, or potential campus closure, have you considered packing light for the fall 2020 semester?
- If you live within driving distance, are you able to return home in a private vehicle?
- Are you able to distance yourself from others in your home to keep other family members safe?
- If someone from your family plans to pick you up from campus to take you home to isolate or quarantine, how much time will they need to arrive—hours or even a day or two?
- If you must quarantine/isolate on campus (or the location designated by the college), how will you maintain your emotional and physical wellness?
- Do you have a thorough working knowledge of your health insurance policy, coverage in Maryland, and how to access care locally while at McDaniel?
- Have you fully considered all fall 2020 alternatives and implications associated with each as they relate to isolation/quarantine (i.e., remaining home to study online, commuting, on-campus housing)?

## ISOLATION PROCEDURES FOR RESIDENTIAL STUDENTS

The College has designated specific rooms on campus or off-campus for self-isolation. Each space will include an individual bedroom and bathroom. While in isolation, a student is not permitted to leave the designated space unless expressly advised by the treating healthcare provider. McDaniel College staff will not be permitted to enter the isolation space unless there is an emergency and the staff member is wearing proper personal protective equipment (PPE).

### ASSEMBLE A “TO GO BAG”

Prior to arriving at the testing location, students will be asked to prepare a “To Go Bag” with essentials they will need in isolation including toiletries, clothing etc. After the testing is performed, the student will be assigned to a self-isolation room and given the key at that time. The student will also be expected to turn in their key to their regularly assigned residential space. College staff members accompanying student to isolation housing location will wear full PPE. Visitors will not be permitted at any time during the isolation period. Students are encouraged to create a “covid-19 prepared bag” stocked with items such as hand sanitizer, comfortable clothing, masks, thermometers, snacks such as protein bars, applesauce and water, pens, electronic devices such as cell phones, laptops and all academic materials.

- **Cleaning supplies:** Pack EPA-approved disinfecting wipes to use in your living spaces before, during, and after any possible isolation or quarantine. You will need to use these in any common areas of your residence while you are in isolation, quarantine, or anytime you are not feeling well.
- **Self-care medications:** Pack fever/pain reducers such as acetaminophen (Tylenol) or ibuprofen (Motrin). Do not use multi-symptom medications in combination with these, as it can be easy to take too much. You may want lozenges for sore throats or cough medications.
- **Prescription Medications:** Pack several days’ worth of any prescription medications you need. Speak with your provider about how you would access medications if you are in isolation/quarantine.
- **Thermometer:** Pack a digital thermometer that works under your tongue, is easy to use, and is not expensive to purchase. Make sure you have one with new batteries.
- **Face Coverings:** Pack multiple face coverings so you can wear a fresh one each day.
- **Comfort Food:** Pack your favorite comfort snacks and drinks, along with a reusable water bottle. Although the college will ensure meals are delivered to those isolating or quarantining on campus, your favorite snacks can sometimes provide comfort. Off-campus students should maintain a supply of food at home and be knowledgeable about ordering food delivery from their local grocery store.
- **Comfortable Clothes:** Pack a few days’ worth of comfortable clothes, including two weeks’ worth of undergarments.
- **Hygiene Supplies:** Pack shampoo, soap, toothbrush, toothpaste, feminine products, etc.
- **Towels**
- **Spare Set of Twin XL Sheets:** You can use your pillow and blanket from your current bed.
- **Phone Charger**
- **Self-care items to support your overall well-being:** art supplies, puzzles, crafts, playing cards, portable exercise equipment (like fitness bands, hand weights, or yoga mat), books, etc.

In addition to your Go-Kit, you should ensure your academic materials (laptop, books, etc.) should be readily accessible to be brought to you.

