

# Managing Communicable Diseases at DePaul

2022-23 Guide for Lincoln Park On-Campus Residents

last updated September 15, 2022





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# Section 1: Introduction



## Dear Resident,

If you are reading this message, you have likely tested positive for COVID-19 or simply want to prepare yourself for any type of exposure or illness while living on campus. Whatever your current circumstance is, we genuinely thank you for doing your part as a member of the DePaul community. We are in this together and will do our best to support you while living on campus.

DePaul has developed policies and processes to create a safe environment for all students, including the COVID-19 vaccination and booster requirement. Still, living in a shared-living community comes with certain risks. Since the last academic year, COVID procedures have changed in higher education and monkeypox (MPV) has become a public health concern. We are urging you to read the contents of this guide carefully, especially if you are experiencing symptoms related to COVID-19 or MPV.

This guide will not only prepare you, but it will focus on resources what will help you identify symptoms and determine next steps. Moreover, we will continue to update our website, particularly the **Communicable Diseases Information for Campus Residents** webpage at [go.depaul.edu/communicable-diseases-resident-info](https://go.depaul.edu/communicable-diseases-resident-info).

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

Take care,

### Department of Housing, Dining & Student Centers

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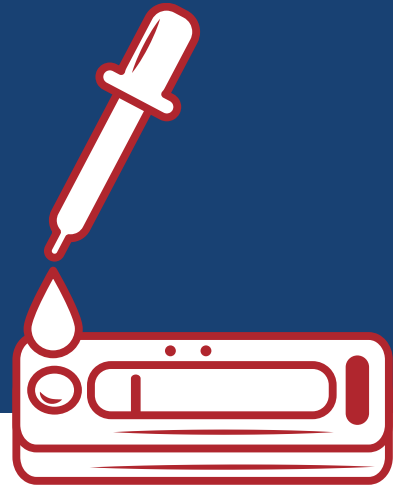
[housing@depaul.edu](mailto:housing@depaul.edu)  
(773) 325-7196  
[go.depaul.edu/housing](https://go.depaul.edu/housing)

### Department of Residential Education

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[resed@depaul.edu](mailto:resed@depaul.edu)  
(773) 325-4211  
[go.depaul.edu/resed](https://go.depaul.edu/resed)

# Section 2: COVID-19



## Residents with COVID-19 symptoms

Residents who are experiencing **COVID-19 symptoms** (e.g., fever, body aches, cough, loss of taste or smell) should get tested for COVID-19 immediately. Rapid antigen at-home tests for COVID-19 are available to pick up on campus from these two offices:

Lincoln Park Campus	Loop Campus
<b>Office of Health Promotion &amp; Wellness</b> Lincoln Park Student Center 2250 N. Sheffield Avenue, Suite 302 Monday-Thursday, 10:00 a.m. - 3:00 p.m.	<b>Student Affairs Office</b> Lewis Center 25 E. Jackson Boulevard, Suite 1400 Monday-Thursday, 10:00 a.m. - 3:00 p.m.

Residents may also visit the [City of Chicago COVID Testing](#) webpage for alternative test solutions.

## Residents who test positive for COVID-19

During the 2022-23 academic year, DePaul University is no longer requiring students to report a positive COVID-19 test result. Instead, DePaul instructs all students who test positive for COVID-19 to inform their roommate(s) and begin the **isolation in place** process. At universities where the COVID-19 vaccination and/or booster are required, isolation in place has become a standard practice for those who test positive. To determine "day 0" of their minimum 5-day isolation, residents may refer to the [CDC's Isolation and Precautions for People with COVID-19](#) webpage.

### What does it mean to isolate in place at DePaul?

Residents who test positive for COVID-19 should isolate in place, which means:

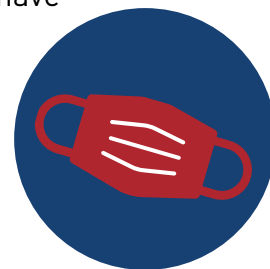
- Residents must isolate in their permanent unit for 5 days and should not leave their unit unless they need to visit a healthcare provider, use the bathroom, pick up meals from the front desk or Lincoln Park Student Center, retrieve urgent mail and packages from the Student Mail Center, dispose of trash and recycling, or exit in the event of a fire alarm or emergency evacuation. **When a resident is outside of their unit, they must wear an N95, KN95, or other medical-grade mask.**
- Masks are not required while sleeping, but residents sharing a bedroom should attempt to socially distance as much as possible.

