

Isolation Guidelines for COVID-19 Positive Students Living Off Campus

Why is isolation important?

Isolation is used to separate people infected with COVID-19 from people who are not infected. This measure will help slow the spread of disease and decrease the risk of passing the virus to others.

Isolation precautions can generally be stopped 10 days after symptom onset as long as there is resolution of fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms.

For people who never develop symptoms, isolation precautions can be discontinued 10 days after the date of their positive test for COVID-19.

What can I do while in Isolation?

- STAY in your room and REST.
- *DO NOT* go to class, work, public events, dining halls or group gatherings.
- REACH OUT to let your faculty members know if you are not able to fully engage in your courses.
- *DO NOT* go out for walks.
- *DO NOT* have visitors. Family and friends may not come to visit as this puts them and other residents at risk.
- See the Virtual Connections for Students/Cougs Support information. This is on the Back on the Bricks website at go.cofc.edu/bricks under Testing > Isolation and Quarantine or linked here: <https://housing.cofc.edu/pdfs/virtual-connections-sept2020.pdf>. This resource provides ways you can connect with activities, resources, and virtual conversation groups while you are in isolation.

How to take care of yourself

- Eat regular, healthy meals. Get at least eight hours of sleep.
- Find a way to keep active in your room. Consider streamed exercise classes. Check the [Campus Recreation](#) site for virtual fitness classes and other virtual activities.
- Open your windows and get fresh air when you can.
- Stay in contact with friends and family via phone, Facetime, etc.
- Do not use alcohol or recreational drugs.
- No smoking and no vaping.
- Monitor your temperature twice daily, in the morning and evening, 30 minutes after eating/drinking. We suggest you keep a log of temperatures and symptoms.
- Use acetaminophen products for fever and other symptoms; avoid ibuprofen. Call Student Health Services if acetaminophen is not helping with fever or headache.
- Answer your phone as people will be checking in on you.

What about cleaning?

- Clean and disinfect individual high touch surfaces every day. Examples include phones, laptops, tablets, bedside tables, etc.
- Clean and disinfect shared touch surfaces any time you use them. Examples include remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, etc.

Limit your activity in any shared spaces.

As much as possible:

- (1) Stay in a room only you use/sleep in and away from other people in your home.
- (2) Use a separate bathroom (or clean the bathroom between each use).
- (3) If you *MUST* be around other people or animals in or outside of the home (shared spaces or common areas), **keep physical distance of at least 6 feet, wear a mask, wash hands often and clean behind yourself with approved wipes or cleaners!**

Important Contact Information

Monday – Friday, 8:30 a.m. -5:00 p.m., call Student Health Services at 843.953.5520 for any questions or concerns.

1. Tell them that you are COVID-19 positive and in isolation.
2. Describe your symptoms.
3. Anticipate that you may need to wait for a nurse to return your call

After hours or on weekends, the Medical University of South Carolina (MUSC) is available for free to CofC students 24/7.

1. Reach out for a virtual appointment by clicking on: <https://muschealth.org/virtual-care>

Emergencies: Call 911

1. If you are experiencing a medical emergency (severe shortness of breath, confusion or inability to walk, severe allergic reaction, or any symptoms that cannot wait for a return phone call).
2. Tell them that you are a COVID-19 positive College of Charleston Student in isolation.
3. Tell them what your emergency is.