DePaul Housing

2022 Quarantine & Isolation Guide

— University Center —
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction</td>
<td>1</td>
</tr>
<tr>
<td>Isolation vs. Quarantine</td>
<td>2-4</td>
</tr>
<tr>
<td>Suggested Packing &amp; Supply List</td>
<td>5</td>
</tr>
<tr>
<td>Isolation Services</td>
<td>6</td>
</tr>
<tr>
<td>Mental Health Resources</td>
<td>7</td>
</tr>
<tr>
<td>University Resources</td>
<td>8-9</td>
</tr>
<tr>
<td>After Isolation or Quarantine</td>
<td>10</td>
</tr>
</tbody>
</table>

Contents of this guide were last updated 1/6/22.
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 quarantine or isolation. Asking you to quarantine or 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.

If you have questions, please email us at housing@depaul.edu or utilize our chat feature available on the Housing website: go.depaul.edu/housing.

Thank you!

Department of Housing, Dining & Student Centers
housing@depaul.edu
(773) 325-7196
go.depaul.edu/housing

Department of Residential Education
resed@depaul.edu
(773) 325-4211
go.depaul.edu/resed
Section 2
Isolation vs. Quarantine

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 DePaul 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, unless for a medical appointment, medical emergency, or building emergency.

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 DePaul Residence Director On Duty will touch base with you; University Center staff will deliver a rapid COVID-19 test to your isolation unit and you will be instructed to use it.

- If you have a NEGATIVE COVID test result and you are NOT experiencing symptoms, it is deemed safe to exit isolation and return to your assigned unit.
- If you have a POSITIVE COVID test result and/or you ARE experiencing symptoms, you must stay in your isolation space for an additional 5 days.

*You must always consult the DePaul Residence Director On Duty before leaving any isolation space.

Continued on next page.
What is Quarantine?

Quarantine helps prevent the spread of disease before a person knows they are sick, including if a person has been infected with the virus but does not have symptoms. Residents who have been exposed to someone with a COVID-19 diagnosis should separate themselves from others as much as possible, check themselves for symptoms, and follow these quarantine guidelines by the Centers for Disease Control (CDC):

- If you have received a booster shot OR you had confirmed COVID-19 within the last 90 days (i.e., you tested positive using a viral test), you DO NOT need to quarantine following an exposure, but should wear a mask for 10 days after the exposure.

- If you are more than six months out from your second Moderna or Pfizer dose (or more than 2 months after the Johnson & Johnson vaccine) and not yet boosted, the CDC now recommends you quarantine for 5 days followed by strict mask use for an additional 5 days.

To reduce potential spread, you must stay in your unit as much as possible during quarantine. Only leave for quick and/or necessary errands such as:

- Food and grocery pickup
- Mail and package pickup
- Garbage and recycling drop off
- Pharmacy pickup
- Doctor’s appointment

**NOTE:** If you need to go to the dining hall for meals, you must order carryout to bring back to your room.

When in-person classes resume on January 18, 2022, you must notify your professors that you are unable to attend class in person during your quarantine period.

Those who have been exposed to someone with a COVID diagnosis do not need to make a report to DePaul (unless they test positive later). On-campus testing information may be found on DePaul's COVID-19 Testing webpage.

FIRE ALARMS and EMERGENCY EVACUATIONS

In the event of a fire alarm or emergency evacuation, on-campus residents in isolation/quarantine must wear a mask, remain at least 6 feet apart from others, and exit the building safely.
IMPORTANT NOTE: If you had confirmed COVID-19 within the last 90 days (i.e., you tested positive using a viral test), you DO NOT need to quarantine following an exposure, but should wear a mask for 10 days after the exposure.
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:

- Clean Clothing
- Clean Towels
- Pillow
- Bottled Water
- First Aid Kit
- Prescription Medications
- Menstrual Products (if applicable)
- Toiletries (soap, toothbrush, toothpaste)
- Paper Products (toilet paper, paper towels)
- School Books and School Supplies
- Food (refrigerator and microwave will be available)
- Laptop (Wi-Fi will be available)
- Cell Phone and Mobile Device Charger