## WELLNESS CENTER HEALTH SERVICES:

1. McDaniel College Wellness Center will notify the Carroll County Health Department of all students who meet the testing criteria for COVID-19 and will communicate the results of each test performed.
2. A staff member will conduct a daily Wellness Checks with students in self-isolation. A designated time will be given and the method of contact will ideally be video telehealth appointment via doxy.me platform. Phone is also an acceptable means of conducting the Wellness Check.
  - a. Students will be asked to check their temperature at least twice daily. The student will report their temperatures to the Wellness Services team member during the daily Wellness Check.
  - b. Communication about how the student feels, signs and symptoms of illness, any medication taken within the past 24 hours, and any test results will be discussed and documented during the daily Wellness Check.
  - c. A referral to Counseling Services will be offered to assist the student in managing the stress related to their self-isolation/quarantine, illness (if applicable), and other related stressors.
  - d. If a student in self-isolation or self- quarantine is unable to be reached at their designated check-in time with McDaniel College Health Services or there is other reason to be concerned for the student's immediate safety, a staff member will don PPE and knock on the student's door and identify themselves. If the student does not answer the door, Campus Safety will unlock the student's door and again announce themselves to conduct a safety check.
3. Wellness Services will limit entry into the student's Residence Hall unit to emergency/safety checks and possible decline in medical status.
  - a. Only members of Health Services, the Department of Campus Safety, or college staff designated by the Dean of Students who have had PPE training will be permitted to enter the student's Residence Hall unit.

**MEALS:** College staff will deliver meals prepared by Food Services to students who are self-isolating in the McDaniel College Residence Halls. Students will order the to-go meals through the food service app.

To-go-meals will be delivered outside of the student's residence. Staff will leave the building and call or text the student that their meal is on their doorstep. Staff must be > 6 feet from the student's door before calling.

**CLEANING:** Students are responsible for cleaning and disinfecting their own residential spaces during self-isolation.

## BIOHAZARD WASTE:

1. Prior to the arrival of students assigned to isolation, the Director of Risk Management/Environmental Health & Safety (DRMEHS) will stock the unit with a biohazard box lined with a red biohazard bag.
2. Students will be instructed to dispose of all waste products in the red biohazard bag in their unit. This should include all food waste, utensils, and personal care items such as tissues.
3. Once the red biohazard bag is  $\frac{3}{4}$  full, tie off the bag by making a knot at the top. Set aside and line with a new red biohazard bag.
4. The DRMEHS will be notified if additional red biohazard bags are needed in the student's unit. Additional red biohazard bags will be left outside the student's door. The student will be called or texted after the staff member has left the building.

5. A biohazard box will be placed in the designated room for donning and doffing of PPE. Any staff using PPE in this location will place all used PPE in the biohazard boxes. Once the boxes are full, the DRMEHS will be notified and the boxes will be removed and disposed of properly.
6. The DRMEHS will notify Waste Strategies that McDaniel College will require a biohazardous waste pick-up from the isolation room.
7. Once the student exits isolation, everything in the room is disposed of properly.

**PERSONAL PROTECTIVE EQUIPMENT (PPE):** McDaniel College staff interacting with students who are being tested for COVID-19 or have tested positive for COVID-19 will utilize PPE during each interaction.

1. A supply of PPE will be stored in a designated location for donning and doffing by staff. The supply will include:
  - a. N-95 respirators
  - b. Surgical masks
  - c. Gloves
  - d. Gowns (or Tyvek suits)
  - e. Shoe covers
  - f. Hair covers
  - g. Goggles/Face Shields
  - h. Alcohol sanitizer
  - i. Disinfecting wipes
2. A sign will be placed in the location with detailed instructions for donning and doffing PPE.

**PARENT/EMERGENCY CONTACT NOTIFICATION:** If a student is being testing for COVID-19, the Health Services staff will seek student authorization through signed release of information to share health status information with designated family members. If at any time, college staff become concerned for the immediate health and safety of a student, the student's emergency contact will be notified.

**FACULTY NOTIFICATION OF STUDENT ABSENCE:** The student should make an attempt to email each faculty member that they will be absent due to medical reasons. If the student is unable to complete this task, the student may ask that Academic Life notify each faculty of the absence due to medical reasons.

