



**DePaul Housing**  
**Summer 2022**  
**Isolation Guide**

*— Lincoln Park —*

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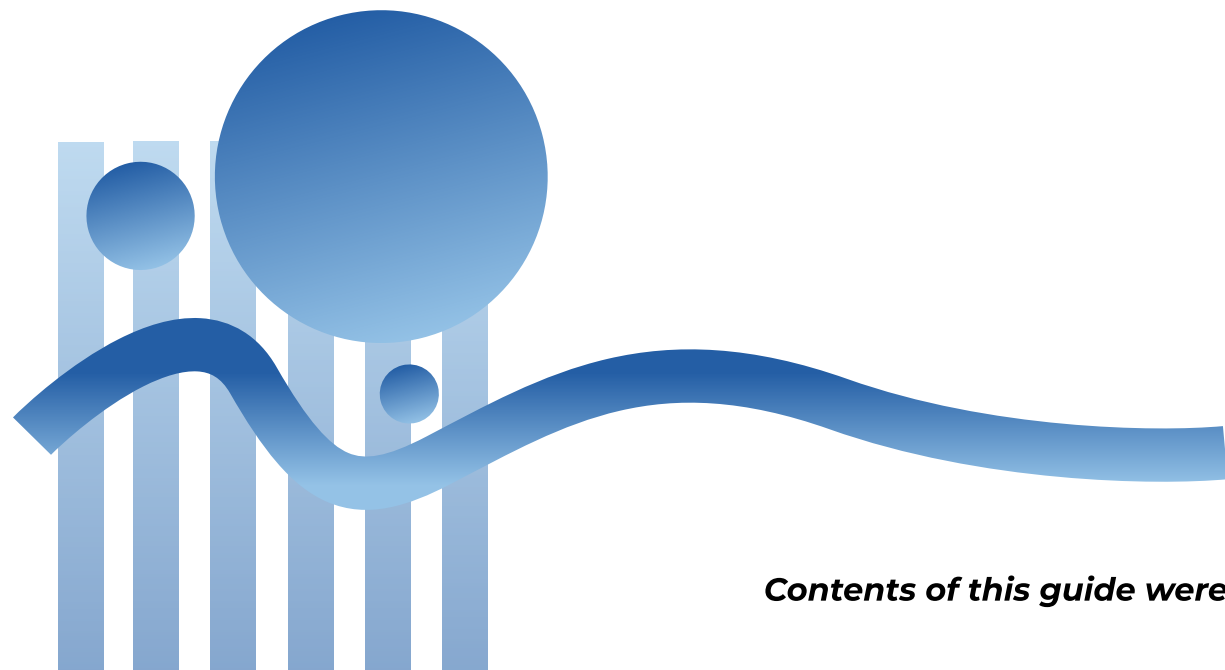
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# Section 1

## Introduction

### To Our Residents:

Though our departments have made policies and processes to create a safer environment at DePaul, living in a shared-living community during a pandemic still comes with certain risks. Therefore, we are urging you to read the contents of this guide carefully if you may be (or have been) identified as an on-campus resident who needs to go into isolation. Asking you to isolate for a number of days is a task that comes with numerous challenges, but it is absolutely necessary to protect your health and safety as well as the health and safety of others.

This guide will not only prepare you, but it will focus on resources what will assist you during the isolation period. Moreover, we will continue to update our website, particularly the **COVID-19 Campus Housing Information** page at **[go.depaul.edu/housing-covid-info](https://go.depaul.edu/housing-covid-info)**.

If you have questions, please email us at **[housing@depaul.edu](mailto:housing@depaul.edu)** or utilize our chat feature available on the Housing website: **[go.depaul.edu/housing](https://go.depaul.edu/housing)**.

Thank you!

**Department of Housing, Dining  
& Student Centers**  
**[housing@depaul.edu](mailto:housing@depaul.edu)**  
**(773) 325-7196**  
**[go.depaul.edu/housing](https://go.depaul.edu/housing)**

**Department of Residential  
Education**  
**[resed@depaul.edu](mailto:resed@depaul.edu)**  
**(773) 325-4211**  
**[go.depaul.edu/resed](https://go.depaul.edu/resed)**

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# Section 2

## What is Isolation?



If you are a resident with a confirmed case of COVID-19, you must go into isolation. Per DePaul Community Health and public health organizations, those who test positive are contagious and must be transferred to an alternate space to self-isolate for at least 5 days. Thus, preventing further spread.