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- Meals from on-campus dining locations will not be delivered when a resident isolates in place. However, residents may use the **Transact mobile app** to order food from Blue Demon Dining Hall and other on-campus restaurants for pick up. Residents may also opt for food delivery from online services, such as DoorDash, GrubHub, Amazon Fresh, etc. Again, residents who are COVID-19 positive must be fully masked when picking up their food from the Lincoln Park Student Center or front desk of their residential building.
- When isolating in place, residents should **NOT** accept visitors, except those who are briefly visiting to drop off food, mail, or homework assignments.
- **A resident may stop isolating in place after 5 days**, IF they have improved symptoms and are fever-free for 24 hours or are fever-free over the 5-day isolation period. Presenting proof of a negative COVID test to contact tracers is no longer required. Residents must also wear a mask immediately after isolation for an additional 5 days.
- **A resident must continue isolating in place after 5 days**, IF they still have a weakened immune system or were extremely sick during their 5-day isolation period. They should wait to end their isolation until they are fever-free for 24 hours without the use of fever-reducing medication and their other symptoms have improved. As soon as their isolation has ended, they must wear a mask for an additional 5 days.

Residents who are not comfortable with isolating in their unit may choose to isolate in place somewhere off campus or in a designated apartment building adjacent to campus. This building is referred to as **short-term housing**; it can be used for COVID-positive students if they have symptoms that are serious but not serious enough to be hospitalized.

Those who are facing or dealing with an **urgent crisis** while isolating in place should call **9-1-1** or DePaul University Public Safety at **(773) 325-7777**.



## Roommates of a resident who tested positive for COVID-19

Roommates who share a unit with a resident who tested positive for COVID-19 are already considered a “close contact.” However, quarantine is not a requirement for those who are up to date with their COVID vaccinations. It is also important for close contacts to wear a mask outside of their unit for at least 10 days (starting on the date they were last exposed to the COVID-positive resident).

**If a roommate (close contact) is asymptomatic or has a negative COVID test result**, they should:

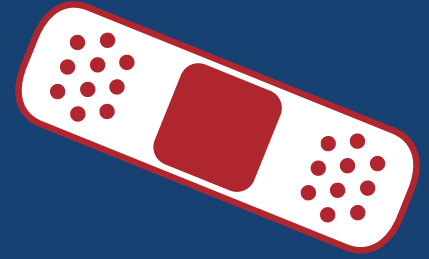
- Self-monitor for symptoms.
- Continue wearing a medical-grade mask to prevent the spread of COVID-19 for 10 days.
- Wash hands frequently for at least 20 seconds each time.
- Disinfect any shared spaces, including bathroom (if in a suite-style unit or on-campus apartment).

**If a roommate (close contact) is experiencing symptoms**, they must:

- Take a COVID-19 test immediately (see page 2 for testing information). Getting tested for COVID-19 will help determine if isolation in place is needed.

Our staff understands that some roommates may be immunocompromised and want to be relocated (for up to 5 days). In this case, roommates may contact their **Residence Director (RD)**. All residents must note that short-term housing is NOT offered to suitemates in residence halls or roommates in an on-campus apartment who do not share a bedroom with the COVID-positive resident.

# Section 3: Monkeypox (MPV)



## What is monkeypox?

Per the Centers for Disease Control & Prevention (CDC):

*“**Monkeypox is a rare disease** caused by infection with the monkeypox virus. Monkeypox virus is part of the same family of viruses as variola virus, the virus that causes smallpox. Monkeypox symptoms are similar to smallpox symptoms, but milder, and **monkeypox is rarely fatal**. Monkeypox is not related to chickenpox.”*

### Monkeypox symptoms can include:

- Rash (typically located near genitals and could be found on other areas like hands, feet, face, etc.)
- Pimples or blisters and are painful or itchy
- Fever
- Chills
- Swollen lymph nodes
- Exhaustion
- Muscle aches and back pain
- Headache
- Flu-like symptoms such as sore throat, nasal congestion, or cough

## How is monkeypox spread?

Monkeypox can be transmitted through close contact, typically skin-to-skin contact or contact with bodily fluids, including respiratory droplets. An individual can also contract monkeypox by touching objects (e.g., clothing, bedding, towels) that have been used by someone with monkeypox. Therefore, it is important for on-campus residents to keep their units and personal belongings clean.

