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Return to Campus_Isolation and Quarantine Planning Guide for Students

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Repository Citation

University of Maine, "Return to Campus_Isolation and Quarantine Planning Guide for Students" (2020). *FAQ & Health Advisory*. 31.

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Isolation and Quarantine Planning Guide for Students



The University of Maine will use the key public health tools known as isolation and quarantine to prevent the spread of COVID-19 among the campus community. Because there is typically little time to prepare for isolation or quarantine when instructed to do so, the University of Maine has developed this planning guide to assist students in preparing to isolate or quarantine. This guide is for students who live on campus, as well as students who live off campus.

What is the difference between isolation and quarantine?

Isolation is the separation of someone who is ill with (or has tested positive for) COVID-19, from the people who are not sick. Individuals who test positive for COVID-19 typically isolate for at least 10 days from the time they are tested or symptoms first appeared, plus 3 days with no fever and respiratory symptoms have improved, but could be isolated for longer periods if their symptoms persist.

Quarantine is the separation of someone who has been exposed to a COVID-positive individual from those who are not sick or exposed in case the exposed person becomes sick or tests positive for COVID-19. A typical quarantine period lasts 14 days.

Do I need a plan for isolation and quarantine?

All students living on campus are required to have an isolation and quarantine plan. For those students living on campus, the university has set aside dedicated isolation and quarantine spaces. Daily meals ordered through UMaine Dining, personal medications and, when necessary, the students' assembled "go kit," will be delivered to students isolating and quarantining on campus. UMaine recommends that residential students not travel home if they must quarantine or isolate as required by the CDC. Our trained staff is available to support or discuss the specific public health guidance related to travel limitations while under quarantine or isolation. This includes options available to students and families within close driving distance to campus. University health services will check in on isolated students twice daily to monitor symptoms.

All students living off campus are strongly encouraged to have an isolation and quarantine plan. University healthservices or Maine CDC will provide symptom monitoring twice daily and support services in students' off-campus housing or family homes. The university will not provide on-campus isolation and quarantine space or meals and laundry.

How will I be supported if I am in isolation or quarantine?

Isolation is the separation of someone who is ill with (or has tested positive for) COVID-19, from the people who are not sick

- You will be provided with a **resource card** that outlines expectations, websites, phone numbers and other resources.
- The medical staff at Cutler Health Center or Maine CDC will contact you to do a **symptom check twice daily**.
- The Division of Student Life will **check in with you daily**.
- Your college will coordinate with you to **ensure all your coursework is in remote modality**.
- Student Accessibility Services will **assist with a requested academic need or accommodation**.
- The Center for Student Involvement will provide **an isolation/quarantine activity kit**.
- **Your parents/guardian will be contacted** when you enter isolation/quarantine.
- The **Counseling Center** will provide support.



How do I prepare for isolation or quarantine?

Communicate with your family

Discuss the following with your family before coming to campus:

- If you live in close proximity to campus (within 35 miles of Orono), are you able to return home in a **private vehicle**? If you are instructed to isolate or quarantine, **you cannot travel on any public transportation — bus, plane, etc. — or travel with a non-family member.**
- If someone from your family (living in close proximity to campus) plans to pick you up to take you home to isolate or quarantine, **how much time will they need to arrive?** Are they able to **wear the proper protective equipment** — face covering, gloves, etc. — to travel with a person who is COVID-19 positive or presumptive?
- Are you able to **distance yourself from others in your home** to keep family members safe?
- Do you have **at-risk family members** to consider?
- If you cannot isolate or quarantine at home, **how will your family communicate with you?**

Assemble a “go kit”

If you are asked to isolate or quarantine on campus by the public health team, you will not be able to go back to your on-campus housing to gather supplies. Additionally, you will not be able to leave your isolation or quarantine space during your time there. To prepare for this, assemble a “go kit” before you arrive on campus. This should be something someone can easily pick up and drop off to you.

Recommended supplies for your “go kit”

- **Self-care medications:** Pack fever/pain reducers, such as Tylenol or Motrin (Advil). Do not use multi-symptom medications in combinations as it can be easy to take too much. You may want to consider packing lozenges for sore throats or cough medications.
- **Prescription medications:** Pack several days’ worth of any prescription medication you may need.
- **Thermometer:** Pack a digital thermometer that works under your tongue, is easy to use and is not expensive to purchase.
- **Comfortable clothes:** Pack a few days’ worth of comfortable clothes to wear during the day and at night.
- **Hygiene supplies:** Pack shampoos, soap, toothbrush, toothpaste, feminine products, etc.
- **Phone charger**
- **Face coverings:** Pack multiple face coverings so that you can wear a fresh one each day.
- **Food:** On-campus students should pack their favorite comfort snacks and drinks; UMaine will deliver meals to isolation and quarantine rooms. Off-campus students should maintain a food supply in their residences and be knowledgeable about how to order food delivery from your local grocery store.

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The university is providing campus isolation and quarantine room supplies on campus, including bedding, bath towels, cleaning supplies and multiple disposable face coverings and hypoallergenic gloves.

In addition to your “go kit” you should ensure your academic materials (laptop, notebooks, books, etc.) are readily accessible to be able to be brought to you.

If you forget anything, the University Bookstore will have supplies available for purchase and delivery, and Black Bear Exchange will have some supplies for those in need.

For more information
call the COVID-19 information line, 207.581.2681,
or write umaine.alerts@maine.edu