



Fairfield University

Student Guide to Quarantine, Isolation, and Contact Tracing

QUARANTINE AND ISOLATION — What You Need to Know

QUARANTINE

Quarantine separates people who are believed to have been exposed to the Covid-19 virus from others. Quarantine helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. If you have had *close contact* (within six feet for 15 minutes in 24-hour period) with someone who tests positive for Covid-19, you should be tested for Covid-19. If your test is negative and you do not have symptoms of Covid-19, you will be asked to quarantine. If you share a room, suite, or home with someone who tests positive for Covid-19, you must quarantine.

Quarantine takes place in quarantine housing (University sponsored hotel), your off-campus residence, or your family home depending on the circumstances. You should remain in your quarantine space (separate bedroom and bathroom if possible) for the duration of quarantine except in emergencies. You will not be allowed to stay in your dorm residence to quarantine.

- Monitor for symptoms. Take your temperature daily and call the Student Health Center with any Covid-19 related symptoms. If you develop symptoms of Covid-19 while in quarantine, you will need to be re-tested.
- Meals will be delivered to your hotel. If you live off campus or went home, you will not be eligible for meal delivery.
- You may go outside while under quarantine at specific times via online sign up.
- Quarantine lasts for 10 days from your last exposure to a positive case. You will receive notification of when to discontinue quarantine. You do not need to be re-tested at the end of quarantine.
- If you have had Covid-19 within the past 90 days, you are exempt from quarantine and any further Covid-19 surveillance testing for those 90 days.
- You cannot “test out of quarantine” by getting a serial negative test result.
- You cannot use antibody test results as an exemption from quarantine.
- Students meeting criteria for fully vaccinated status are exempt from exposure quarantine. Fully vaccinated students have received a complete Covid-19 vaccine regime and two weeks have passed since the final vaccine.

Release from Quarantine



- Students quarantining on campus: If you do not experience symptoms after 10 days, you will be released from quarantine by the Student Health Center and may resume in-person classes and move about campus.
- Students quarantining off campus: If you do not experience symptoms after 10 days, you will be released from quarantine by the Student Health Center and may resume in-person classes and move about campus. You may not return to campus until you have received this clearance.

ISOLATION

Isolation separates people who are known to have been infected with the Covid-19 virus from those who are not infected. You may isolate at your family home if you are able to do so safely. If this is not possible, isolation housing will be provided to residential students by the University at no additional cost. If you live off campus, you should self-isolate at your residence or at your family home.

If you live on campus and receive a positive Covid-19 test result, you will be moved to isolation housing to contain the spread of infection. This will happen immediately, and you will not be allowed to go back to your room.

Here is what to do and expect if you test positive for Covid-19 and are asked to isolate:

- You will receive daily phone calls from the Student Health Center to monitor your condition unless you are in your family home residence.
- Isolation lasts for at least 10 days, possibly longer if you continue to have a fever or your symptoms are not improving.
- As soon as you are able, begin making a list of people with whom you have been in close contact 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 soon.
- Residential Students:
 - The University will be notified of your test results, and we will contact you to arrange transportation to isolation housing.
 - Make sure your bag is packed and ready to go.
 - You will receive meals delivered to your isolation room.
 - Your Residence Hall 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.

Release from Isolation

- Students isolating on campus: Isolation lasts at least 10 days, as you must meet certain medical criteria to be released from isolation. The Student Health Center will need to clear you in order to be released from isolation. Once you are cleared to be released, you may resume in-person classes and move about campus.
- Students isolating off campus: The Student Health Center will need to clear you to be released from isolation as described above. You may not return to campus until you have received this



clearance from the Student Health Center. Once you are cleared to be released, you may resume in-person classes and move about campus.

PREPARING FOR QUARANTINE OR ISOLATION

Residential students should always be ready to go into quarantine or isolation. Make sure you have a bag packed at all times and ready to go. The supplies should be enough to last for up to 10-14 days (see attached "Go Bag" packing list)

What will on-campus isolation and quarantine housing include for residential students?

- A private bedroom and bathroom
- A refrigerator and microwave
- Wi-Fi internet
- Meals will be delivered three times a day in a contactless manner
- Laundry will be coordinated twice a week
- Package and mail will be delivered twice a week
- Trash will be picked up regularly
- A daily check-in phone call, initiated by either Student Health personnel if you are in on-campus isolation, or from the Wellness Center if you are in quarantine.

CONTACT TRACING

If you test positive for Covid-19:

- Soon after receiving a positive test result for Covid-19, a contact tracer will call you to conduct a contact tracing interview.
- 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 University 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.
- Your name will not be disclosed to the contacts you identify.

Close contact is defined as being:

- Within six feet, 15 minutes or more (regardless of face covering) within a 24 hour period
- Household contact is close contact. This includes all roommates, suitemates, housemates, or apartment mates
- Examples of close contacts may include:
 - Faculty or staff members with whom you were in close contact
 - People with whom you have eaten with



- o Anyone with whom you have shared food, drinks, or personal items
- o Anyone with whom you have had close physical contact (kissing, hugging, etc.)

CONTACT TRACING

If you have been exposed to Covid-19:

If you have been identified as a close contact to someone with a confirmed case of Covid-19, a member of the Contact Tracing Team will call you, conduct a contact tracing interview, and provide instructions on next steps. This call could come from a number you do not recognize. It is important that you answer calls to your phone and comply with the instructions that the contact tracer provides. If you have been exposed to Covid-19, you will need to quarantine.

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 also notify your professors that you will temporarily switch to online learning.

MENTAL HEALTH & WELLNESS RESOURCES

Fairfield University's Counseling and Psychological Services 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.

RESOURCES

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

Counseling and Psychological Services: 203-254-4000, ext. 2146

Dean of Students Office: 203-254-4211

Department of Public Safety: 203-254-4090

"Go Bag" Packing List

- Clothes, including underwear, for several days (Laundry service will be provided at no cost to you by Stags Laundry during your stay)
- Pajamas
- Toiletries (i.e. shampoo, conditioner, soap, face wash, toothbrush, toothpaste, lotion, etc.)
- Feminine products
- Personal items (contact lenses, glasses, retainer, etc.)
- Chargers for all electronic devices
- Headphones/Earbuds



- Medications (prescription and over the counter, i.e. Tylenol/Acetaminophen, Allergy Medicine, Decongestant (ex: Sudafed, Dayquil/Nyquil))
- Thermometer
- Masks
- Wallet (ID, insurance card, money, etc.)
- Pillow/Blanket (for additional comfort)
- Small entertainment items (puzzles, books, games, self-care activities)
- Snacks
- Academic supplies (everything you need for class)
- Grab your cell phone and laptop/tablet before leaving your room
- Chapstick/lip balm
- In-room workout supplies (i.e. yoga mat, jump rope, or resistance bands)

The Fairfield University On-Campus Isolation space will include:

- Tissues
- Toilet paper
- Sanitizer spray
- Facial and body towel
- Fitted sheet, top sheet, blanket, pillow, and pillowcase
- Microwave
- Mini Fridge
- Disinfecting Wipes
- Antibacterial Hand Soap
- Hand Sanitizer
- Trash Bags
- Thermometer (provided by Student Health Center if needed)
- Pulse Oximeter (provided by Student Health Center if needed)