### Next Steps

If you test positive for COVID-19, you must complete the **COVID-19 Self-Reporting online form** or call **Public Safety at (773) 325-7777 immediately**. Public Safety will contact a member of the Residential Education staff who will be in contact with you in a short period of time for an immediate assessment of your condition. If self-isolation is determined, you'll be instructed to fill out an intake form, which will indicate your needs during isolation. **While in isolation, you must not leave your room for any reason, except for:**

- Medical appointments, medical emergencies, or building emergencies
- Food delivery or supply pickup from the front desk or gate
- Trash disposal

If you need to seek medical care, you may call **AMITA Sage Medical Group at (773) 549-7757**. Please call in advance. DO NOT visit the office in person unless instructed by AMITA Sage to do so. In a medical emergency, please call 9-1-1. Residents in isolation who leave their room for a non-medical reason will face disciplinary action, which may include removal from housing.

**At the end of your 5-day isolation period**, a contact tracer and/or staff member from Residential Education will remind you to exit your isolation space, assuming your symptoms have subsided and you are completely fever free. If you still have symptoms, especially a fever, please let Residential Education staff know when they contact you and we will extend your stay in isolation until you are feeling better.

### FIRE ALARMS and EMERGENCY EVACUATIONS

In the event of a fire alarm or emergency evacuation, on-campus residents in isolation must wear a \*mask, remain at least 6 feet apart from others, and exit the building safely (as instructed in the **Guide to Student Housing**).

\*Wear a N95 or KN95 mask, if available.  
Otherwise, double mask with a cloth mask layered over a surgical one.

# Section 3

## Suggested Packing & Supply List for Isolation Spaces

Our departments want to prepare you for any scenario, so we recommend you have the supplies you need during an isolation period. We ask that you pack the essentials, including a “go-bag” if you are *or may be* instructed to move into a temporary unit to self-isolate.

### Recommended items to bring:

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|---|--|
| <input type="checkbox"/> Clean Clothing                     | <input type="checkbox"/> Toiletries (soap, toothbrush, toothpaste)           |
| <input type="checkbox"/> Clean Towels                       | <input type="checkbox"/> Paper Products (toilet paper, paper towels)         |
| <input type="checkbox"/> Pillow                             | <input type="checkbox"/> School Books and School Supplies                    |
| <input type="checkbox"/> Bottled Water                      | <input type="checkbox"/> Food (refrigerator and microwave will be available) |
| <input type="checkbox"/> First Aid Kit                      | <input type="checkbox"/> Laptop (Wi-Fi will be available)                    |
| <input type="checkbox"/> Prescription Medications           | <input type="checkbox"/> Cell Phone and Mobile Device Charger                |
| <input type="checkbox"/> Menstrual Products (if applicable) | <input type="checkbox"/> Face Masks (preferably N95 or KN95)                 |

### Residents will be moved into a TEMPORARY unit for isolation.

Ahead of your expected move-in time, staff will place the following items in the unit:

- |   |                |
|---|----------------|
| • Linen pack (fresh bedding and towels) | • Toilet paper |
| • Case of bottled water                 | • Trash bags   |

Pack smart.  
Pack smart.  
Pack smart.  
Pack smart.  
Pack smart.



# Section 4

## Isolation Services

If you have been identified as someone who must go into isolation, you will be moved into a temporary unit. Isolation services will be limited during your isolation period. Still, we strongly urge you to stay in your unit and only leave for the following reasons:

- Medical appointments, medical emergencies, or building emergencies
- Food delivery or supply pickup from the front desk or gate
- Trash disposal

### Staff On Duty

You should expect two daily check-in emails from the Residence Director On Duty, one email at 10:00 a.m. and one email at 5:00 p.m. **You must respond to these emails within two hours.** If not, the Residence Director On Duty will follow-up with you by phone. If you do not answer, a wellness check will be conducted. Please pay attention to your DePaul email for communication from the Residence Director On Duty.

### Dining & Meal Delivery

On-campus dining is not open over the summer; therefore, meals will not be delivered to students in isolation. We highly recommend ordering from food delivery services, such as Amazon Fresh, Grubhub, and DoorDash.

Food deliveries must be picked up at the front desk or front gate of your building. Please remember to wear a face mask (preferably N95 or KN95) before leaving your unit and receiving your food from the delivery person.

### Garbage

Keep your space clean! Throw away food scraps and wrappers. If you notice your trash basket is full, please follow one of these steps (depending on your isolation location):

- If you are isolating in **Sheffield Square**, tie the garbage bag and take it down to the trash bins located at street level near the alley gate.
- If you are isolating in **University Hall** or **Centennial Hall**, tie the garbage bag and take it to the trash room on your floor.

