QUARANTINE AND ISOLATION — What You Need to Know

**Quarantine** separates people who are believed to have been exposed to the Covid-19 virus. If you have had close contact with someone who tests positive for Covid-19 or has symptoms, you will be asked to quarantine.

- Quarantine takes place in quarantine housing at the Holiday Inn, your off-campus residence, or your home depending on the circumstances. Students will remain in their quarantine space for the duration of quarantine except in emergencies (such as a fire alarm).
- Continue tracking symptoms using the daily symptom tracker on the LiveSafe app. Alert the Student Health Center to any change in your condition or the onset of symptoms.
- Meals will be delivered to your room at the Holiday Inn. If you live off campus or went home, you will not be eligible for meal delivery.
- Quarantine lasts for 14 days from your last exposure to a positive case or until a symptomatic contact receives a negative test result.
- You will receive notification of when to discontinue quarantine. You do not need to be retested at the end of quarantine.

**Isolation** separates people who are known to have been infected with the Covid-19 virus from those who are not infected. If you test positive for Covid-19, with or without symptoms, you will be moved to isolation housing.

- Isolation housing will be provided by the University at no additional cost.
- If you live off campus, you will be instructed to self-isolate in your residence.
- You will receive daily telehealth visits from the Student Health Center to monitor your condition.
- Meals will be delivered to your room.
- Isolation lasts for at least 10 days, possibly longer if you continue to have a fever or your symptoms are not improving.

PREPARING FOR QUARANTINE OR ISOLATION

Students should always be ready to go into quarantine or isolation. Keep your room organized and pack a bag with the following items. The supplies should be enough to last for up to two weeks time.

Preparation Checklist:

1. Medications
2. Thermometer
3. Self-Care items
4. School supplies
5. Toiletry items
6. Snacks (the University will provide main meals).

IF YOU ARE INSTRUCTED TO QUARANTINE

If you may have been exposed to Covid-19, you will be called and instructed to quarantine. You may be instructed to quarantine if you:

- Are awaiting Covid-19 test results.
- Have been in close contact with someone who has tested positive for Covid-19.
- Have had close contact with someone who is being tested for symptoms of Covid-19.

When asked to quarantine, you should:

- Remain in the quarantine space at all times until directed to discontinue quarantine by a staff member.
- You may not go outside while under quarantine.
- Notify your professors that you will be switching to online learning during your quarantine period. The University will also send out a notification.
- You may return to in-person classes when you are released from quarantine.

What will isolation and quarantine housing be like?

- A private bedroom and bathroom
- A refrigerator and microwave
- Wi-Fi internet
- Meals will be delivered three times a day
- Laundry will be coordinated twice a week
- Packages and mail will be delivered twice a week
- Trash will be picked up often
- Telehealth: you will receive a daily telehealth visit from Student Health Center personnel

RELEASE FROM QUARANTINE

- **Students quarantining on campus:** If you do not experience symptoms after 14 days, you will be released from quarantine by a health professional and may resume in-person classes and move about campus. Due to the incubation period for Covid-19 and in the interest of community health, you will not be tested for Covid-19 during quarantine unless you develop symptoms that warrant evaluation and testing.

- **Students quarantining off campus:** If you do not experience symptoms after 14 days, you will be released from quarantine by a health professional and may resume in-person classes and move about campus. You may not return to campus until you have received this clearance.
WHAT TO EXPECT IF YOU TEST POSITIVE FOR COVID-19

If you live on campus and receive a positive Covid-19 test result, you will be moved to isolation housing in order to contain the spread of infection. This will happen immediately and you will not be allowed to go back to your room. If you live off campus, you should self-isolate at your residence. Isolation is used to separate people infected with the virus (both those who are sick with Covid-19 and those with no symptoms) from people who are not infected.

Here is what to do and expect if you are asked to move to isolation housing:

- The University will be notified of your test results, and we will contact you to arrange transportation to isolation housing or to a holding area for you to be picked up.
- Make sure your bag is packed and ready to go.
- As soon as you are able, begin making a list of people with whom you’ve been in close contact (within six feet for 15 minutes or more, physical contact, shared food or drinks) during the two days prior to the date you took your positive test or the onset of symptoms.
  - You will be contacted by the Contact Tracing Team for this information.
- Your room will be disinfected by Facilities. Facilities will not enter your room until at least 24 hours has passed since you left for isolation housing.
- Notify your professors that you will be switching to online learning. You do not need to provide a reason. You may return to in-person learning after you are released from isolation housing.

Roommates: If a student you live with tests positive for Covid-19, in most cases, you will need to go to isolation housing to quarantine for 14 days.

CONTACT TRACING

If you have been in contact with someone with a confirmed case of Covid-19, a member of the Contact Tracing Team will call and provide instructions. This call could come from a number you don’t recognize. It is important that you answer calls to your phone and comply with the instructions that the contact tracers provide. If you have been exposed, you will need to go into quarantine.

If you test positive or have symptoms of Covid-19

- You will be called by a member of the Contact Tracing Team soon after receiving a positive test result for Covid-19.
- Depending on the time of your test result, this call could come the following day.
- You will be asked to share the names of anyone at Fairfield you had close contact with beginning two days prior to the date of taking your positive test or two days before you began to experience symptoms.
- To protect the health of the community, it is imperative that you report all close contacts to contact tracers. As soon as you are able, you should begin making a list of these contacts so you are prepared when contact tracers call.
Close contact is defined as being:

- Within six feet, 15 minutes or more (regardless of face covering).
- Having personal contact.
- Such persons might include:
  - Roommates
  - Faculty or staff members with whom you were in close contact
  - People with whom you’ve eaten
  - Anyone with whom you’ve shared food, drinks or personal items
  - Anyone with whom you’ve had personal contact (kissing, hugging, etc.)

**ACADEMIC QUESTIONS**

Faculty are prepared to provide instruction and learning experiences for students studying both in person and remotely. The University will notify your faculty but we encourage you to notify your professors that you will switch to online learning. You may return to in-person classes when you are released from quarantine or isolation housing.

**MENTAL HEALTH & WELLNESS RESOURCES**

Fairfield University’s counseling staff are available to provide mental health services online via video or over the phone. Options include individual and group counseling, consultation and crisis management for students living on campus and at home.

**Questions:**

Student Health Center: 203-254-4000 ext. 2241

Dean of Students Office: 203-254-4211

Department of Public Safety: 203-254-4090