

# STUDENTS:



# Healthy HAWK NATION

# QUARANTINE & ISOLATION

Guidelines as of January 5, 2021

## QUARANTINE



**If you are EXPOSED TO or are identified as a close contact of someone who has tested positive for COVID-19, you must quarantine and take the following steps.**

- Resident students must make arrangements to return to their family's home. If unable to return home you will be assigned a quarantine room on campus. You may not leave this location except for medical care or testing.
- Commuter students should make arrangements to go home or remain in their location except for medical care or testing.
- NOTE: affected students are required to work remotely during their quarantine period.
- Students in quarantine must not use the general testing site.
- Students without symptoms must quarantine for at least 7 days. (See instructions below.)
- Call Student Health Services for any questions and for academic absence notification. (774) 354-0471.
- Student Health Staff will perform telehealth check-ins for all students in quarantine.
- In your home/quarantine room use a separate bedroom and bathroom if possible.
- Clean and disinfect commonly touched surfaces like door knobs and bathrooms. (Cleaning products will be supplied.)
- Continue to wear a mask/face covering to protect others from infection, practice good handwashing & hygiene, and maintain social distancing. Do not have any visitors.
- Students in residence hall quarantine will have meals and beverages delivered.
- Do not share eating or drinking utensils with others.
- If you need additional medical care, call Student Health Services, inform our office staff that you are in quarantine and your location.
- Do not take public transportation or use ride-shares for any reason.
- Monitor your health daily.
  - Take your temperature twice daily (morning and night) or anytime you feel like you have a fever.
  - Complete your daily COVID-19 symptom checker in the CoVerified app.

**EXPOSURE:**  
Contact with a (+) COVID-19 person, less than 6 feet apart for 15 minutes or more over a 24-hour period, even while wearing a mask or face covering.



**You will need to remain in quarantine at least 7 days and have satisfied all of the following:**

- You have not had, and do not have, any symptoms of COVID-19.
- You have a negative PCR test on day 6 or later in your quarantine. (Tested in Student Health Services.)
- You must continue to monitor your symptoms for 14 days following your initial exposure.
- You must be cleared by Student Health Services to return to campus/classes.



**If you get sick during quarantine, notify Student Health Services immediately. (774) 354-0471 You will need to arrange for testing in our office. If you test positive, you must isolate from others for 10 days.**

(Follow Isolation guidelines on next page.)

### MEDICAL EMERGENCIES

- ON CAMPUS: Call Campus Police (508) 373-9555.
  - OFF CAMPUS: Call 911.
- Let emergency personnel know that you are being monitored for COVID-19.

[WWW.BECKER.EDU](http://WWW.BECKER.EDU)

# STUDENTS:



Guidelines as of January 5, 2021

## ISOLATION



**If you have tested positive for COVID-19, you need to isolate for 10 days or longer to keep the virus from spreading. Students with symptoms must isolate and arrange for testing at Student Health Services.**

- Do not come to campus. Do not leave your home/residence hall.
- Affected students are required to work remotely during their isolation period.
- Call Student Health Services for any questions and for academic absence notification. (774) 354-0471.
- Resident students must make arrangements to return to their family's home.
- If you are a resident student and cannot go home you will be assigned to an Isolation room on campus. You may not leave your location for at least 10 days, except for medical care or testing.
- Commuters should make arrangements to go home, otherwise you are required to remain in your off-campus location except for medical care.
- Student Health Services will call if you test positive for COVID-19. Negative results will be sent directly to your phone via the CoVerified App. (This applies to on-campus testing only.)
- Prepare a list of on campus contacts – from two days before you began feeling sick or two days before the date you tested positive for COVID-19. A contact is defined as “individuals with whom you interacted at a distance within 6 feet for 15 minutes or more over a 24 hour period, even if wearing a mask or face covering.”
- Student Health Staff will perform daily telehealth check-ins for all students in isolation.
- If you develop symptoms of respiratory distress (difficulty breathing):  
Call for emergency care: **ON CAMPUS** – Campus Police (508) 373-9555; **OFF CAMPUS** – 911
- Please take these additional precautions while isolating at home or in campus isolation hall:
  - Use a separate bedroom and bathroom if possible.
  - Clean and disinfect commonly touched surfaces like door knobs and bathrooms. (Cleaning products will be supplied.)
  - Continue to wear a mask/face covering to protect others from infection, practice good handwashing and hygiene, and maintain social distancing. Do not have any visitors.
  - Students in residence hall isolation will have meals and beverages delivered .
  - Do not share eating or drinking utensils with others.
- For non-urgent medical care, call Student Health Services – (774) 354-0471. Inform the staff that you are in isolation.
- Do not take public transportation or use ride-shares for any reason.
  - Take your temperature twice daily (morning and night) or anytime you feel like you have a fever.
  - Complete your daily COVID-19 symptom checker in the CoVerified app.



**You can safely resume activities after 10 days if you are:**

- Fever-free for 24 hours without medication.
- You experience improvement of your COVID symptoms.



**If you are not symptom-free after 10 days, call Student Health Services – (774) 354-0471.**



**Additional information:**

- You will be exempt from COVID-19 testing for 90 days.
- After your isolation period is up, you are still required to complete your daily symptom tracker.
- If you develop symptoms at any time during the 90 days, contact Student Health for testing – (774) 354-0471.

### MEDICAL EMERGENCIES

- **ON CAMPUS:** Call Campus Police (508) 373-9555.
- **OFF CAMPUS:** Call 911.

Let emergency personnel know that you are being monitored for COVID-19.