## Residents with monkeypox symptoms

Residents who are experiencing monkeypox symptoms (e.g., rash, fever, chills) should avoid contact with others, wear a medical-grade mask around campus, cover any exposed sores/rashes with clothing or bandages, and **get tested by a healthcare provider immediately**. Those living on Lincoln Park Campus may seek medical care from **AMITA Sage Medical Group** located at 1150 W. Fullerton Avenue. Residents must call the clinic at (773) 549-7757 to schedule an appointment in advance.

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## Residents who test positive for monkeypox

If a resident tests positive for monkeypox, they must email DePaul Community Health at [depaulcommunityhealth@depaul.edu](mailto:depaulcommunityhealth@depaul.edu) and prepare to go into isolation. DePaul will seek guidance from the Chicago Department of Public Health (CDPH) regarding contact tracing and other recommendations.

Residents with monkeypox may choose to isolate somewhere off campus, such as a friend or family member's residence. Or, they may opt to stay in short-term housing near DePaul's campus. For more information about short-term housing offered by DePaul, go to **Section 4: Short-Term Housing** on page 6 of this guide.

There isn't a treatment for monkeypox currently, but there are ways to manage symptoms. Residents may refer to the **CDC's online resource for monkeypox** and/or **DePaul's online resource for monkeypox**.



# Section 4: Short-Term Housing



**Short-term housing** is a designated apartment building adjacent to campus for a resident with serious COVID symptoms, monkeypox, etc. to isolate. The process to request short-term housing requires a resident to:

1. Contact either...
  - Your building Residence Director (RD), **or**
  - The Residence Director On Duty via Public Safety
2. Await approval for short-term housing from the Residence Director On Duty (residents who are unapproved must follow the isolation in place process, see pages 2-3).

**Spaces in short-term housing are limited, not guaranteed.** If a resident has been approved for short-term housing, they need to prepare and pack the essentials before they are transferred to a temporary unit.

What to pack for short-term housing	What will be provided in a short-term housing unit
<ul style="list-style-type: none"><li><input type="checkbox"/> Clean Clothing</li><li><input type="checkbox"/> Clean Bedding and Pillow</li><li><input type="checkbox"/> Clean Towels</li><li><input type="checkbox"/> Toiletries (soap, toothbrush, toothpaste)</li><li><input type="checkbox"/> Paper Products (toilet paper, paper towels)</li><li><input type="checkbox"/> Bottled Water</li><li><input type="checkbox"/> Food (refrigerator and microwave will be available)</li><li><input type="checkbox"/> First Aid Kit</li><li><input type="checkbox"/> Prescription Medication</li><li><input type="checkbox"/> Menstrual Products (if applicable)</li><li><input type="checkbox"/> Laptop (WiFi will be available)</li><li><input type="checkbox"/> Cell Phone and Mobile Device Charger</li><li><input type="checkbox"/> Face Masks (preferably N95 or KN95)</li></ul>	<ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Linen Pack* (fresh bedding and towels)</li><li><input checked="" type="checkbox"/> Toilet Paper</li><li><input checked="" type="checkbox"/> Trash Bags</li></ul> <p><i>*We encourage residents to bring bedding for their own comfort.</i></p>

Page 7 of this guide covers the services available while a resident is in short-term housing.

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## Dining & Meal Delivery

Residents who are seriously ill while living in short-term housing are eligible to receive delivered meals from **Blue Demon Dining powered by Chartwells**. Meal delivery must be approved by staff. There is a separate form for residents to fill out so staff is aware of any food allergies or dietary needs. Meals will be dropped off at the resident's doorstep for contactless delivery.

