

Indiana University Kokomo Quarantine and Isolation Resource Guide

Division of Student Affairs Resources

With students at the center of all that we do, the Division of Student Affairs is committed to supporting you as you pursue your academic goals during the COVID-19 pandemic.

We understand the rapidly changing events around COVID-19 may create a wide range of emotional responses and increased distress. The Division of Student Affairs would like to offer a range of virtual resources to aid you in your time of quarantine and isolation.

The staff of our departments are here to offer you support. Remember you are not alone, and we are IU Kokomo strong.

Get help for yourself or someone else

You or a fellow Hoosier may be going through a challenging time right now and not sure where to get the support you need. The Care Team is here to help. A Person of Concern Referral is an easy way to request help with an issue or concern.

A Person of Concern Referral can be submitted to get help with:

- Academic or administrative issues (advising, attendance, grade appeals, financial aid concerns).
- Personal issues (relationship or family issues, adjustment to IU).
- Health or wellness issues (mental health concerns, substance abuse issues).
- Submit a Care Referral: <https://go.iu.edu/3cBC>

What should I do about my academics during quarantine/isolation?

- If you have any in-person classes, contact your instructor(s), and indicate you will not be able to attend class and ask for instructions on making up coursework you will be missing.
- If you are in an online class and are feeling well enough to attend, please do so. If you are feeling too sick to attend, please notify your instructor(s) and indicate that you will not be able to attend class virtually. Also ask for instructions on making up coursework you will be missing.
- If you are in need of assistance, please submit an email to the Dean of Students (iukdos@iuk.edu) and a staff member will follow-up with you.

Dean of Students Office

If you're facing an issue that is affecting your ability to succeed at IU Kokomo, you can get help from the Dean of Students. The Dean of Students acts as an advocate and will help students personally or connect them to the appropriate campus resource to assist any student facing academic and personal challenges.

Academic Assistance

- Withdrawal from all subjects.
- Grade change requests.
- Grade appeals.

- Help students better communicate with faculty and staff, especially when addressing concerns.
- Assistance navigating IU policies and procedures.

Responding to Misconduct Charges

- Help students review and understand charges/sanctions.
- Ensure students understand their rights and responsibilities.
- Help students navigate the details.
- Assist students in preparing for meetings and hearings during the conduct process.
- Assist students in finding a support person to attend conduct meetings and conferences for support if needed.

Get in touch

- Phone: 765-455-9204
- Email: iukdos@iuk.edu
- Website: <https://go.iu.edu/3chV>
- Meetings can be made by appointment by emailing the Dean of Students.

Information for students who have been tested for COVID-19

What should I do if my test is positive?

- Remain in isolation until **ALL** of the following conditions are met:
 - It has been at least 1 day (24 hours) since your last fever (without the use of fever-reducing medications).
 - AND**
 - Your symptoms are improving.
 - AND**
 - At least 10 days have passed since your symptoms first appeared.
- If your symptoms get worse (see list at right of signs of severe illness) seek medical care. Call the healthcare facility/ER to let them know you are coming and follow instructions about wearing a mask when you arrive to the facility.
- If you have never had symptoms but had a known exposure you should isolate until at least 10 days have passed since the date of your positive COVID-19 test. If you develop symptoms while self-isolating, see above conditions that must be met to discontinue isolation.

What do I need to do about my contacts?

- If you feel comfortable, please notify those on your contact list that you tested positive. They will be advised to quarantine for 14 days following the last time they had contact with you. Close contacts must be notified as soon as possible to decrease the chances of spreading the virus to more people.
- You should also expect a text and call from a contact tracer who will gather contact and activity information from you to be sure that all measures are taken to prevent more infections. Please answer your phone, even if you don't recognize the number. The contact tracer will keep your identity confidential when notifying any of your contacts.

Self-Care

- Take your temperature with a thermometer daily and write down your results. Fever = 100.4 F or greater.
- Drink plenty of non-alcoholic fluids.

- Take acetaminophen (Tylenol) for fever and/or pain.
- Eat as tolerated without restrictions.
- Watch for signs of severe illness – call 911 or go to the ER if you develop any of these (call the facility to alert them you are coming).

Signs of severe illness

- Difficulty breathing or shortness of breath.
- Persistent dizziness, confusion, or inability to respond.
- Not drinking enough fluids or not urinating.
- Severe or persistent vomiting.
- Persistent pain or pressure in the chest or abdomen.
- Fever or cough that improve but then return or worsen.
- Worsening of chronic medical conditions.

