

Indiana University South Bend

Students Isolating or Quarantining Off-Campus

With students at the center of all that we do, Indiana University South Bend 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 and many more campus partners are here to support students during these trying times.

Important Contacts

Health and Wellness Center	574-520-5557	https://healthscience.iusb.edu/health-and-wellness-center
Counseling Center	574-520-4125	https://students.iusb.edu/student-support-services/counseling-center
IUPD	574-520-4239	https://administration.iusb.edu/police/
Dean of Students	574-520-4273	moport@iusb.edu

What is the Difference between isolation and quarantine?

Isolation is for people who test positive for COVID-19. It is used to separate infected people from people who are not infected. People who are in isolation should separate themselves from others until their infectious period has passed.

Quarantine is to keep someone who might have been exposed to Covid-19 away from others. It is used to prevent the spread of COVID-19, which can occur before a person knows they are infected with the virus -- whether they are pre-symptomatic or asymptomatic. People in quarantine should separate themselves from others (both infected and non-infected people) to prevent transmission should they be infected. At the end of 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.

Those living off campus will be provided with instructions to facilitate isolation or quarantine in their own living situations.

If a close contact in quarantine tests positive, they will be moved to isolation.

Individuals in both isolation and quarantine will receive regular follow-up from IU Health through the Twistle app in order to report symptoms and other support needs.

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I went to the doctor and tested positive, what do I do?

If you have tested positive for Covid-19 and received your test off campus, you must report this to IU. Please use the [Covid-19 Self-Reporting Form](#). Anyone who tests positive must go into Isolation.

- Remain in your isolation location until ALL of the following conditions are met:
 - It has been at least 10 days since symptoms first appeared **AND**
 - It has been at least 24 hours with no fever without fever reducing medication **AND**
 - Symptoms have improved
- If your symptoms get worse, 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.

I have been contacted by an IU Tracer and have been told I am a close contact of someone who is positive for Covid-19, what do I do?

If you have been told by an IU Contact Tracer that you are considered a close contact of someone who is positive for Covid-19, you will need to go into quarantine.

- Remain in your designated quarantine location.
- Do not go out, including for food, class or work. You may continue online classes. **Do not come to campus.**
- Wear a mask and stay 6 feet away from others if you have to have brief contact with anyone.
- You will be required to have a daily check in with the Twistle app or a phone call with a nurse.
- Take your temperature daily and watch for symptoms such as:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue

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- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting, or diarrhea
- This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19

If you learn you are a close contact of someone who is positive for Covid-19 outside of IU, you must report this to IU. Please use the [Covid-19 Self-Reporting Form](#).

What do I do if I develop symptoms?

- Access the [IU Virtual Screening Clinic 24/7](#) through one.iu.edu in order to be connected with an IU Health nurse at no charge.
- 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).

I am a Housing Resident and plan to quarantine or isolate at home. What do I do?

If you have not been contacted by the Housing Office after you have talked with an IU Health Official to arrange for your plans, please contact the Housing Office by emailing living@iusb.edu and inform them of your plans. Housing will hold your current assignment till you recover and are cleared to move back. Please follow the guidelines above.

You should grab just your essentials and leave your apartment and go to your quarantine or isolation place as soon and safely as you can.

Here are some suggested items for your quarantine/isolation pack:

- **Important Documents**
 - Any Identification you normally do not carry on your person.
 - A physical copy of your Emergency contact information.
 - A physical list of allergies or important medical/health information.
 - Credit Card, check book, or other financial materials you need.

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- We highly recommend you keep these things separated and secured away from the pack. It should be something you should be able to get to quickly to put in your pack if needed.
- **Changes of clothing**
 - Pajamas (2 sets)
 - Sweatpants or other comfortable pants
 - Other comfortable clothing (jeans, sweatshirts, t-shirts, etc.)
 - Underwear, socks, under garments (enough for 7 to 10 days)
 - Slippers and/or flipflops
- **Toiletries kit**
 - Toothbrush & toothpaste
 - Comb or brush
 - Chapstick/lip balm
 - Deodorant
 - Travel size shampoo and conditioner
 - Travel size soap or body wash
 - Body lotion
 - Feminine hygiene products
 - Contact solution/ carrying case
- **Medical Supplies**
 - Extra paper facemasks
 - Nitrate gloves
 - Acetaminophen and/or Ibuprofen
 - Extra prescription medication
 - Digital thermometer
 - Cough drops
 - Cough suppressant and/or mucus reliever
 - Hand sanitizer
 - Box of tissues
- **Miscellaneous**
 - Bath towel and hand towel
 - Disinfectant wipes
 - Water bottle
 - Extra phone and/or laptop charger
 - Tablet or e-reader
 - Goodies bag (tea bags, powdered mixes for water, protein bars, etc.)
- **Academics**
 - When grabbing your pack, remember to bring your laptop, phone, and/or tablet
 - Remember to grab your textbooks and notebook

You should ideally be prepared to leave your apartment in under 15 minutes. The more prepared you are in advance, the less stressed you will be and the more likely you will be not to forget anything. You will not have enough time to pack all your belongings. You will only be able to grab your essentials and go.

When can I return to housing?

- Before your return, contact the Housing office at 574-520-5800 during regular hours or call 574-904-7718 after hours.
- Be prepared show documentation of the approved medical clearance. This documentation is provided through the Twistle App, a free symptom checker the IU Contact Tracing team will register you for during your conversation with them.
- In general, isolation lasts for 10 days since the start of symptoms or positive test, pending being fever-free for 24 days (with no medication) and overall conditions are improving. This is determined on a case-by-case basis, depending on your improvement.

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If you decide to return home for the semester following your positive antigen test result:

- To cancel your River Crossing Housing contract email living@iusb.edu with your full name and ID # with your request to cancel. If you want a space in housing for Spring 2021, let them know that too in the email. We cannot guarantee a particular space or assignment for the spring semester. Assignments will be made based on your new application date.
- If you decide to withdraw from school for the semester and are in need of assistance please contact Dr. Monica Porter, the Dean of Students Office by email at moport@iusb.edu or by calling 574-520-4273.
- Check any scholarship requirements you may have and reach out to those coordinators to see if any actions or steps are needed: Scholar1@iusb.edu or 574-520-5561.

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.

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What about my Academics?

- If you have any in-person classes, contact your instructor(s), indicate you will not be able to attend class and ask for instructions on making up coursework you will be missing. You can reach out to the Dean of Student's Office if you need assistance in contacting your faculty.
- If you are in an online class and 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 have any in-person classes, contact your instructor(s), 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 need of assistance due to your instructor(s) response to your request, please contact Dr. Monica Porter, the Dean of Students Office by email at moport@iusb.edu or by calling 574-520-4273.

What do I need to do about my contacts?

- If you feel comfortable, please notify those on your contact list that you tested positive (as outlined above in "What should I do while I wait for my result"). They will be advised to quarantine for 10 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. The University/Department of Health will be contacting you and the people you list as your close contacts.
- 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.

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.
- Protect IU – Coronavirus COVID 19 Information <https://go.iu.edu/32qj>