

Isolation and Quarantine Planning

Guide For Students & Families

Hampshire College - Fall 2020

Hampshire College will use the public health tools known as isolation and quarantine to prevent the spread of COVID-19 among the campus community. Because there is typically little time to prepare for isolation or quarantine when instructed to do so, Hampshire College has developed this planning guide to assist students in preparing to isolate or quarantine. This guide is for students who live on or off campus.

What is the difference between isolation and quarantine?

- **Isolation** is the separation of someone who is ill with or has tested positive for COVID-19 from people who are not sick. Individuals who test positive for COVID-19 typically isolate for at least 10 days from the time they are tested or symptoms first appeared, but could be isolated for longer periods of time if symptoms persist.
- **Quarantine** is the separation of someone who has been exposed to a COVID-positive individual from those that are not sick or exposed in case the exposed person becomes sick or tests positive for COVID-19. A typical quarantine period lasts 14 days.

Do I need a plan for isolation and quarantine?

All students living on campus are encouraged to have an isolation and quarantine plan. For students who can travel in a private vehicle and are within driving distance of their primary place of residence, we recommend your plan include you conducting your period of isolation or quarantine in the comfort of your home. For those students living on-campus who cannot travel home, Hampshire has set aside dedicated isolation and quarantine spaces. Meals will be delivered to students isolating and quarantining on campus. Health Services and Residential Life staff will check in on you daily by phone to monitor your symptoms and provide support.

All students living off campus are also encouraged to have an isolation and quarantine plan. The college will provide phone support and daily check ins at your off-campus location. Hampshire will not provide on-campus isolation and quarantine space or meal delivery.

How will I be supported if I am in isolation or quarantine?

- Health Services nurse practitioners will conduct daily wellness calls to monitor your symptoms. Telehealth medical visits will also be provided, as needed. Students should call 911 for any life-threatening emergencies; when calling, please inform the dispatcher that you are in isolation or quarantine. Hospital transport and care, if needed, would be at Cooley Dickinson Hospital in Northampton.
- Counseling Services is available to provide mental health resources and telehealth counseling services.
- The Center for Academic Support and Advising is available to provide academic support.
- Residential Life staff and the Student Life Deans will provide overall case management and additional support.

How do I prepare for isolation or quarantine?

Communicate with Your Family or Supportive Ones in Your Life

- Discuss the following with your family or supportive ones in your life before coming to campus:
 - If you live within driving distance, are you be able to return home in a private vehicle? (If you are instructed to isolate or quarantine, you cannot travel on any public transportation or ride sharing service)
 - If someone plans to pick you up from campus to take you home to isolate or quarantine, how much time will they need to arrive?
 - Are you able to distance yourself from others in your home to keep them safe?
 - If you cannot isolate or quarantine at home, how will your family communicate with you?

Assemble a Go-Kit

If you are required to isolate or quarantine on campus by the Contact Tracing team, you will need to immediately move to an isolation or quarantine space. There will not be time to collect supplies. Additionally, you will not be able to leave your isolation or quarantine space during isolation/quarantine. To prepare for this, assemble a Go-Kit before you arrive on campus. Someone can easily pick it up and drop it off to you when you are in isolation or quarantine.

Supplies for Your Go -Kit

- **Cleaning supplies:** Pack [EPA approved disinfecting wipes](#). Students in isolation will be in private rooms and bathrooms, but students in quarantine (not positive for Covid-19) may need to share a bathroom with another quarantined student. Bathroom fixtures and door handles should be disinfected after use.
- **Self-care medications:** Pack fever/pain reducers such as acetaminophen (Tylenol) or ibuprofen (Motrin). You may want lozenges for sore throat or cough drops.
- **Prescription Medications** Pack any prescription medications you need. If you need a refill, Health Services will arrange delivery.
- **Thermometer:** Pack a digital thermometer that works under your tongue, is easy to use, and not expensive to purchase.
- **Face Coverings:** Pack multiple face coverings so that you can wear a fresh one each day.
- **Comfort Food:** Pack your favorite comfort snacks and drinks. Although the College will ensure meals are delivered to those isolating or quarantining on campus, sometimes your favorite snacks can provide comfort. Off-campus students should maintain a supply of foods in their home and be knowledgeable about to how to order food delivery from their local grocery store.
- **Comfortable Clothing:** Pack a few days' worth of comfortable clothing. Specific laundry facilities will be available.
- **Hygiene Supplies:** Pack shampoos, soap, tooth brush, toothpaste, feminine products, etc.
- **Towels**
- **Spare Set of Twin Sheets** – You can use your pillow and blanket from your current bed
- **Phone and Computer Chargers.**

In addition to your Go-Kit, you should ensure your academic materials (laptop, books, etc.) should be readily accessible to be brought to you.

If you forget anything, the Hampstore and UMass pharmacy will have supplies available for purchase, and Health Services will have some self care supplies and thermometers available for those who can't obtain one before arrival.