Pack smart.
Section 4
Isolation Services

This section is meant for residents in isolation only. If you have been identified as a resident who must isolate, you will be moved into a temporary unit and cannot leave except for medical appointments, medical emergencies, or building emergencies. Services will be offered while you isolate in your temporary unit. **If you are a resident in quarantine**, you may leave your assigned unit for quick and/or necessary errands only (see page 3 for details).

**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.

**University Center Accommodations**

You will receive separate communication from the University Center regarding their process for isolation, including meal deliveries, trash, mail, etc. Be attentive to your DePaul email and reply to any emails/phone calls you may receive from the University Center.
Section 5
Mental Health Resources

Student Support: My SSP

Because DePaul knows how important it is to take care of ourselves and each other, we have partnered with My SSP to provide mental health and well-being resources to students.

How My SSP helps students...

• Address concerns such as academic success, relationships, loneliness, stress, etc.
• Student Support Counselors available 24 hours a day, 7 days a week via phone or chat
• Multilingual support available
• No cost to the student

You can download the My SSP app from either the Apple App Store or Google Play to access individual, brief, solution-focused counseling support with licensed mental health clinicians, as well as self-directed digital content. You may also call the My SSP service directly at 1-866-743-7732.

After-Hours Crisis

After hours (after 5:00 p.m. Monday through Friday and on weekends), students facing or dealing with an urgent crisis should call 9-1-1 or DePaul University Public Safety at (312) 362-8400.

Examples of an urgent crisis:

• Thoughts of hurting self
• Thoughts of hurting other people
• Have not eaten in a few days (not due to illness)
• Recent victim of a physical or sexual assault
• Concern over a student’s whereabouts
### Section 6

**University Resources**

**Center for Students with Disabilities** coordinates providing accommodations and other services to students with documented disabilities.

[to depaul.edu/csd](http://depaul.edu/csd) | csd@depaul.edu | Lincoln Park: (773) 325-1677 | Loop: (312) 362-8002

**Dean of Students Office** handles violations of the Code of Student Responsibility at DePaul. The office manages the administrative withdrawal and absence notification process, and can help you identify campus and community resources in times of personal and/or family crises and medical emergencies.

[to depaul.edu/dos](http://depaul.edu/dos) | deanofstudents@depaul.edu | Lincoln Park: (773) 325-7290 | Loop: (312) 362-8066

**DePaul Central** is your one-stop resource for helping you manage the business side of being a DePaul student. Their office can assist you with decisions regarding financial aid inquiries, personal financial planning, immunizations, records and transcripts, and account transactions.

[to depaul.edu/depaulcentral](http://depaul.edu/depaulcentral) | dpcl@depaul.edu | (312) 362-8610

**Health Promotion and Wellness** provides holistic education, support and resources for you to establish and sustain long-term, healthy behaviors.

[to depaul.edu/hpw](http://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.

[to depaul.edu/healthservices](http://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 or Quarantine

After Isolation
A contact tracer and/or Residence Director On Duty will send an email notification at the end of your 5-day isolation period. They will instruct you to use the rapid COVID-19 test that was delivered to your unit. Only those who have a negative test result and are asymptomatic will be approved to leave isolation. If your COVID test result is positive and/or you are still experiencing symptoms, you must repeat the 5-day isolation process.

If you have moved into a temporary unit, please review the procedures outlined by the University Center for transition out of your temporary space.

Once you exit isolation, you are expected to wear a mask around others for an additional 5 days.

After Quarantine
A contact tracer and/or Residence Director On Duty will send an email notification when your 5-day quarantine period has officially ended.

Once you exit quarantine, you are expected to take a COVID test soon after and wear a mask around others for an additional 5 days.

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