



# Isolation and Quarantine

## ■ Guidelines for Drexel Students

**SELF-ISOLATION AND QUARANTINE: WHAT, WHY, WHERE, WHO?**

**THE PROCESS**

**BE PREPARED: KNOW WHAT YOU'LL NEED IN QUARANTINE**

**QUARANTINE DOS AND DON'TS**

**ON-CAMPUS ISOLATION SUPPORT AT DREXEL**

**RESOURCES FOR STUDENTS IN ISOLATION/QUARANTINE**

Drexel has instituted special procedures and resources to contain any potential spread of COVID-19. Please help us keep our campus community safe by complying with our [public health guidelines](#), just as we work to protect you and all of our students, faculty and staff.

If you, or someone in close proximity to you, contracts COVID-19, you will be asked to stay physically apart from others until the danger of transmitting the infection has passed. This booklet highlights Drexel's **quarantine** and **isolation** procedures and offers resources for students affected by COVID-19. Please review them so you are prepared if you need to enter quarantine.

### Reminder: Be COVID Safe

The best way to prevent COVID-19 infection is to **avoid it**. Drexel is constantly evaluating campus safety and has instituted requirements for students to help prevent COVID-19 outbreaks on campus and in our neighborhood. Whether you are in quarantine/isolation or not, you must adhere to all campus risk reduction measures.

Please make sure to follow the updates and guidelines on Drexel's Response to Coronavirus website ([drexel.edu/coronavirus](https://drexel.edu/coronavirus)), participate in regular COVID-19 testing, take the mandatory health and safety training, and download the [Drexel Health Checker app](#) to keep track of potential symptoms.

### Don't Panic!

If you are asked to self-isolate or quarantine on campus, Drexel will help make sure you have access to the essentials, including food, laundry, trash collection, and physical and mental health care if required.

### Questions about Isolation, Quarantine, or Contact Tracing?

If you have been exposed to someone with confirmed COVID-19 infection and you have any symptoms, please call Student Health at 215-220-4700 for further evaluation.

For general information regarding isolation, quarantine and contact tracing, you can refer to this booklet and the "[Isolation and Quarantine](#)" page of the campus [Response to Coronavirus website](#), or **call the COVID Questions line at 215-703-2335**.

## SELF-ISOLATION AND QUARANTINE: WHAT, WHY, WHERE, WHO?

### What Are Self-Isolation and Quarantine?

If you have COVID-19, suspect you may have it, or have been exposed to someone who has it, you will need to separate yourself from other people to avoid infecting them with the virus.

**Quarantine:** Quarantine isolates people without symptoms who have been exposed to COVID-19, but have *not* tested positive, so that they can monitor their health for the development of symptoms. Note that fully vaccinated people are not required to quarantine unless they show symptoms of COVID-19, but if they have been exposed, they should wear a mask around other people for the next 7 days, monitor their health closely, and get a COVID test on day 5.

**Self-isolation:** Self-isolation applies to Drexel students who are **diagnosed or test positive for COVID-19**. Whether symptomatic or not, you will be required to self-isolate.

### Why is this necessary?

- The SARS-CoV-2 virus that causes COVID-19 is often spread through droplets in the air — you can be infected, or pass along the infection, just by being near someone.
- You can be infected but not have symptoms, yet people to whom you transmit the virus could become very sick.
- Wearing a mask helps, but it's not foolproof.
- Testing helps but isn't foolproof — if you have symptoms and you have been exposed, you should quarantine and get tested.

### Who Will Be Asked to Quarantine or Self-Isolate?

You may reference the following table to help understand when isolation or quarantine are needed:

<b><i>What should I do if...</i></b>	<b><i>I am fully vaccinated against COVID 19</i></b>	<b><i>I am not fully vaccinated against COVID 19</i></b>
<b>I have a positive COVID 19 test?</b>	<ul style="list-style-type: none"><li>• Stay home and start self- isolation for 10 days</li><li>• Report with Drexel Health Checker</li><li>• Contact tracing will advise on return to work/school</li></ul>	<ul style="list-style-type: none"><li>• Stay home and start self- isolation for 10 days</li><li>• Report with Drexel Health Checker</li><li>• Contact tracing team will advise on return to work/school</li></ul>
<b>I have symptoms of COVID 19 (with or without exposure)?</b>	<ul style="list-style-type: none"><li>• Stay home, report symptoms to Drexel Health Checker app, and schedule test now.</li></ul>	<ul style="list-style-type: none"><li>• Stay home, report symptoms to COVID Health Checker app, and schedule test now.</li></ul>