**EMERGENCY PROCEDURES:** If the student is experiencing a medical emergency 911 will be called. The operator will be notified that care is being sought for someone who has or may have COVID-19.

The following are **EMERGENCY WARNING SIGNS** for COVID-19. If someone is showing any of these signs, **SEEK EMERGENCY MEDICAL CARE IMMEDIATELY:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

**DISCONTINUATION OF SELF-ISOLATION:** Once the student has met the discontinuation criteria applicable to their situation, the Wellness Center Health Services staff will confirm they are cleared for release from isolation/quarantine and communicate this to the Dean of Students. If the student is under the care of an off-campus healthcare provider, the student must provide a note from their treating provider to confirm they are

cleared for release from isolation/quarantine. Any student that has been cleared from isolation will return their key to Residence Life and receive the key back to their assigned residential space.

The Dean of Students will notify Residence Life, Campus Safety, Director of Risk Management/Environmental Health & Safety, Aramark, and AVI that the student will be released from self-isolation/quarantine.

The Wellness Center will use the following criteria to determine when students can discontinue self-isolation:

- 3 days with no fever (without the use of fever-reducing medications) **and**
- Symptoms improved or completely resolved **and**
- 10 days since symptoms first appeared

### QUARANTINE PROCEDURES

Students will quarantine in their assigned residential space on campus. If students are quarantining in a shared space with shared bathroom, each student will maintain responsibility for cleaning and disinfecting their assigned bathroom sink, shower, and toilet according to the directions provided and using the supplies provided. If a student is in a double room or apartment, their roommate(s) may be expected to quarantine with them.

Students will be expected to monitor for the development of any symptoms daily. Students will be given a thermometer and asked to check their temperature at least twice daily. If a student does develop symptoms, they are to contact Health Services right away. The student will also be moved to an isolation room.

**WELLNESS CENTER HEALTH SERVICES:** Health Services staff will conduct periodic Wellness Checks with students in quarantine. A designated time will be given and the method of contact will ideally be video telehealth appointment via doxy.me platform. Phone is also an acceptable means of conducting the Wellness Check. The Wellness Check will include communication about how the student feels, signs and symptoms of illness, and any medication taken within the past 24 hours and temperature checks. If the student begins to experience any symptoms, the student will be moved to isolation and will be tested for COVID-19. A referral to Counseling Services will be offered to assist the student in managing the stress related to their quarantine, illness (if applicable), and other related stressors.

If a student in self- quarantine is unable to be reached at their designated check-in time with McDaniel College Health Services or there is other reason to be concerned for the student's immediate safety, a Wellness Center Staff Member will don PPE and knock on the student's door and identify themselves. If the student does not answer the door, the staff member will unlock the student's door and again announce themselves to conduct a safety check.

Health Services will limit entry into the student's Residence Hall unit to emergency/safety checks and possible decline in medical status. Only members of Health Services, the Department of Campus Safety, or college staff designated by the Dean of Students who have had PPE training will be permitted to enter the student's Residence Hall unit.

**MEALS:** College staff will deliver meals prepared by Food Services to students who are quarantining in the McDaniel College Residence Halls. The student will be asked to sign a consent authorizing staff to use the student's meal plan to purchase meals while in quarantine.

To-go-meals will be delivered outside of the student's residence. Staff will leave the building and call or text the student that their meal is on their doorstep. Staff must be > 6 feet from the student's door before calling.

**CLEANING:** Students are responsible for cleaning and disinfecting their own residential spaces during self-quarantine.

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The Dean of Students will notify Residence Life, Campus Safety, Director of Risk Management/Environmental Health & Safety, Aramark, and AVI that the student will be released from quarantine.

The Wellness Center will use the following criteria to determine when students can discontinue quarantine:

- 14 days since last contact with confirmed or presumed case **and**
- No symptoms