

**What to do if you have COVID-19 symptoms or have been exposed to someone who tested positive:
for on-campus residential students**

NOTE: Please download the Everbridge app.

What does it mean to be in quarantine or isolation?

To be in **QUARANTINE** means that you have been identified as a close contact of someone who has tested positive for COVID-19. Quarantine is meant to keep you away from people in case you start to develop symptoms. The quarantine period is based upon the latest CDC, SCDHEC and MUSC guidance. Close contact is defined as being less than six feet away from someone for more than 15 minutes cumulatively over a 24-hour period. While you may never experience the symptoms of COVID, you must keep yourself separate from others and **not leave** the space where you are staying. Quarantine periods begin from the date of last exposure to a positive case and can be up to 14 days.

To be in **ISOLATION** means you have tested positive for COVID-19 and must keep yourself separate from others for 10 days from the day you first started feeling symptoms or 10 days from the date you were tested if you are asymptomatic. People who are in isolation can go back to normal life after 10 days have passed, their symptoms have improved, and they have had no fever without fever-reducing medication for at least 24 hours.

If you are in isolation or quarantine, you should not leave your residence except to seek medical care or if there is a fire drill or fire emergency.

What does close contact mean?

- Being less than six feet away from someone for more than 15 minutes cumulatively over the course of 24 hours.

What to do if you think your symptoms are consistent with COVID or you have been identified as the close contact of someone who tested positive:

- If you are experiencing any symptoms of COVID-19 you should stay in your residence until you can seek direction from a medical provider:
 - Your primary physician
 - CofC Student Health Services (843.953.5520 or healthservices@cofc.edu)
 - MUSC 24/7 Virtual Urgent Care (<https://campaigns.muschealth.org/virtual-care/index.html>)
- If you are advised by a healthcare provider or have reason to believe you have been the close contact of someone positive for COVID-19, you should not leave your residence unless you have been advised to get a test or you need medical care. You should then stay in your residence until you have received the results of the test. Current recommendations require that asymptomatic close contacts obtain PCR testing no *earlier* than seven days following the last contact with the positive case. Quarantine continues until the results of the PCR test is known or at least 10 days, whichever is shorter, if the person has no symptoms. ***Negative tests for close contacts conducted prior to seven days from exposure do not shorten the quarantine period.***

- ***If at all possible, any student who has reason to believe they may have COVID-19 or may have been the close contact of a positive case is encouraged to go stay with family or non-student friends off campus while they await test results and complete their isolation or quarantine periods.***
- If you live on campus in a residence hall or historic house and are having symptoms of COVID-19, please notify your RA (or the RA on call if it is after hours). If it is determined your symptoms are consistent with COVID-19, you will be moved to a transitional quarantine room while you await the results of your test. If you then test positive, you will be moved to the isolation location.
- Please use sanitizing wipes and other cleaners to clean any shared surfaces in your room/suite/house that you have touched. Follow the guidelines here for cleaning: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
- If you are in quarantine with others in the same space, it is essential that you wear face coverings and maintain a distance of at least six feet when in that shared space to help prevent the need for extended days in quarantine. (Rolling quarantine occurs when a household contact with whom you are quarantining tests positive for COVID-19, at which point others in the quarantine space will have their quarantine time start over.)

What students in Quarantine and Isolation must do:

- Wear face coverings, except when sleeping
- Wash your hands frequently
- Stay six feet apart
- In the case of a fire alarm even students in quarantine or isolation must leave the building. Please wear your face covering and stay six feet away from others.

On-campus residents who experience symptoms of COVID-19 at night or on weekends:

- If you learn that you have been identified as the close contact of someone with COVID-19 and/or you start experiencing symptoms at night or on weekends, please do the following:
 - Call the RA on call number to let them know you have concerns.
 - Let your roommates and suitemates know you are concerned.
 - Keep away from others as much as possible in your space. If it's possible to have private use of a bathroom in your suite, talk to your roommates about coordinating that.
 - Except for when you are sleeping, wear your face covering and ask your roommates and suitemates to do the same. Maintain six feet of distance from everyone as much as possible.
 - Engage with MUSC's Virtual Urgent Care Platform for assistance: www.MUSCHealth.org/virtual-care
 - Wipe down all surfaces you touch with disinfecting wipes.
 - If you have severe symptoms and believe you need to go to the hospital, dial 911.

Resources Provided to On-Campus Residents Who are in Quarantine or Isolation on Campus:

- Check-ins and monitoring from Student Health Services by phone and/or Zoom

- 24/7 Free Virtual Medical visits available with the Medical University of South Carolina through this link: www.MUSCHealth.org/virtual-care
- Check-ins from Residence Life staff by text, phone and/or Zoom
- Meal delivery daily (three meals and snacks delivered once each day)
 - Note: Meals will be delivered chilled and will need to be refrigerated until you are ready to heat and enjoy them.

What to do if your roommate or suitemate is concerned they have COVID-19:

- If a roommate or suitemate shares with you that they are concerned they have COVID-19, please make sure they have notified your RA (or the RA on call if it is after hours).
- As your roommate/suitemate awaits further medical direction, wear face coverings (except when sleeping) and stay at least six feet apart as much as possible.
- If at all possible, avoid sharing a bathroom with that student.
- Wipe down and disinfect all shared surfaces as they are used.
- Be aware that you may be moved into a quarantine space to monitor yourself for symptoms and begin gathering the items listed below.

What to pack if you are moving to quarantine or isolation:

- Pack enough clothing for two weeks.
- Pack sheets for a twin XL bed, towels, and laundry detergent (**isolated students only**).
- If you have a favorite snack or sports drink, be sure to bring those. Meal delivery will include some standard snacks. We are not able to personalize snack or meal orders (unless for dietary restrictions).
- Bring a thermometer.
- Have a supply of any over the counter medications you think you might need. This might include acetaminophen, cough and cold medication, and throat lozenges.
- Don't forget your prescriptions!
- Be sure to bring books/technology/chargers or anything else you may need for classes or connection to others during that time.
- Don't forget your face covering; if you are in a shared suite, you'll need to wear it at all times except when sleeping, including when you answer the door for meal delivery.
- Pack your sanitizing wipes so you can wipe down surfaces as needed.

Helpful Resources:

- Residence Life, on call: 843.296.4796
- Public Safety: 843.953.5609
- Facilities Management: 843.953.5550
- **Free to all CofC students:** Virtual medical appointments available 24/7 with the Medical University of South Carolina at <https://muschealth.org/virtual-care>
- Student Health Services 843.953.5520

***** If a member of the College staff needs to come to your room, you MUST wear a mask the entire time. *****