	<ul style="list-style-type: none"> <li>Isolate until test results return. <ul style="list-style-type: none"> <li><b>Negative test and no exposure:</b> Return to normal activity when symptoms improve.</li> <li><b>Negative test and exposure:</b> Resume normal activity with masking while around others. Self-monitor for symptoms for 7 days and retest 5 days from last exposure.</li> <li><b>Positive test:</b> See positive test instructions above.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Isolate until test results return. <ul style="list-style-type: none"> <li><b>Negative test and no exposure:</b> Return to normal activity when symptoms improving.</li> <li><b>Negative test and exposure:</b> Quarantine for 7 days and retest 5 days from last exposure. Contact tracing will advise on return to work/school.</li> <li><b>Positive test:</b> See positive test instructions above.</li> </ul> </li> </ul>
<b>I do not have symptoms of COVID 19 but I was exposed?</b>	<ul style="list-style-type: none"> <li>Resume normal activity with masking while around others.</li> <li>Self-monitor for symptoms for 7 days and retest 5 days from last exposure.</li> </ul>	<ul style="list-style-type: none"> <li>Quarantine for 7 days and retest 5 days from last exposure.</li> <li>Contact tracing team will advise on return to work/school.</li> </ul>

### Where Does Isolation/Quarantine Take Place?

If you are asked to self-isolate or quarantine, you must remain in a space that is not shared with any other people (unless others are required to quarantine along with you). You may be able to quarantine or self-isolate in your current housing. **Student Health and/or Student Life will work with you to make sure you can quarantine or self-isolate safely.**

### How Long Do Isolation and Quarantine Last?

**Students in self-isolation** on or off campus must complete isolation as directed by the Student Health Contact Tracing Team. Students experiencing symptoms will be expected to isolate for at least 10 days from the start of symptoms and will be released based on the following criteria:

- They have gone 24 hours with no fever, without the use of fever-reducing medications.
- AND**
- Other symptoms of COVID-19 are improving.

Students with a positive test but no symptoms will be expected to isolate for a total of 10 days. Students with severe disease or severely weakened immune systems may be asked to isolate longer.

**Students quarantining** on or off campus must complete the quarantine as directed by the Student Health Contact Tracing Team. You will be provided information on how to best quarantine as well as the duration of your quarantine period.

A 7-day quarantine with a negative test at day 5 is recommended for any exposed, unvaccinated individuals.

Whenever you return to Drexel, please notify residential housing about your return plans.

## CONTACT TRACING

**If you test positive for COVID-19**, the University and/or the Philadelphia Department of Public Health will reach out to anyone that you have been in close proximity--within the past 2 days of a positive test if asymptomatic or within 2 days of start of symptoms. This is very important: your contacts should get tested and monitor their health, and they may need resources to help them and their contacts stay safe. Contact tracers will never reveal your identity and diagnosis to your contacts.

**If you have been in contact with a member of the Drexel community who has a confirmed case of COVID-19**, a member of our Contact Tracing Team will call you and provide instructions. It's important that you try to answer phone calls this quarter, even if they come from a number you don't recognize. Depending on your exposure and underlying risk, you will likely be asked to quarantine for 7 days with request for testing on day 5 or simply to monitor your health using the Drexel Health Checker and notify Student Health if you experience symptoms.

*At this time, it is required by the University COVID-19 protocols that you provide contact information for anyone with whom you have had close contact, including anyone living in your household, for use in contact tracing.*

*Drexel University expects students to follow all COVID-19 policies and procedures, including (but not limited to) guidance from Drexel Student Health and the Philadelphia Department of Public Health. Any student who does not follow these standards will be subject to charges from the Drexel Student Code of Conduct, such as Failure to Comply, with sanctions up to and including ban or suspension from campus.*



## THE PROCESS

### **If you suspect you have been exposed to, or may have, COVID-19:**

Isolate yourself from other people and call the Student Health Center to arrange for testing or discuss your options. (For more about what to do if you suspect you may have COVID-19, go to [“What to Do if You Feel Sick”](#) on Drexel’s Response to Coronavirus website.)

### **If you test positive for COVID-19:**

- If you are using the Drexel Health Checker correctly and receiving testing through Drexel, Student Health should follow up with you to discuss your options. *If you:*
  - Have a service or emotional support animal on campus
  - Have special medical, mental health, or other needs
  - Do not have a private space in which to isolate yourself
  - Will not have access to food or medical care if you isolate in your current housing... Make sure you discuss your needs and options with our Student Health Contact Tracing Team to determine what quarantine/isolation will look like for you.
- If you did not receive your test through Drexel, isolate yourself and report your positive test through the [Drexel Health Checker app](#). A member of our Student Health Contact Tracing Team will make contact and provide further information on the best next steps. If contact is not made within 24 hours, contact the Student Health Center by phone (215-220-4700).
- Cooperate with the Contact Tracing Team so they can follow up with anyone who was in proximity to you.
- Encourage anyone with whom you have shared space in the past 14 days to get tested and monitor their symptoms.

