

ISOLATION AND QUARANTINE

INFORMATION AND REMINDERS

MCDANIEL COLLEGE

BEST WESTERN HOTEL REMINDERS

Students being isolated or quarantined in the hotel are reminded that they:

- May only leave their room to take out trash and retrieve their daily meal delivery.
- May not socialize in-person with other students at the hotel, inside or outside their rooms.
- May not have takeout food delivered to the hotel.

It is important to remember that individuals are isolated in order to minimize the spread of the COVID-19 virus and this includes not interacting face to face with anyone during the isolation period.

HOW DO I CONNECT TO THE BEST WESTERN INTERNET?

The hotel Wifi Password is on your keycard envelope.

HOW IS TRASH DISPOSED OF IN THE BEST WESTERN?

- In every room there is a trash can lined with a trash bag. Fill that trash bag first and then dispose of the bag in the hallway garbage cans when needed. Uneaten food and emptied food containers should be placed in this same trash bag and disposed of in the hallway trash cans.
- The hallway trash cans are emptied every Monday, Wednesday, and Friday.
- There is a thick red trash bag in each isolation room that is only for biological waste/trash like used tissues, napkins or used anti-bacterial wipes that wiped down surfaces. Any trash that may have touched bodily fluids gets thrown away in the red trash bag.

GENERAL QUARANTINE OR ISOLATION REMINDERS

Who will be checking in with you?

- Students in isolation or quarantine will receive calls from College and/or Health Department staff on a regular basis. Academic Life staff will also be connecting about classes. Students need to answer their phone and should not place it on Do Not Disturb mode.

How does food delivery work?

- Students will be sent an email with a link to place orders to Dining Services. It needs to be filled out by noon for the following day (although the form can be filled out for multiple days in advance as well).
- Each morning College staff will deliver a breakfast, lunch, and dinner package of food to the student's room, house or apartment. Deliveries typically arrive sometime between 8:30-10:00 AM.

Who can you reach out to with a request for something you need?

- The wecare@mcdaniel.edu Program is meant to assist you in all different types of situations. Email wecare@mcdaniel.edu in any of the following situations:
 - There is a mistake with your meal delivery for the day, or your meals were not delivered on a specific day.
 - You would like to have some laundry picked up to be laundered (see more specific information below).
 - You forgot your toothbrush, shampoo, soap, etc.
 - A package or other mail item has been delivered to the College Post Office and you are hoping that someone can bring it to you.

ISOLATION AND QUARANTINE INFORMATION AND REMINDERS

How does laundry work?

- A student can email wecare@mcdaniel.edu to let staff know that they are looking for laundry to be done. Include your name and cell phone number. Emails need to be sent before 3 PM, Monday-Friday.
- Staff will then bring a laundry bag to the student in the same location that meals are dropped off for them. There will also be a laundry tag that needs to be filled out and attached to the bag by the student.
- The next weekday morning the student places the filled bag in the meal delivery area by 8:30am and someone will pick it up.
- The turn-around time for laundry can be up to 72 hours from when it is picked up.
- Laundry is being taken to Avenue Tailors and Cleaners (46 PA Ave, Westminster, MD 21157).
- Once the laundry is ready, Avenue Tailors and Cleaners will notify the College and staff will pick it up and deliver it back to the meal delivery area for the student. Please note laundry deliveries will not occur over a weekend.

How do classes work during isolation or quarantine?

- The college will inform a student's faculty that they cannot attend in person class activities.
- Students are expected to participate in class remotely and should connect with their professors about any needed modifications.
- Someone from Academic Life will also reach out, and if a student is not feeling well enough to participate in class remotely, they should let Academic Life know.

What do I do in isolation or quarantine?

- Living in isolation/quarantine can certainly be challenging, and students should not ignore their self-care.
 - Think about setting a schedule for your days to help you feel more structured.
 - Remember to keep up with your coursework.
 - Take time to engage in your hobbies. Read, play games, puzzles, crafts...just take time for yourself to do something fun.
 - Intentionally make time to talk with friends and family.
- Remember that Wellness Center staff are available for telehealth counseling appointments during this time. You can reach them at 410-857-2243 or wellness@mcdaniel.edu
- Stay in touch with the Office of Student Engagement through their social media presence.
 - twitter.com/mcdaniel_ose
 - [instagram.com/mcdaniel_ose](https://www.instagram.com/mcdaniel_ose)
 - mcdaniel.presence.io

What if I start to feel worse?

- If you begin to feel your symptoms getting worse, please contact the Wellness Center Monday through Friday from 8:30am-4:30pm or Campus Safety on evenings and weekends.
- If you are experiencing 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

IMPORTANT OFFICE CONTACT INFORMATION

Wellness Center: 410-857-2243, wellness@mcdaniel.edu

Campus Safety: 410-857-2202, campussafety@mcdaniel.edu

Residence Life: 410-857-2240, reslife@mcdaniel.edu

Academic Life: 410-857-2251, academiclife@mcdaniel.edu