

When You Need to Isolate or Quarantine

A GUIDE FOR STUDENTS LIVING ON AND OFF CAMPUS

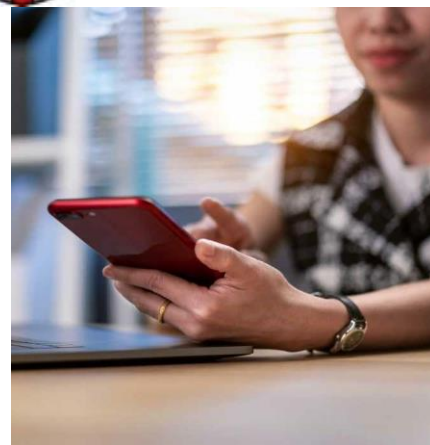


BROWN

If you have symptoms of the new coronavirus (COVID-19), are currently waiting for COVID-19 test results, or tested positive for COVID-19, you will be asked to isolate. If you have been exposed to COVID-19 or have traveled, you will be asked to quarantine.

Brown University is here to support you as you navigate this period of uncertainty. Please work directly with your department leadership on academic and research continuity.

Hearing that you need to isolate and disconnect from campus may be disconcerting, but the goal is to ensure that you recover, while also protecting others from exposure to illness.



HOW LONG TO ISOLATE

The length of your isolation varies case by case. You can leave your residence/place of isolation after all of the following 3 things have happened:

- No fever for at least 24 hours without the use of fever-reducing medications
- Other symptoms have improved
- At least 10 days have passed since symptoms first began

It is important to monitor your symptoms and temperature daily.

WHAT TO HAVE ON HAND

Some students may isolate in their own room or residence; others may need to relocate. During this time, you will want to have enough clean clothes, a pillow, a blanket, your cell phone, and laptop. You'll also need a toiletry kit, eyewear, and any prescription and non-prescription medication.

YOUR SELF-CARE KIT

Be prepared with a self-care kit that contains:

- Digital thermometer (for daily use)
- Hand sanitizer (for times you can't wash)
- Alcohol wipes (for cleaning, as needed)
- Water bottle (stay hydrated!)
- Brown EMS can deliver prescription and over-the-counter medications to local students. Contact Brown Pharmacy for more information.

HOW LONG TO QUARANTINE

Anyone who has been in close contact with someone who has tested positive for COVID-19 must stay home for a minimum of 14 days since the last day of contact with this person. Watch for symptoms of COVID-19 for the full 14 days. Persons in quarantine who develop symptoms should call Health Services 401-863-1330 for medical advice. A provider in Health Services can arrange COVID-19 testing

EMERGENCY WARNING SIGNS TO WATCH FOR

- Worsening of current symptoms
- Difficulty breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

In such cases, it may be necessary to call 401-863-4111 for immediate treatment.

WHILE YOU'RE IN ISOLATION

Remain at home until all 3 criteria listed above are met. Avoid crowds, public activities, and public transportation. If you must to leave your home, do so during off hours, wear a cloth face covering, and maintain social distancing (approximately 6 feet or 2 meters) from others. Wash your hands frequently.

OBTAINING MEALS (ON CAMPUS STUDENTS ONLY)

Food will be provided to you by Brown Dining Services. A staff member will be reaching out to you regarding the meals to be delivered.

COVID-19 Testing for Close Contacts

Per RI Department Of Health and CDC guidance, close contacts of diagnosed individuals do NOT need to be tested for COVID-19 if they do not have symptoms. Testing will not predict future illness.

Contacts of Close Contacts

If you do not currently have any symptoms, none of the individuals that have come in recent contact with you are considered at risk from their contact with you. A "contact of a contact" does not need to get testing, medical attention, inform others, or go into a quarantine setting.

SUPPORT IS ONLY A PHONE CALL AWAY

You are a valued member of the Brown community, and your health and well-being are important to us. We are here to assist you if you need help.

Health Services 401-863-3953

CAPS 401-863-3476

Student Support Deans 401-863-3145
studentsupport@brown.edu

Res Life 401-863-3500

DPS (After Hours to reach AOC)
401-863-4111

If you feel you need immediate treatment of very serious or critical conditions, call 401-863-4111.

If you decide to go to the emergency department on your own, if possible call the ED prior to your arrival so they can be prepared to potentially isolate you when you arrive.

PUBLIC HEALTH TERMINOLOGY

When communicable infections circulate, communities try to reduce the spread in several ways, depending on the severity of the illness, the ease of transmission, and the local and national policies of the time. Often, more than one method is employed during an outbreak.

Self-isolation refers to the guidance for individuals to stay home and monitor their health following travel to a high-risk country.

Isolation prevents the spread of an infectious disease by separating people who are already sick from those who are not. It lasts as long as the disease is contagious.

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. Quarantines are typically used for individuals who are at high risk of exposure to COVID-19—particularly those who have had close contact with someone confirmed to have COVID-19 without using recommended precautions for caregivers.

Social distancing means avoiding crowds and public transportation (e.g., bus, subway, taxi, ride share), and maintaining distance (approximately 6 feet or 2 meters) from others.

COMMUNICATION WITH FAMILY

Your personal health information is confidential. You will need to sign a release before our staff will be able to speak with your parents or other family members or friends.

COMMON FEELINGS

Everyone reacts differently to stressful situations that require changes in location or behavior. When you're out of circulation, you may experience a range of feelings, including:

- Anxiety, worry, or fear related to your health status or that of others
- Anger or resentment at the inconvenience
- Worry about not having your things with you or not doing your usual routine
- Uncertainty or concern about how long you will need to remain in this situation
- Excitement to have some alone time to rest and catch up on reading
- Loneliness or feeling cut off
- Boredom and frustration
- Sadness or depression
- Symptoms of post-traumatic stress disorder

Please contact the CAPS at 401-863-3476 if you need immediate counseling care. A clinician is available to speak with you over the phone 24/7.

LEARN MORE ABOUT CORONAVIRUS (COVID-19)

<https://covid.brown.edu/>