IU Student Health Center hours and after-hours availability

- Monday through Friday, 8 am – 12 pm and 1 pm – 4:30pm. Call 812-855-4011.
- After Hours Nurse Line is available for urgent questions when the Student Health Center is closed. Call 812-855-4011, **option 5**, for afterhours nurse.

IU Health Resources

- Access to IU Health Virtual Hub via one.iu.edu. Available at no cost to students 24/7.

Community Resources

- [Ascension St. Vincent Kokomo](#)
- [Community Howard](#)
- [Howard County Health Dept.](#)
- [Indiana Health Services](#)
- [Urgent Care/Walk-In Clinics](#)
- [CVS Pharmacy](#)
- [MedExpress](#)

Grocery and pet supplies delivery

- Instacart - <https://www.instacart.com/>

Prescription delivery

- CVS - <https://www.cvs.com/content/delivery?icid=delivery-tab-overview>
- Walgreens - <https://www.walgreens.com/rx-settings/home-delivery-pharmacy>
- Herbst Pharmacy - <https://herbstpharmacy.com/>

Where can I read more about COVID-19?

- The latest up to date information on COVID-19 in the US and worldwide can be found on the CDC website: www.cdc.gov.
- Indiana State Department of Health Resources on COVID-19: www.coronavirus.in.gov.
- fall2020.iu.edu
- [Indiana University's response](#)
- [Indiana University COVID-19 Care and Testing](#)
- [Indiana COVID-19 Testing Information](#)
- [Indiana's Re-opening Plan](#)

- [Indiana resources for the public, related to COVID19](#)
- [CDC shared living guidelines](#)

Important information regarding COVID-19 testing

Because COVID-19 is relatively new, there are still many unknowns about the virus and testing for the virus. The test results are intended to give information for use in determining whether to seek additional medical treatment and/or take other actions, such as self-quarantine or self-isolate, in an effort to prevent the potential spread of the virus to others. There are risks inherent in any COVID-19 testing. You should consider the following:

- There are still many uncertainties about the transmission of COVID-19.
- If your test result is positive, IU is required by law to report that result to certain public health agencies, including the Indiana State Department of Health and the Centers for Disease Control and Prevention. In addition, IU Environmental Health and Safety (EHS) will be notified for purposes of tracking contacts and cleaning any campus locations where you might have been. IU EHS is required by IU policy and applicable law to safeguard the privacy and security of any such information we share, but may be required to re-disclose such information in order to comply with applicable local, state, and federal law.

Information for students who have been exposed to someone with COVID-19

What does quarantine mean?

- Quarantine is the separation of a well person who has been exposed to a contagious disease to see if they become sick. Quarantining those exposed to COVID-19 helps prevent spread of infection to others.

What should I do during quarantine, what does it mean for me?

- Stay in your room and do not allow others to enter your room.
- Do not go out in public.
- Wear a mask and stay 6 feet away from others if you have to have brief contact with anyone.
- Take your temperature daily and watch for symptoms such as:
 - Fever – a temperature of 100.4 or greater
 - Cough
 - Shortness of breath
 - Sore throat
 - Nausea, vomiting, or diarrhea
 - Muscle aches
 - Headache
 - Fatigue
 - Congestion or runny nose
 - New loss of taste or smell

What do I do if I develop symptoms?

Access the **IU Health Virtual Hub** 24/7 through one.iu.edu in order to be connected with an IU Health nurse at no charge.

- If you are at home, contact your health care provider.
- Drink plenty of non-alcoholic fluids.
- Take acetaminophen (Tylenol) for fever and/or pain.
- Eat as tolerated without restrictions.

- Watch for signs of severe illness – call 911 or go to the ER if you develop any of these (call the facility to alert them you are coming).

Why do I have to quarantine for 10 days after contact with someone with COVID-19?

- The time it takes someone who has been exposed to COVID-19 to show evidence of infection is typically **4-5 days**, but may be anywhere between **2-14 days**. This is called the incubation period.
- It is possible for someone infected with COVID-19 to spread the virus to others up to 2 days **BEFORE** they develop symptoms.
- It is also possible to be exposed to COVID-19 and develop what is called an asymptomatic infection. Those with asymptomatic infection do not exhibit any illness symptoms, but they can still spread the infection to others.
- At the end of the 10 days following an exposure, if you haven't developed symptoms, you are able to be released from quarantine. A small percentage of people may still develop infection between days 10-14. During that time, it is important that you avoid crowds, stay 6 feet away from other people, wear your mask when you are around other people, and practice good hand hygiene.

