

## Monmouth College Quarantine Policy

Quarantine is used to keep someone *who has been exposed to COVID-19* (A close contact is defined as any individual who was within six feet of an infected person for a cumulative total of at least 15 minutes over a 24-hour period starting from two days before illness onset or, for asymptomatic patients, two days prior to positive specimen collection.) away from others. Quarantine helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. Individuals in quarantine should stay in their room, separate themselves from others, and monitor their health.

We realize this is a stressful time for you. In the interest of protecting others at Monmouth College and in the surrounding community, we ask that you adhere to the following guidelines. We will do whatever we can in supporting you through your quarantine.

If you have any questions about this policy or need anything, please call Student Affairs at 309-457-2114 during business hours, Monday – Friday, 8am-4:30pm or by emailing [scotshealth@monmouthcollege.edu](mailto:scotshealth@monmouthcollege.edu) after hours.

- **Quarantine Duration:** Stay in your residence hall/room for 14 days from the time that you are placed in quarantine. A campus response team member will let you know when your quarantine is scheduled to end. Even if your test comes back negative, you will still be required to fulfill your quarantine.
  - Symptoms can occur 2-14 days after being exposed to COVID-19. We stress that you use the symptom checker daily so we can monitor you.
  - **Quarantine residential students or any student that comes to campus for any reason, will be REQUIRED to produce a negative test result before the College will officially release them.**
    - Testing can be done on campus up to three days prior to release date but not earlier.
    - To schedule a test on campus, use the My Shield app to schedule an appointment.
    - Testing is done on Tuesdays and Fridays 8am-1pm.
    - If you went home to fulfill your quarantine, you may come back to campus before your release date to get tested on campus, however, your status of quarantine will still apply through your anticipated release date pending test results.
      - Preferable arrival is Tuesdays or Fridays in the morning to get tested first.
      - Any arrivals must be communicated clearly with the Student Affairs Office by email [scotshealth@monmouthcollege.edu](mailto:scotshealth@monmouthcollege.edu).
    - Off-campus testing results will need to include:
      - Full name
      - Test date (Date cannot be earlier than 3 days prior to release)
      - Test result

- **Communication with Faculty:** A campus response team member will notify your faculty that you are in quarantine and will be learning remotely; however, you will also need to be in contact with them as well.
- **Meals:** Please complete your meal selection by downloading the app at the bottom of your intake form and follow the instructions. Three meals will be delivered every day between noon and 1pm. If you do not receive your meals by 1pm, please contact Food Services at 309-457-2346.
- **Need Medication?** If you need any medications picked up, please notify [scotshealth@monmouthcollege.edu](mailto:scotshealth@monmouthcollege.edu) so we can arrange for it to be picked up and dropped off.
- **Monitor Your Health Daily:** Monitor your health daily through the symptom checker, noting any symptoms that may begin to develop.
- **Practice Masking and Social Distancing:** Wear a mask when you're not sleeping and social distance from your roommate (if applicable). Roommates who are not a close contact will be asked to go into voluntary quarantine during your quarantine period and also be required to produce a negative test result.
  - **Cleaning** If in a hall with a communal bathroom, please use the bathrooms marked "Quarantine" only. If sharing a bathroom with quad-mates, clean high-touch surfaces with a household cleaner or wipes. These include: doorknobs, bathroom fixtures and toilets.
  - Avoid sharing any items such as a drinking cup, eating utensils, towels or bedding.
  - You may not have visitors while in quarantine.
- **Need Assistance?** If you need assistance email [scotshealth@monmouthcollege.edu](mailto:scotshealth@monmouthcollege.edu) or call Campus Safety at 309-457-3456.

### **Fire Alarms, Tornadoes/Inclement Weather:**

Your safety is the utmost importance to us! Here are some guidelines to assist you in responding to these situations while in quarantine.

- When the fire alarm sounds you must leave the building. Wear your mask, proceed to the building's evacuation area, but remain at least six feet away from others.
- In the unlikely event of a tornado, please take cover on the lowest accessible floor interior section and avoid windows. For added protection, you can get under something sturdy. Cover your body with a blanket, sleeping bag or mattress. Protect your head with anything available.