

Self-Isolation & Quarantine Guidance for Residential Students **Effective 8/29/2022**

This document provides general guidance regarding self-isolation and quarantine related to suspected or positive COVID-19 cases for residential students. Residential students who test positive for COVID-19 will self-isolate in their own rooms/apartments for 5-10 days. This document provides general guidance for residential students who test positive for COVID-19 and those with potential exposure who are asymptomatic, such as close contacts with an infected person.

SELF-ISOLATION: Positive COVID-19 Cases

Isolation is the separation of someone who is **symptomatic and awaiting a test result** or **has tested positive for COVID-19 from the general community**.

Residential students who test positive for COVID-19 **will remain in their assigned on-campus residence** for the duration of their required self-isolation period.

Students self-isolating in their residence hall room are required to follow [CDC guidelines](#) that reduce the risk of their exposure to their roommates and others. This includes wearing a high-quality and well-fitted mask (such as KN-95 or similar, or a surgical mask covered by a cloth mask). Such actions are critically important when using common areas (e.g. restrooms, hallways, lobbies, food pickup areas, etc.)

COVID-positive residential students also may choose to complete their self-isolation period elsewhere off-campus if they are able.

What Should I Do If I Test Positive for COVID-19?

- **E-mail** covid-19-report@seattleu.edu to let the university know you have tested positive. The university will respond with information about the duration of your self-isolation period, how you can notify any close contacts, and any other next steps.
- **Stay home**, regardless of your vaccination status, even if you aren't experiencing symptoms. Do not go to class or work.
- **Contact** your faculty and on-campus employment supervisor (if applicable) by email to notify them that you are required to self-isolate and will be unable to attend class or work for 5-10 days. If you need an absence verification sent to your faculty and/or supervisor, please contact the Office of the Dean of Students at deanofstudents@seattleu.edu.
- **Face Coverings:** Wear a well-fitting surgical mask or KF94/KN95/N95 when around others (e.g. roommates, friends, etc.), including in common areas or when picking up food or supplies. Housing & Residence Life will drop off a supply of masks for you and your roommate(s) at your door.
- **Meals:** If you live in on-campus, you will be asked to self-isolate in your room for a minimum of 5 days. Housing & Residence Life will contact students with meal plans to provide information

about meal delivery during this time.

How Long to Self-Isolate

Days 1-5*	Self-isolate in your room/apartment. Follow CDC guidelines to reduce the risk of exposure to your roommates and others. Day 1 is the day after symptoms start or if you have no symptoms, the day after testing positive for COVID-19.
Day 6-10	<p>If you are asymptomatic, or your symptoms have improved by day 6, you may leave self-isolation on day 6, but continue to follow strict protocols through day 10, including:</p> <ul style="list-style-type: none">• Any time you leave your room wear a respirator mask such as KN95• Avoid gatherings, gyms, restaurants, and travel• Do not go places where you are unable to wear a mask• Do not eat with others or in public locations; return to your room to eat• Avoid being around people at risk of getting very sick from COVID-19 <p>If your symptoms have not improved by day 6, continue to isolate until:</p> <ul style="list-style-type: none">• You test negative on two separate antigen tests taken at least 48 hours apart; OR• Until you complete 10 full days of self-isolation. <p>If you have any questions about the duration of your self-isolation, please contact covid-19-report@seattleu.edu.</p>

**Day 1 is considered the day after your symptoms started or the day after you tested positive.*

Be Prepared: Self-Isolation Kits

We encourage all students and their families to discuss and prepare a plan in case they or their roommate contract COVID and to have an “isolation kit” prepared in advance that includes cleaning materials, medicine, and other necessities. Students with approved service or support animals should also prepare a contingency plan in the event they need someone to temporarily care for their animal.

Supplies you may want to include in your Isolation Kit:

- Rapid Antigen Tests: Information about ordering free rapid tests is available here: <https://www.seattleu.edu/student-health/covid-19-health-resources/covid-19-testing/>
- High-quality, well-fitting face coverings such as KN-95s and surgical masks.
- Academic Materials: All class materials, including academic books, notebooks, laptop, and other necessary supplies.
- Personal Medications: Prescribed medications you need for at least 10 days (the duration of the infective period).
- Thermometer and medications you commonly use to manage upper respiratory symptoms.
- Hygiene Supplies: shampoo, soap, toothbrush, toothpaste, feminine products, etc.
- Technology Supplies: Phone charger, laptop charger, and a back-up battery.

- Comfort Food: Consider packing your favorite comfort snacks and drinks as well as a reusable water bottle.
- Self-Care Items to support your well-being: Art supplies, puzzles, crafts, playing cards, books
- Blanket

QUARANTINE: For Exposure to COVID-19 & Close Contacts

Quarantine is the separation of someone exposed to a COVID-19-positive individual from others to monitor the exposed person for signs of illness and/or to await a test result.

If you do not have symptoms:

If you come into close contact with someone who tested positive for COVID you are NOT required to quarantine if you are not exhibiting any COVID symptoms, but should take the following steps:

- Wear a well-fitting surgical mask or KF94/KN95/N95 for 10 days (Day 1 is the day after the positive COVID-19 test).
- Do not go places you are unable to wear a mask
- Closely monitor for symptoms.
- Get tested on at least 5 full days after last known exposure (test even if you have no symptoms) Students can schedule a test at the on-campus Curative kiosk here: <https://book.curative.com/sites/33027>
- Take extra precautions if you will be around at risk of getting very sick from COVID-19

If you develop symptoms at any time in the 10 days:

If symptoms develop, you should get tested immediately (even if you already tested) and self-isolate using the **self-isolation** instructions above.

For more information, <https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html>

Support Resources for Students in Isolation

Questions/Concerns Related to Self-Isolation

Contact Public Safety at 206-296-5990 or covid-19-report@seattleu.edu

Symptoms, Testing, and Medical Care

Contact the Student Health Center at 206-296-6300

(If you need immediate medical attention, please call Public Safety at 206-296-5911 or 911)

Academic Support & Resources

Contact the Dean's Office of your school/college: <https://www.seattleu.edu/academics/schools-and-colleges/>

Absence Verification, Support Resources, Other Questions/Concerns

Contact the Office of the Dean of Students at 206-296-6060 or deanofstudents@seattleu.edu

TimelyCare: 24/7 Mental Health & Medical Telehealth Support

Seattle University has partnered with TimelyCare to offer students 24/7 access to virtual medical and mental healthcare from anywhere in the United States. This exciting new service, funded by the student wellness fee, provides a great supplement to our existing on-campus health and wellness services with no out-of-pocket cost or insurance requirement.

Services available through TimelyCare include:

- **Medical:** 24/7, on-demand access to a medical provider that can treat a wide range of common illnesses like cold and flu, sinus infection, allergies and more.
- **Scheduled Medical:** scheduled options to speak to a medical provider.
- **TalkNow:** 24/7, on-demand access to a mental health professional to talk about anything at anytime.
- **Scheduled Counseling:** scheduled options to speak to a licensed counselor (up to 12 visits per year).
- **Health Coaching:** resources to help students adopt healthier lifestyle behaviors related to sleep issues, nutrition, weight management and more.
- **Psychiatry:** services provided by referral from an on-campus medical or mental healthcare provider.
- **Group Sessions:** Weekly Guided Meditation and Yoga Group Sessions, plus specialized discussions throughout the year.