
QUARANTINE & ISOLATION PLANNING GUIDE

FOR STUDENTS

HOUSING & RESIDENCE LIFE
UNIVERSITY OF NORTH ALABAMA



UNIVERSITY OF NORTH ALABAMA WILL USE THE KEY PUBLIC HEALTH TOOLS KNOWN AS ISOLATION AND QUARANTINE TO PREVENT THE SPREAD OF COVID-19 AMONG THE CAMPUS COMMUNITY. BECAUSE THERE IS TYPICALLY LITTLE TIME TO PREPARE FOR ISOLATION OR QUARANTINE WHEN INSTRUCTED TO DO SO, UNA HOUSING & RESIDENCE LIFE HAS DEVELOPED THIS PLANNING GUIDE TO HELP RESIDENTS PREPARE TO ISOLATE OR QUARANTINE.

WHAT IS THE DIFFERENCE BETWEEN ISOLATION AND QUARANTINE?

ISOLATION is the separation of someone who is ill with or has tested positive for COVID-19 from people who are not sick. Individuals who test positive for COVID-19 typically isolate for at least 10 days (the duration of the infective period) from the time they are tested or symptoms first appear, but could be isolated for longer periods if symptoms persist. Students in on-campus housing must be relocated from their housing assignment during isolation to minimize the risk of spread to peers in their hall/apartment.

QUARANTINE is the separation of someone exposed to a COVID-positive individual from those who are not sick or exposed, in case the exposed person becomes sick or tests positive for COVID-19. A typical quarantine period last 14 days (the duration of the incubation period). Students in on-campus housing will maintain housing in their assigned room/apartment during a period of quarantine as long as they remain asymptomatic. .

DO I NEED A PLAN FOR ISOLATION & QUARANTINE?

All students living on campus are required to have an isolation or quarantine plan. For students who can travel in a private vehicle and are within driving distance of their primary place of residence, we expect that your plan will be to conduct your period of isolation or quarantine from the comfort of your home. Residents that cannot travel home due to extreme distance may request for on-campus isolation housing, but this space is limited. During campus quarantine and/or isolation, meals will be delivered and campus services will be accessible to students virtually.

HOW DO I PREPARE FOR ISOLATION?

COMMUNICATE WITH YOUR FAMILY/SUPPORT SYSTEM

Discuss the following with your family before coming to campus:

- With consideration to known health and mental health factors, have you considered the impact of potential isolation/quarantine on your physical and emotional wellness?
- In anticipation of possible isolation/quarantine, or potential campus closure, have you considered packing light for 2020-2021?
- If you live within driving distance, are you able to return home in a private vehicle? If you are instructed to isolate/quarantine, you cannot travel via public transportation.
- If someone from your family plans to pick you up from campus to take you home to isolate/quarantine, how much time will they need to arrive?
- Are you able to distance yourself from others in your home to keep other family members safe?
- If you cannot isolate/quarantine at home, do you have an alternate location where you can conduct isolation/quarantine?
- Do you have a thorough working knowledge of your health insurance policy, coverage, and how to access care locally while at UNA?

HOW WILL I BE SUPPORTED IF I AM IN ISOLATION OR QUARANTINE?

- Telehealth visits will be available through University Health Services. Students should call 911 for any life-threatening emergencies; when calling, please inform the dispatcher that you are in isolation/quarantine.
- A variety of peer and staff-led supports are available for students in isolation/quarantine.
 - Student Counseling Services is available to provide mental health resources via telemental health counseling services.
 - The University Case Manager is available to meet with students virtually, provide support, and assist with resources as needed. The Case Manager can work with course faculty to provide options for students to continue with their classes remotely during isolation.
 - Housing & Residence Life Resident Advisors will offer daily check-ins with students in quarantine/isolation. In addition, HRL has a 24/7 on-call team available for support.

ASSEMBLE A GO-BAG

If you are asked to isolate by University Health Services or Housing & Residence Life, you will not be able to leave your isolation/quarantine space during isolation/quarantine. To prepare, assemble a Go-Bag so you can transfer necessities quickly and easily when you are in isolation/quarantine.

SUPPLIES FOR YOUR GO-BAG

- **Cleaning Supplies:** Pack EPA-approved disinfecting wipes to use in your living spaces before, during, and after any possible isolation or quarantine. You will need to use these in common areas of your residence while you are in isolation, quarantine, or anytime you are not feeling well.
- **Self-Care Medications:** Pack fever/pain reducers such as acetaminophen (Tylenol) or ibuprofen (Motrin). Do not use multi-symptom medications in combination with these, as it can be easy to take too much. You may want lozenges for sore throats or cough medications.
- **Prescription Medications:** Pack several days' worth of any prescription medications you need. Speak with your provider about how you would access medications if in isolation/quarantine.
- **Thermometer:** Pack a digital thermometer that works under your tongue, is easy to use and is not expensive to purchase. Make sure you have one with new batteries.
- **Face Coverings:** Pack multiple face coverings so you can wear a fresh one each day.
- **Comfort Food:** Pack your favorite comfort snacks and drinks, along with a reusable water bottle. Although we will ensure meals are delivered to those isolating/quarantining on campus, your favorite snacks can sometimes provide comfort.
- **Comfortable Clothing:** Pack several days' worth of comfortable clothes, including two weeks' worth of undergarments.
- **Hygiene Supplies:** Pack shampoo, soap, toothbrush, toothpaste, feminine products, etc.
- **Towels & Spare Set of Twin XL Sheets:** You can use your pillow and blanket from your current bed.
- **Phone Charger**
- **Self-Care Items:** Art supplies, puzzles, crafts, playing cards, portable exercise equipment, books, etc.
- **Academic Materials:** Laptop, books, writing utensils, folders, etc.