Don't forget to wear a mask before leaving your unit to take out the trash!

*Continued on next page.*

## Mail and Deliveries

While in isolation, you may not go to the mailroom to retrieve mail and packages. **If you are expecting an urgent package** (e.g., medication, medical supplies, and textbooks), please indicate this on your intake form and our staff will have it delivered to your room. Non-essential mail and packages should be postponed until your isolation period is over.

## Supplies Form

We understand that you may run out of water, toilet paper, and additional cleaning supplies during isolation. If you need these items while in isolation, log in to the **Student Work Order online portal** and submit a request. Requests are fulfilled the following business day. For urgent requests, please contact the Residence Director On Duty.

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# Section 5

## Mental Health Resources

### University Counseling and Psychological Services (UCAPS)

The college experience includes many unique challenges and opportunities for students. It is a time of change, growth, and transition. Reaching your academic goals can be difficult if you are suffering from emotional distress, relationship difficulties, or other concerns. There may be times when these challenges lead to excessive stress, anxiety, depression, confusion, and loneliness. Seeking support, including counseling can enable you to understand and deal with these issues. **University Counseling and Psychological Services (UCAPS)** is committed to creating a welcoming and affirming space where the dignity of all DePaul students is valued and affirmed. We strive to support the educational success of students by providing culturally aware clinical services, including: individual and group counseling, outreach programming, consultation, community referrals, and training opportunities.

### How do I make an appointment?

To schedule a brief screening and consultation appointment, students may:

- Call **773-325-CARE (2273)**, Monday through Friday, 9:00 a.m. to 5:00 p.m. and select option 2.
- Or, visit the UCAPS website at **go.depaul.edu/ucaps** anytime and select **Schedule a Consultation**. Students have in-person and tele-health options for consultations and other appointments through UCAPS.

### After-Hours Crisis

Students should dial **773-325-CARE (2273)** and select option 1, if prompted, to speak directly to a therapist 24 hours a day, 7 days a week..

Students facing or dealing with an **urgent crisis** should call **9-1-1** or DePaul University Public Safety at **(773) 325-7777**.

#### Examples of an urgent crisis:

- |   |   |
|---|---|
| • Thoughts of hurting self                          | • Recent victim of a physical or sexual assault |
| • Thoughts of hurting other people                  | • Concern over a student's whereabouts          |
| • Have not eaten in a few days (not due to illness) |   |



# Section 6

## University Resources

**Center for Students with Disabilities** coordinates providing accommodations and other services to students with documented disabilities.  
**go.depaul.edu/csd | csd@depaul.edu | Lincoln Park: (773) 325-1677 |**  
**Loop: (312) 362-8002**

**Health Promotion and Wellness** provides holistic education, support and resources for you to establish and sustain long-term, healthy behaviors.  
**go.depaul.edu/hpw | hpw@depaul.edu | (773) 325-7129**

**Health Services** partners with **AMITA Sage Medical Group**, which is a community healthcare provider located on the Lincoln Park Campus at **1150 W. Fullerton Ave.** Office visits and basic lab work are covered by the health services fee. All Lincoln Park residents are automatically billed the health services fee to their DePaul Student Account. To discontinue the fee, contact the Office of Health Promotion and Wellness at **hpw@depaul.edu**.  
**go.depaul.edu/healthservices**

**Office of Public Safety** provides the following services: emergency response, crime prevention, security awareness, crime victim assistance, safety tips, and lost and found.  
**go.depaul.edu/publicsafety | Lincoln Park: (773) 325-7777 |**  
**Loop: (312) 362-8400**

**Student Mail Center** is located on the 3rd floor of the Lincoln Park Student Center. Only urgent packages will be delivered to your unit (see page 5).  
**go.depaul.edu/residentmail | StudentMailCenter@depaul.edu |**  
**(773) 325-4912**

# Section 7

## After Isolation

Residential Education staff will send an email notification when your 5-day isolation period has officially ended.

**If your symptoms have subsided and you have been fever free for the last 24 hours of your 5-day isolation**, you are approved to leave your isolation unit. Before exiting your isolation unit, you must clear out all your belongings and take out any trash, so staff may clean and disinfect the space. Also, immediately after your 5 days of isolation on campus, remember to wear a mask for an additional 5 days to prevent potential spread of COVID-19.

**If you are still experiencing symptoms, including fever**, you will continue to stay in isolation until your symptoms have subsided or until you have completed an additional 5 days in isolation.

**Again, we understand this process is no easy feat  
and appreciate your cooperation to keep our on-campus  
community healthy and safe.**