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Wellness Resources

Should you need assistance connecting with on-campus or community resources, please contact the Dean of Students at iukdos@iuk.edu. The Dean of Students or Resource Navigator will reach out to you.

Mental Health

- [IUK Office of Counseling and Psychological Services \(CAPS\)](#)
 - Location: Kelley Student Center, Room KC 210D and East 120
 - Contact: Beth Barnett, Director of CAPS, (765) 455-9553
- [IUPUI Thriving Campus](#)
 - Find mental health care providers available in your area, and based on your most important criteria
- [Substance Abuse and Mental Health Services Administration](#)
 - Hotline: (800) 662-4357
- [The National Grad Crisis Line](#)
 - 1-877-GRAD.HLP (1-877-472-3457)
- [National Domestic Violence Hotline](#)
 - Contact: call (866) 331-9474 or text LOVEIS to 22522
- [Mental health resources created by and for Black people.](#)

Alcohol and Substance Use Support and Treatment

- [IU Kokomo Counseling and Psychological Services](#): Free for any IUK student
- [Online treatment locators](#) to find MH and Substance Abuse services by zip code.
- [The Gilead House](#) offers free, personalized outreach programs and services for men, women and their children recovering from drug or alcohol addictions. Call (765) 865-9427 for more information and assistance.
- [Fairbanks Alcohol and Drug Treatment](#) - Call 1-800-225-4673 for more information and assistance.
- Indiana Addictions Hotline: 1-800-662-HELP (4357) or TTY: 1-800-487-4889. A confidential, free, 24-hour-a-day, 365-day-a-year, information service for individuals and family members ***facing mental and/or substance use disorders***. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

Crisis Assistance: if your life or someone else's is in danger, please call 911

- Domestic Violence
 - [Family Service Association of Howard County](#)
- Housing Emergency
 - [Kokomo Rescue Mission](#)
- Mental Health and/or Substance Abuse hotlines
 - [Community Howard Behavioral Health](#) Crisis Hotline: 800-273-8255
 - <https://www.crisistextline.org/text-us/>
 - [Four County](#) Mental Health Services Hotline 800-552-3106

- [National Suicide Prevention](#) Line 800-273-8255

Mental Health Resources

The trained, professional staff at Counseling and Psychological Services (CAPS) will give you the confidential support you need. CAPS is currently offering services by phone/video only. In-person visits have been suspended due to the ongoing pandemic.

Video: Resources for Students in Quarantine/Isolation

This video discusses how quarantine and isolation could impact your emotional health and well-being. It will help you get familiar with resources and strategies that can help you cope with stress during this period and will also review mental health service offerings at Counseling and Psychological Services (CAPS).

- Visit: youtu.be/Sd4coTXbtBY

COVID-19 and personal well-being resources

The wellness wheel illustrates a wellness model with eight dimensions: social, physical, emotional, occupational, spiritual, intellectual, environmental, and financial. When you lose balance within or between dimensions of the wheel, your sense of well-being decreases, and you can experience distress. The current situation with COVID-19 has the potential to take you out of balance.

- Learn how the wellness wheel can help you pinpoint feelings of distress and direct you to helpful resources. Visit: go.iu.edu/WellnessWheel.

WellTrack

Looking for ways to improve your stress management, general wellness, resiliency, or mood? WellTrack is a new app that offers self-assessments, tools to manage anxiety and depression, progress tracking, and much more. It's available to ALL IU students for FREE! Learn more at: go.iu.edu/WellTrack.

- Download the WellTrack app on the Apple App Store or Google Play Store and login with your IU credentials for full, free, access.

Individual counseling

CAPS is currently offering counseling services by phone/ video only. In-person visits have been suspended due to the ongoing pandemic. We are only authorized to provide virtual counseling to students in the states of Indiana or Illinois at the time of the session. However, we can provide consultation to assist students with identifying resources in their area.

- To make an appointment call **812-855-5711** or visit go.iu.edu/CAPS.

Emergency services

- For emergency issues during CAPS non-business hours (evenings and weekends) please contact [Indiana University Police Department](#) at 765-455-9363 or call 911.
- You can contact your local hospital emergency department or contact the **National Suicide Prevention Lifeline** at **1-800-273-8255** or text **HOME to 741741**.
- If you've experienced a sexual assault or other types of sexual violence, Family Services Association in Kokomo, **800-725-8177**, or 765-868-3154 24/7/365. It's free and a trained sexual assault advocate will be there to offer support, answer questions, and help you through the process. Assistance with protection orders is also offered.