

Our isolation and quarantine protocols align with our campuses' vaccination status and the latest CDC guidance. Please note the following guidelines on how isolation and quarantine measures apply differently to unvaccinated and vaccinated students:

Unvaccinated students:

- They must isolate for 10 full days if they test positive for COVID-19.
- They must quarantine for 10 full days if they are a confirmed contact of a positive case. They will be tested for COVID-19 on Day 8 of their quarantine. If observing quarantine at home, they must get their own PCR test on Day 8 and upload the result to the [Student Health Services](#) patient portal.
- QU has limited isolation/quarantine housing available for residential students, who may need to isolate or quarantine at home or off campus at their own expense if university housing is not available. Nonresidential students must isolate or quarantine off campus.
- Unvaccinated students should not attend the weekly COVID-19 testing while in isolation or quarantine. These students will not be counted as having missed a testing appointment, and we will be able to confirm through our isolation/quarantine records they were unable to attend.

Vaccinated students:

- They must isolate for 10 full days if they test positive for COVID-19.
- They DO NOT have to quarantine if they are a confirmed contact of a positive case unless they are symptomatic. They must wear masks in all indoor public spaces, including common areas in their living spaces, for 14 days or until they test negative. The university will administer a COVID test on Day 1 (upon notification of being a contact) and again on Day 3-5 per current CDC guidelines.
- QU has limited isolation housing available for residential students who test positive. Residential students may need to isolate at home or off campus at their own expense if university housing is not available. Nonresidential students must isolate off campus.



Asking for help if you need it

Sometimes we all need help. If being in isolation or quarantine is one of those moments, don't hesitate to ask for help. The Counseling Center, Student Health Services and Residential Life staff are all here to support you when you need it. Don't hesitate to contact our [Counseling Center](#) 24 hours a day/7 days a week.

Information about Isolation

When does a student need to be in isolation?

Isolation is used when someone has tested positive for COVID-19 or has symptoms consistent with the infection.

Who will monitor the health of students in isolation?

- QU has partnered with UST Global to provide a dedicated team of registered nurses to provide telephone support and to check in with students in isolation daily.
- Students isolating in university housing will be given a thermometer and pulse oximeter — a device that measures oxygen levels in the body — to assist in monitoring. Students will be asked for these readings during their daily check-ins.
 1. Generally, pulse oximeter values should be in the upper 90s. If the number seems low, try readjusting it, using another finger or contacting Student Health Services with questions.
 2. Students should call 911 for immediate medical assistance if they experience severe shortness of breath, confusion, blueish lips or nail beds, or chest pain. Inform the person answering the call that you are in isolation/quarantine for COVID-19.
- Students who are isolated on campus will have full access to wireless internet in their rooms and can continue to attend classes online as well as virtual activities as appropriate, depending upon their health.

Information about Quarantine

When does a student need to be in quarantine?

Quarantine is used when a person has been exposed to COVID-19 and needs to be separated from other people as a preventive measure in case symptoms develop over the 10 days following the exposure. Whether a student needs to quarantine because of a potential exposure to COVID-19 is determined by our contact tracing protocol, which assesses criteria such as a student's vaccination status (vaccinated students do not need to quarantine but unvaccinated students do), whether exposure occurred indoors or outdoors, the duration and proximity of the contact, and whether masks were worn by both the positive case and the individual who may be a contact.

Who will monitor the health of students in quarantine?

- QU has partnered with UST Global to provide a dedicated team of registered nurses to provide telephone and email support and to check in with students regularly who are in quarantine. Calls will not be made to vaccinated students because they do not need to quarantine.
- QU has limited quarantine housing available for residential students, who may need to quarantine at home or off campus at their own expense if university housing is not available. Nonresidential students are able to quarantine in their off-campus homes.
- Students should call 911 for immediate medical assistance if they experience severe shortness of breath, confusion, blueish lips or nail beds, or chest pain. Inform the person answering the call that you are in quarantine for COVID-19.



What to pack

Students entering isolation or quarantine will need 10 days' worth of clean clothing, toiletries, any medications, their laptop and any class-related materials, including textbooks and notebooks. In addition, students are encouraged to bring items that offer comfort and that help to pass the time, such as books or e-readers, music, video games, a musical instrument, art supplies or other items to allow for creativity.

Note: Linens are provided to all students who are quarantining or isolating in The Crescent. These linens are professionally cleaned and laundered and should be left in the room after a student checks out of isolation or quarantine.

Suggested packing list:

- Backpack, small luggage or duffel bag
- Clean clothing
- Blanket/comforter
- Toothbrush and toothpaste
- Nail clippers
- Soap and shampoo
- Room slippers/shower shoes
- Toiletries, personal care items and personal hygiene supplies
- Medications
- Eyeglasses/contact lenses and related supplies
- Quinnipiac ID, insurance card, wallet, credit cards and other essential documents
- Laptop and charger
- Phone and charger
- Materials to enable you to do classwork or remote research
- Journal and writing instruments
- Books or magazines
- Fan

Notifying Faculty

Students must notify their professors that they cannot attend in-person classes for at least 10 days. There is no need to reveal the isolation or quarantine situation unless you prefer to do so. Students should work with their professors to develop individual plans for successful progress through each academic course. Student Health Services will also notify faculty that a student will not be able to attend classes for 10 days.



