

# Quarantine and Isolation Resources for Off-Campus Students

Full text version available at <https://suny.oneonta.edu/covid-19/resources-campus-students>

Pack a “Go Bag” - Make sure to have the following items on hand:

- **Academic materials:** Have all your textbooks and other supplies necessary for remote classwork.
- **Clothing:** Have enough comfortable clothes and masks to last through your quarantine or isolation period. Try to keep up with your laundry now so you don't run out of clean clothes.
- **Electronics:** Grab your phone, computer and other devices. Remember to pack all the chargers, too!
- **Toiletries:** Pack your bathroom kit, including toothbrush/toothpaste, hygiene products, hairbrush, etc.
- **Prescription medications:** Maintain a supply of any regular prescription medications you need that will last you through your quarantine/isolation period.
- **Symptom relief:** Cough drops, tissues and over-the-counter pain relievers.
- **Thermometer:** An inexpensive thermometer will help you monitor your health. Just make sure it has new batteries if it's electronic!
- **Personal documents:** Bring any valuable papers and identification with you in case they're needed, such as your driver's license, student ID, passport, etc.
- **Food and water:** Identify a roommate or nearby friend who can deliver meals to your door. Keep a stash of favorite snacks to tide you over and pack a reusable water bottle.
- **Self-care items:** Pack some fun activities to do, such as books, puzzles, coloring books and gaming devices.

## Reduce Your Risk

Take the following steps to reduce your risk of infection in the event that one of your housemates gets sick, tests positive for COVID-19 or becomes a close contact of someone who has tested positive:

- **Isolate:** Anyone who is showing symptoms or has tested positive should be isolated to the greatest extent possible within your residence. If possible, people who are sick should be given their own bathroom to use during their isolation period, housemates should help provide meals to the person in isolation so they can avoid using the kitchen, and the sick person should eat and work in their room through their 10-day isolation period. (You can choose to isolate on campus, but there is a fee.)
- **Quarantine:** Housemates of someone who has tested positive will be directed to quarantine. (You can choose to isolate on campus, but there is a fee.)
- **Wear masks and socially distance:** To limit the spread of infection, all other household members should wear masks, practice social distancing, and regularly wash hands and sanitize common areas.

## How to Safely Quarantine in Your Off-Campus Apartment

- Quarantine means stay home, stay off campus, don't go to work and avoid public settings. Immediately inform anyone who routinely visits the house of your quarantine and restrict further contact throughout your quarantine period.
- Where possible, sleep in separate rooms. Open windows when you can and use a fan in the window to direct a continuous flow of fresh air.
- Wear a mask when you are outside of your room and avoid congregating with others. Frequently wash your hands for 20 seconds with soap and water.
- Keep the bathroom and kitchen clean. Avoid placing toothbrushes directly on counter surfaces and sharing utensils and cooking pans. Wipe down high-touch points like the microwave and refrigerator doors and use the dishwasher to clean your reusable dishes.
- Check out this information from the Center for Disease Control (CDC) for some additional guidance for isolating when space is limited. <https://www.cdc.gov/coronavirus/2019-ncov/downloads/living-in-close-quarters.pdf>