INDIANA UNIVERSITY
SOUTHEAST

QUARANTINE & ISOLATION RESOURCE GUIDE
FOR STUDENTS LIVING OFF-CAMPUS
This information is effective December 14, 2020
With students at the center of all that we do, the Office of Enrollment Management & 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 Office of Enrollment Management & Student Affairs would like to offer a range of virtual resources to aid you in your time of quarantine and isolation.

We are here to offer you support. Remember you are not alone and we are Grenadier strong.

Get help for yourself or someone else
You or a fellow Grenadier may be going through a challenging time right now and not sure where to get the support you need. Our team is here to help. A Student of Concern referral is an easy way to request help with an issue or concern.

A Student of Concern report can be submitted if you need help or to get help for someone else.
Submit a Student of Concern report: ius.edu/dean-of-students

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 due to your instructor(s) response to your request, please submit a report a student of concern (ius.edu/dean-of-students) and a staff member from the Dean of Students Life office will follow-up with you.

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**Personal Counseling**

Personal Counseling is currently offering counseling services virtually using your computer or any mobile device with a stable internet connection, as well as audio and video. Please email or call Personal Counseling to make an appointment.

Phone: 812-941-2244
Email: sepersco@ius.edu

**Student Central Office**

If you have questions about financial aid, paying your bill or registering for classes, please contact Student Central.

Phone: 812-941-2100
Email: sesc@ius.edu
Website: ius.edu/student-central
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).
- Your symptoms are improving.
- At least 10 days have passed since your symptoms first appeared.
- If your symptoms get worse (see list of signs of severe illness) seek medical care. Call your doctor or 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 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.
- 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 signs of severe illness.

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 Health

If you suspect you have contracted the Coronavirus, please enroll in an IU Health Virtual Visit, where you will receive a health assessment and be given instructions on receiving a COVID-19 test. You will also be instructed about self-quarantine or other measures to protect you and those around you. Access to IU Health Virtual Hub via one.iu.edu or via https://iuhealth.org/covid19/virtual-coronavirus-screening. Available at no cost to students 24/7.

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.
- IU Student Health Center Website: healthcenter.indiana.edu. Click “Coronavirus (COVID-19): What you need to know.”

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 Health 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?
• 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.
• If you suspect you have contracted the Coronavirus, please enroll in an IU Health Virtual Visit. Access to IU Health Virtual Hub via one.iu.edu or https://iuhealth.org/covid19/virtual-coronavirus-screening. Available at no cost to students 24/7.
• Watch for signs of severe illness – call 911 or go to the ER if you develop any signs of severe illness.

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 10 days following an exposure, if you haven’t developed symptoms, you are no longer considered at risk of developing symptoms or spreading the infection to others.

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.
• IU Student Health Center Website: healthcenter.indiana.edu. Click on “Coronavirus (COVID-19): What you need to know.”

IU Health Resources
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