### **First Steps**

If you are instructed to quarantine or self-isolate, take the following steps as soon as possible:

- Make a list of people with whom you’ve been in close contact (within six feet for 15 minutes or more, physical contact, shared food or drinks) during the two days prior to the date you took your positive test or the onset of symptoms. Be ready to provide this information to contact tracers.
- If you are taking any in-person classes or other in-person course requirements, tell your professors that you will not be able to attend in person for approximately one week. You do not need to disclose the reason. Arrange for remote work where possible.
- Notify your family or friends about the situation if needed — for your privacy, Drexel will not notify them.

*If you are assigned to on-campus isolation housing:*

- A member of the Student Life team will contact you via phone to arrange a check-in time at the residence hall reserved for isolation. They will review the University's isolation procedures with you prior to your arrival.
- Upon arrival, you will receive your key and room assignment.
- You will be instructed to promptly sign the Drexel Guest Housing Agreement.
- You should receive an email with instructions on accessing food, laundry, supplies, etc. If you do not receive this email promptly, contact Student Life at [deanofstudents@drexel.edu](mailto:deanofstudents@drexel.edu) or [housing@drexel.edu](mailto:housing@drexel.edu).

### During Quarantine/Isolation

- Most people who contract COVID-19 do not require hospital care. The Student Health Center will help monitor your health and symptoms during isolation/quarantine. However, if you need emergency medical assistance for any reason, contact **Public Safety**.
- If you are too sick to participate in remote learning or are unable to attend in-person classes, please let your Student Health case investigator know.
- If you have other questions about schoolwork, contact your academic advisor.
- If you have an ADA accommodation need due to COVID-19, please contact [disability@drexel.edu](mailto:disability@drexel.edu).

### Ending Isolation/Quarantine

**Our Student Health Contact Tracing Team will let you know when you are cleared to end your isolation/quarantine.**

If you tested positive for COVID-19, you will normally be released from isolation after 10 days (see above, "How Long Do Isolation and Quarantine Last?"). If you are in quarantine, and do not develop COVID-19 symptoms or test positive, you will normally be released after 7 days with evidence of a negative test on day 5.

After a positive test, retesting should not occur within three months unless a student develops symptoms suggestive of COVID-19. If you have had a positive COVID-19 test within the last three months, you should not undergo surveillance testing. If you develop new symptoms during this time, you should contact Student Health for re-evaluation and to determine if retesting is needed during this period.

For the safety of the campus community, students will be expected to remain in isolation or quarantine until released by our Student Health Contact Tracing Team. Failure to comply with isolation or quarantine recommendations will result in a direct violation to our existing health and safety policies.

Even after stopping quarantine, you should:

- Watch for symptoms until 14 days after exposure.

- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
- Wear a mask, stay up to date on vaccinations, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

## **BE PREPARED: KNOW WHAT YOU'LL NEED IN QUARANTINE**

If you are required to self-isolate or quarantine, you will not be allowed to leave your own private living space for the duration. Plan ahead to make sure you have any supplies you will need for up to two weeks, including:

- Medical supplies
  - Prescriptions and any over-the-counter medications you take regularly; we recommend having pain relievers and fever reducers in case you need to manage COVID-19 symptoms.
  - Thermometer
  - Self-care items (tissues, hand sanitizer, soothing drink mixes or teas)
- Phone, tablet, chargers, and other personal electronics
- School supplies (computer, textbooks, notebooks, handouts, pens, etc.)
- EPA-approved cleaning wipes
- Toiletry and personal care items (toothbrush and toothpaste, shampoo and soap, deodorant, hygiene products, razors, etc.)
- Extra contacts or glasses and associated supplies
- Masks and other personal protective equipment, in case there is an emergency requiring you to leave your quarantine/isolation space
- Healthy non-perishable snacks
- If moved to isolation housing, you will also need to supply bedding, towels, and other linens

[See this PDF for additional suggestions.](#)

If you share common spaces (such as a living room or bathroom) with other people, and you receive a positive COVID-19 test, you may be asked to move temporarily to more isolated housing without being able to stop home first — make sure your essential supplies are easy to find and pack in case someone has to send them to you.



