Quarantine and Isolation Measures and Emotional Wellbeing

Students, Faculty or Staff who have been told by a health care provider that they have symptoms consistent with COVID-19, have had a positive test for COVID-19, or exposure to COVID-19 and unvaccinated will 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. *If students are living in a residence hall or apartments where it is required that you relocate, they need to temporarily move to an off campus dwelling for the duration of their quarantine or isolation time period.*

How to Quarantine/Isolate:

In an on Campus Residence Hall:

- You must go to an off campus location to quarantine or isolate for the instructed time frame established with Sindecuse.
- If you are part of a group previously identified as having no place to go, you will need to move to the quarantine/Isolation residence hall on campus.
- Follow the Instructions given to you by the COVID Coordinator upon checking into the quarantine and Isolation hall.
- Monitor your symptoms.
- **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.

In an on-Campus Apartment:

- If you are an apartment that you are told you can quarantine and isolate in;
  - **Do not have any visitors** in your apartment or room.
- Monitor your symptoms
- **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.

**In off-Campus Housing:**

• Monitor your symptoms

• **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:
  
  o Trouble breathing / persistent pain or pressure in the chest / new confusion or inability to arouse / bluish lips or face
  
  o 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**

In the quarantine and isolation hall:

If you have meal plan, you will be able to order food using the link that is given to you by the COVID Coordinator upon your move in to the Q and I hall. If you would like other food options, you will be told what those options are upon checking in to the quarantine and isolation hall.

In on-campus apartments:

Students living in apartments have access to their own kitchen and should be able to make food. If you need to get groceries, try to utilize a friend or a delivery service that provides contact-free options. You should not have face-to-face contact with delivery drivers from local restaurants. If someone delivers something, ask them to knock, and leave the item outside the door. Do not open the door until they are at least 6 feet away.

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Trash
In the quarantine and isolation hall:
DO NOT USE THE PUBLIC TRASH AREAS ON CAMPUS. Res Life will provide you with a receptacle and liners. You will be informed when and how to leave your trash for pick up.

In on campus apartments or home residences:
Please follow proper precautions including wearing a mask and practicing proper social distancing when disposing of trash.

Laundry
In the quarantine and isolation hall AND on campus apartments:
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.

*There is no laundry service available in the quarantine and isolation hall.

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. In all instances, you must adhere to the specific date range specified at the top of this document. The below factors are for students whose symptoms persist beyond the date range specified for their isolation or quarantine period

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 of 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 14 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. 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.

**Fully Vaccinated Individuals**

If you have completed an approved COVID-19 vaccine series and it has been at least 14 days since the last dose, you are exempt from quarantine if exposed to a COVID-19 positive individual. You should wear a mask when in public spaces for 14 days OR until a negative test is taken 3-5 days after exposure. If COVID-19 symptoms develop, wear a mask for 14 days and get tested immediately. If the test is negative, you may discontinue indoor masking if appropriate. If a test results as positive, you must isolate for 10 days.
Disinfecting Your Room /Apartment/House
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.

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 OR QUARANTINE

So much of our world has been turned upside down, and this impacts all of us in various ways. It’s a time where we really need to pay attention to our wellbeing overall. There are 8 dimensions of wellness (physical, emotional, spiritual, social, environmental, intellectual, occupational, financial), and while all of them are so important during this time, we know that emotional wellness can really take a toll when isolated or quarantined due to COVID-19. Remember that it is a sign of strength to take care of your mental wellbeing and reach out for help.

Tips for emotional wellness:

- 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, hyper-focused 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.

Campus Resources & Tools:

WELLTRACK
A new app we are launching for WMU students! Once the semester begins, you can log on to take a 5-minute quiz to evaluate your emotional wellness, get self-care tips, and have access to cool tools like the “Zen Room” and Moodchecker. Welltrack is designed to give you custom resources to keep you mentally healthy. Download the app at your app store or visit online at www.welltrack.com.
SINDECUSE COUNSELING SERVICES

Sindecuse Health Center’s Counseling Services provides customized psychological interventions through the use of a Stepped Care Model for our diverse student population. Stepped Care is a system where the most effective and least intensive treatment is delivered to match the specific needs for you. They work with you to create a customized, strengths-based wellness plan, care is solution-focused to meet your needs, confidential and no charge to our students. 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.

WMU HEALTH PROMOTION AND EDUCATION

Knowing that wellness encompasses eight holistic dimensions, this office on campus provides virtual educational wellness workshops on topics like mental well-being, physical health, alcohol and other drugs, sexual health, bystander intervention. It’s also the home of the FIRE Place, where students can find support for sexual assault and other bias incidents. Find out more at https://wmich.edu/healthpromotion.

CAMPUS SAFETY & NATIONAL CRISIS LINES

If you or a friend are in a mental health crisis, please notify WMU Campus Safety at 911. As a campus, we also utilize two national lines, where a trained crisis counselor will respond 24/7 to mental health emergencies. You can text “Home” to 741-741 (Text “Steve” to 741-741 to reach a counselor of color) or dial (800)273-TALK to talk on the phone.