Dining information

When in isolation:

Meals will be delivered to residential students isolating in university housing and charged to a student's meal plan. The cost is \$25/day. Our goal is to deliver meals between 5:30–6:30 p.m. Each delivery will include a hot dinner as well as breakfast and lunch items for the following day. Within 24 hours, each student will receive an email that includes a link inviting them to sign up for meals and submit any dietary restrictions. The menu rotates daily, and students in isolation must fill out the form no later than 2 p.m. each day. On the first day, depending upon what time a student checks into isolation, time may not permit meals to be ordered from the rotating menu, but a meal will still be provided.

Microwaves and a small selection of water, Gatorade, snack foods and instant meals have been provided in each room for student use. The rooms also contain refrigerators and stoves.

When observing quarantine:

- **Unvaccinated** – Residential students observing quarantine in the university-designated housing on York Hill are permitted to go to the York Hill dining hall to get their meals each day. Students may only go to this dining hall and must return immediately to their rooms to eat their meals without making any other stops. It is recommended that students use the Transact mobile ordering app so their meals are waiting to be picked up.
- **Vaccinated** – Students observing quarantine are permitted to go to the dining hall to get their meals, but they cannot eat in the dining hall.

Your point-of-contact while in isolation or quarantine

Having to isolate or quarantine may be a new experience, and we're sure you'll have questions throughout the process.

Email: QIsupport@qu.edu

Your health and safety are our top priorities, and we'll do our best to address your questions and personal needs as promptly as possible. Please be sure to review the suggested packing list because we cannot fulfill requests for retrieval of personal items while you're in isolation or quarantine.



After-Hours Support

Please note: The below resources are all available from 9 a.m.–5 p.m., Monday–Friday.

The following resources are available after hours, including after 5 p.m. on Saturday and Sunday:

- **Student Health Services** 203-582-8742
 - After-hours telephone triage: 203-582-8742 and press #2
- **Counseling Services** 203-582-8680 Monday–Friday: 9 a.m.–5 p.m.
 - After-hours counseling: 203-582-8680 and press #3
- **Public Safety (24 hours a day)** 203-582-6200

Expectations for Quarantine and Isolation Housing

All university policies and expectations apply in quarantine and isolation housing. Additionally, the following apply:

- Students must remain in their assigned quarantine and isolation housing and may not leave the assigned suite
- No visitors or guests at any time
- No alcohol possession or consumption, regardless of age
- No prohibited items (e.g. marijuana, controlled substances that are not prescribed for the student, weapons, candles, etc.)

Trash Removal

You can submit a work order to ask facilities staff to remove the trash. Here's how to do it: On MyQ, go to quick links on the left navigation bar and click on "Facilities Work Order Requests." Once your order has been accepted, you can put your trash outside of your room. You can also request additional trash bags through a work order. Since it may take a day or two for the work order to be completed, it is suggested that you submit the work order before the trash is overflowing.

Laundry

Because of health department guidance, we are not able to make appointments for students to do laundry.

Packages

If you have a package to be picked up at mail services, please send an email to joseph.camporeale@qu.edu and give permission for the packages to be picked up for you. This will be coordinated by the QI support team. Also, you need to copy (CC) qisupport@qu.edu on the email.

Other Important Items

- If you decide to complete your isolation away from campus, you must notify qisupport@qu.edu before you leave so we can stop your meal delivery and communicate with you appropriately.
- You must wear a mask when opening the door for deliveries from staff.
- Outside food/takeout cannot be ordered to quarantine and isolation housing.
- Please be advised that multiple staff members work to support our students in quarantine and isolation. There may be occasions where your identity is known to supporting staff and/or someone outside of your quarantine and isolation housing in order to effectively provide these services.

Questions

Please email your non-medical questions to qisupport@qu.edu. Please direct questions about the length of your isolation or medical issues to studenthealthservices@qu.edu.

Resources

Our live-in residence hall directors and other staff will be on campus and ready to help. They are only a phone call or Zoom session away!

In the event of an emergency, please call Public Safety at 203-582-6200.

Student Health Services

203-582-8742

After-hours telephone triage,
203-582-8742 and press #2

Counseling Services

203-582-8680

Monday-Friday: 9 a.m.-5 p.m.
After-hours counseling: 203-582-8680
and press #3

Public Safety (24 hours a day)

203-582-6200

Office of Accessibility

203-582-8647

Learning Commons

203-582-8628

Dean of Students

203-582-8753

CARE

203-582-8741

[CARE and Conduct Incident Reporting Form](#)



go.qu.edu/report

QU Dining Services

203-582-8448

Residential Life

203-582-8666

Religious Life

203-582-8257

Facilities

203-582-5211

Information Services

203-582-4357

Arnold Bernhard Library

203-582-8945

