

## Monmouth College Isolation Policy

Isolation is used to separate people infected with SARS-COV-2, the virus that causes COVID-19, from people who are not infected.

Students who test positive for COVID-19 will need to isolate, even if they do not display any symptoms.

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 isolation.

If you have any questions about this policy or need anything, please contact the Student Affairs Office at 309-457-2114 during business hours of Monday – Friday 8am-4:30pm or by emailing us at [scotshealth@monmouthcollege.edu](mailto:scotshealth@monmouthcollege.edu) if after hours. If you have an emergency, please call Campus Safety at 309-457-3456 or call 911.

- **Transmission:** Human coronaviruses most commonly spread from an infected person to others through:
  - The air by coughing and sneezing
  - Close personal contact, such as touching or shaking hands
  - Touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands
  - Rarely, fecal contamination
  
- **Isolation Duration:** If you are on campus, stay in your assigned room in Cleland or if you're at home for the amount of time designated by one of our campus response team members. Once your isolation is over you will be notified. In general:
  - If you are symptomatic you can be with others after:
    - At least 10 days since symptoms first appeared **and**
    - At least 24 hours with no fever without fever-reducing medication **and**
    - Other symptoms of COVID-19 are improving \*\* Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation **and**
  - If you have **no** symptoms for the duration you can be with others after:
    - 10 days have passed since the date you had your positive test **and**
  - **ALL residential students or any student that come 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 the date of your release **if it falls on a Tuesday or Friday**, but you will be required to go back into isolation until you receive a negative test result.
    - 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 isolation, you may come back to campus before your release date on a Tuesday or Friday 8am-1pm to get tested on campus, however, your status of isolation will still apply and you will have to be housed in Cleland until you are able to provide a negative test result
      - Any arrivals must first be cleared with the Student Affairs office
    - Off-campus testing results will need to include:
      - Full name
      - Test date (date will be day 10 of isolation)
      - Test result
  - Wear a face mask/covering whenever outside your assigned room, including when using the bathrooms
  - You are to have no visitors while in isolation
- **Items You'll Want to Bring to Cleland (or other assigned isolation area):**
  - Thermometer
  - Masks
  - Comfortable clothing
  - Snacks
  - Toiletries
  - Pillow/blanket (sheets will be provided)
  - Towels
  - Cell phone/charger
  - Computer/other materials for class
  - Coins for laundry
- **Service and Assistance/Emotional Support Animals:** Students with approved animals will be allowed to bring their animal with them to isolation. In Cleland, all students are able to use the inner outdoor patio for their animals' bodily needs. For those isolated in other areas, we ask that you only stop outside the isolation area in close proximity to address any needs from your animal; otherwise, please do not leave the isolation area (and always wear your mask). Please dispose of any animal droppings in outdoor trash bins; plastic trash bags are available for animal owners for such purposes.
- **Communication with Faculty:** A campus response team member will notify your faculty that you are in isolation; however, you will also need to be in contact with them as well.
- **Meals:** Please complete your meal selection on the meals link emailed to you from food services. Three meals will be delivered every day between noon-1pm. Food will be delivered to the lobby (where you entered) and a microwave and refrigerator are provided in that common space for you to use.
- **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:** Use the daily symptom checker.  
<https://programs.monmouthcollege.edu/gen/covrep/>
- **Call 911 for Any of the Following Symptoms:**
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Inability to wake or stay awake
  - Bluish lips or face
- **When Leaving Cleland (or other assigned isolation area) be sure to:**
  - **Remove bed sheets** – Place bedsheets in a garbage bag and place them on the bed.
  - **Remove all Trash** – Dispose of all trash in your room and take to outside dumpster (located outside of north door nearest Liedman Hall). Trash bags are available at the Cleland 1<sup>st</sup> floor desk.
  - **Gather Personal Items** – Take all your clothing and items with you when you leave, as you will not be allowed re-entry once you have moved out of isolation.

#### **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 isolation.

- When the fire alarm sounds you must leave the building. Wear your mask, proceed to the building's evacuation area (the sidewalk and lawn nearest Zorn Football Stadium), but remain at least six feet away from others.
- In the unlikely event of a tornado, please take cover in the basement 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.