## QUARANTINE DOS AND DON'TS

While in isolation or quarantine...

### Do

- Stay in your room or non-shared living space unless there is an emergency (for example, a fire alarm going off).
- If you must leave your quarantine/isolation space in an emergency, wear a mask and stay at least 6 feet away from other people.
- Continue to monitor your symptoms daily using the Drexel Health Checker app.
- Check in with the Student Health Center (215-220-4700) with any questions.
- If you are quarantining in a semi-shared space — such as off-campus co-housing with a shared bathroom or kitchen — remain in your room unless absolutely necessary (for instance, to use the bathroom or get food). Keep your mask on and make sure to wash your hands and use disinfectant when you are in shared spaces.
- Take part in remote learning if you are healthy enough.
- Promptly respond to calls or emails from Student Health.
- Stay virtually connected with friends and family.
- Take part in virtual activities.

### Do Not

- Leave your room or non-shared living space, except in an emergency.
- Invite or allow anyone else into your isolation space.
- Go for a walk, go to the store, or run errands.
- Share food or drinks with anyone, even if they are quarantining with you.
- Give up on isolation/quarantine early because you don't think you are sick.

## ON-CAMPUS ISOLATION SUPPORT AT DREXEL

If you are instructed to quarantine or self-isolate on campus, the University is committed to seeing you through. Your isolation housing will be equipped with:

- A private bedroom.
- For those in quarantine, a private bathroom.
- A refrigerator and microwave.
- Wi-Fi internet, with access to internal Drexel student resources.

Drexel also provides students in on-campus isolation/quarantine with:

### **Food**

Drexel Campus Dining will provide you with three meals per day, with options for you to select at each meal. Meals will be brought to you, outside of the main door to your suite/apartment. Meals can be ordered using the GET App.

Visit <https://get.cbord.com/drexel/full/prelogin.php> to download the app.

You can also coordinate with the front desk of your building between 8 a.m. and 10 p.m., seven days a week, to receive food delivery from services like GrubHub.

### **Tele-health**

In addition to tracking your symptoms using the Drexel Health Checker, you will receive daily communication from our Student Health Contact Tracing Team. If your symptoms worsen, a medical provider will re-assess your condition and determine if further care is needed. Appointments using Tele-Health are available through Student Health for evaluation. Student Health can also help connect you with any mental health or other assistance you need.

You can reach the Student Health Center at 215-220-4700.

### **Trash pickup**

Bagged trash placed outside your door will be picked up between 6 a.m. and 11 a.m. every day.

### **Mail**

Your mail and packages will be delivered outside your door after a phone call to confirm that there are items to be dropped off. Please refrain from ordering large packages while in isolation or quarantine.

**Laundry**

Laundry service is available for students in quarantine or isolation in University residence halls. Information regarding service will be made available at check-in.

**Your housing confirmation email from Student Life will contain more information about all of these services.**

**Note:** If you are in a residence hall that offers a shared laundry room, kitchen, or bathroom, those facilities are off-limits while you are in quarantine or isolation. Remain in your non-shared quarantine space.

In an emergency, contact public safety at 215-895-2222 or 911.

TTY:215-571-4141

Due to quarantine restrictions, maintenance activities will likely be restricted.

## RESOURCES FOR STUDENTS IN ISOLATION/QUARANTINE

### Mental health resources

Although we do everything we can to help, we know that quarantine and isolation can be stressful or scary. Students seeking mental health support can schedule a virtual appointment with a therapist by emailing [counsel@drexel.edu](mailto:counsel@drexel.edu) or calling 215-895-1415.

Members of the University's Spiritual and Religious Life chaplain team are available to the members of the University community — contact information is available on the Student Life website: <https://drexel.edu/studentlife/diversity/spiritual-and-religious-life/offices-and-spaces/>

### Virtual activities

Visit the DragonLink via the QR code for virtual campus programs and activities, including virtual exercise programs.



### Contacts

#### Drexel Student Health Center

215-220-4700

Call ahead if experiencing COVID-19 symptoms.

#### Public Safety

Non-Emergency: 215-895-1550

Emergency: 911 or 215-895-2222

TTY: 215-571-4141

#### Dean of Students

[deanofstudents@drexel.edu](mailto:deanofstudents@drexel.edu)

#### General information about COVID-19 response at Drexel

COVID Questions line: **215-703-2335**

[Drexel.edu/coronavirus](https://drexel.edu/coronavirus)

[covid19health@drexel.edu](mailto:covid19health@drexel.edu)