WMU Community Quarantine and Isolation Measures
From a Sindecuse Healthcare Provider

Students, faculty, or staff who have been told by a Sindecuse health care provider that they have symptoms consistent with COVID-19, have had a positive test for COVID-19, or exposure to COVID-19 need to quarantine/isolate away from others to help reduce the spread of the virus. Many people will have symptoms that are mild and will be able to recover at home. The following information may be helpful if your provider has instructed you to quarantine or isolate:

**HOW TO QUARANTINE/ISOLATE:**

- **STAY IN YOUR APARTMENT/ROOM, DO NOT LEAVE** EXCEPT TO GET MEDICAL CARE.
- **Do not go to any public areas** or use public facilities including great rooms, laundry areas, or TV rooms.
- **Do not have any visitors** in your apartment or room.
- Monitor your symptoms and complete page three of this form DAILY.
- **Call 911** if you develop emergency warning signs for COVID-19; tell the operator that you are in isolation for COVID-19. Emergency warning signs include:
  - Trouble breathing / persistent pain or pressure in the chest / new confusion or inability to arouse / bluish lips or face
  - Any other symptoms that seem severe or cause you concern
- **Call your medical provider** if your illness is worsening (for example, if you have a change in your breathing that doesn’t seem to be an emergency). Tell them you have or may have COVID-19.
- If you have to leave to receive medical care, **wear a facemask** when you leave your apartment/room or request one upon entering the health center. If you can’t put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.
- Follow all care instructions from your healthcare provider.

**Clean & disinfect**

- Clean all “high-touch” surfaces every day in your area and bathroom.
- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom, fixtures, toilets, keyboards, tablets, and bedside tables.

**Food service & delivery**

- **On campus residents in isolation**- may not receive deliveries of food, nor may any other person receive deliveries on your behalf. WMU Dining Services will be contacted to provide food deliveries for on-campus residents in isolation.
On campus residents in quarantine- may seek food delivery from local restaurants or stores as long as there is someone that lives in your hall that can receive the delivery for you that is not in quarantine or isolation.

Off-campus and WMU Apartments residents-may seek food delivery from local restaurants or stores.

Trash
DO NOT USE THE PUBLIC TRASH AREAS ON CAMPUS. Res Life will provide you with can liners. Please double bag your trash, tie it up, and place it outside of your room by 9:45 a.m. on Mondays, Wednesdays and Fridays. Residence Life’s custodial company will retrieve trash from residence halls on Mondays, Wednesdays and Fridays beginning at 10 a.m. If you do not have your trash out on time, it must remain in your room until the next pick up day. Wash hands.

Laundry
If you have small items, you can wash by hand in your room/apartment sink. Do not use the public laundry areas on campus.
• Wash, rinse well, and hang to dry.
• Wash hands with soap and water after touching your laundry • Do not shake dirty laundry.

WHEN TO DISCONTINUE QUARANTINE/ISOLATION
People with COVID-19 who have stayed home (isolated) or who have stayed home due to an exposure (quarantined) may discontinue quarantine or isolation under the following conditions: Retesting is not recommended by the CDC.

Isolation:
You can discontinue self-isolation after these three things have happened:
1. At least 10 days have passed since your symptoms first appeared or had a positive test AND
2. Your symptom sheet reflects no fever for at least 24 hours (that is a full day of no fever without the use medicine that reduces fevers) AND
3. Your other symptoms have improved (for example, when your cough or shortness of breath have improved)

Quarantine:
You can discontinue quarantine after these things have happened:
1. At least 10 days have passed AND
2. You do not have any symptoms that may be associated with COVID-19
In all cases, follow the guidance of your healthcare provider and/or the local health department. Remain vigilant for 14 days and seek care if symptoms develop. The decision to stop isolation/quarantine should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

10-Day Quarantine/ 10-Day Isolation OBSERVATIONS

Take your temperature twice a day, in the morning and in the evening, and write it down. Mark if you have any of the symptoms: circle ‘Y’ for Yes and ‘N’ for No. Don’t leave any spaces blank.
This form is provided by the Centers for Disease Control and Prevention for patients who are under public health monitoring. They are being provided to you to use to protect yourself while at home.

**DISINFECTING YOUR ROOM / APARTMENT**

As part of your everyday prevention actions, clean and disinfect frequently touched surfaces and objects. For example: tables, countertops, light switches, doorknobs, and cabinet handles. Wear disposable gloves to clean and disinfect.

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Clean

Clean surfaces using soap and water. Practice routine cleaning of frequently touched surfaces. High touch surfaces include: Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.

Disinfect

Use diluted household bleach solutions if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- Follow manufacturer’s instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.
- **To make a bleach solution**, mix:
  - 5 tablespoons (1/3rd cup) bleach per gallon of water  ○ OR
  - 4 teaspoons bleach per quart of water  □ Alcohol solutions with at least 70% alcohol.
- Household cleaners and disinfectants: Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- Follow the instructions on the label to ensure safe and effective use of the product.
- Many products recommend:
  - Keeping the surface wet for several minutes to ensure germs are killed.
  - Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

Cleaning soft surfaces

For soft surfaces such as carpeted floor, rugs, and drapes

- Clean the surface using soap and water or with cleaners appropriate for use on these surfaces.
- Launder items (if possible) according to the manufacturer’s instructions. Use the warmest appropriate water setting and dry items completely.


EMOTIONAL WELLBEING DURING ISOLATION/QUARANTINE

Tips for emotional well-being:

- Be Aware of Stress Signals. How does your body feel when you’re stressed? Some common signs are brain fogginess, difficulty concentrating, irritability, deep mood swings, hyperfocused
on problems, tension, aches and pains. If we can recognize what we are feeling, we are better equipped to tackle them.

- **Stay Connected.** Humans are social beings and we need our support people, so check in with your loved ones in new ways. Maximize connectivity while you minimize physical contact. Utilize communication platforms like FaceTime, Zoom, or Google Hangouts to keep in touch.
- **Maintain Routine.** You’re in a different environment for a short period of time and might feel really thrown off. Try to establish some kind of structure, including getting ready for the day and a regular sleeping schedule.
- **Focus on What You Can Control.** Focus on what you can control instead of what you can’t. Worrying about things you can’t change wastes energy and doesn’t change the outcome of the situation.
- **Practice Mindfulness.** Although this is difficult, try your best to not worry about the future. Be present in “right now” and how you can make the best of your current situation. Seek out 3 good things each day to help balance out the negative. Celebrate successes throughout the day.
- **Reach Out for Help.** Again, the experience of your feelings and thoughts during this difficult time of the pandemic is normal. Yet, persistent feelings of sadness, stress, or anxiety should not continue for longer than a few weeks. There are many resources and people here on campus who are here for you.

**Sindecuse Counseling Services**

- SHC Counseling Services is providing telehealth counseling, so you can access care while minimizing COVID-19 exposure. **Call (269)387-1850 to make an appointment** and visit https://wmich.edu/healthcenter/counseling for up-to-date information on group programming, mental health webinars, resources, hours, and any changes related to COVID-19.