## Garbage

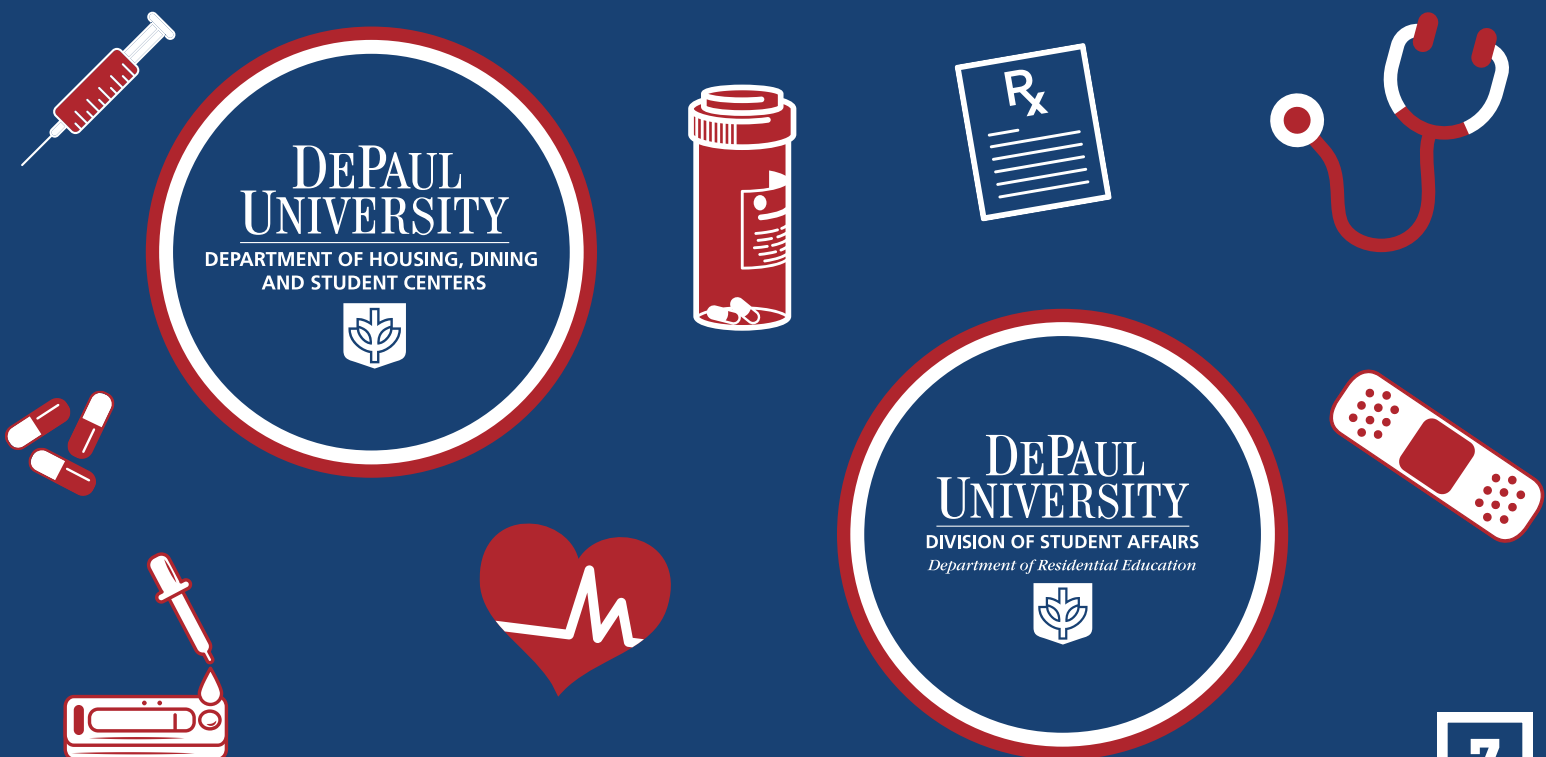
Residents in short-term housing should keep their temporary unit clean and throw away food scraps and wrappers. If a trash basket is full, the resident must tie the garbage bag and take it out to the trash bin behind the building. Any resident in short-term housing for illness must wear a mask before leaving their temporary unit to take out the trash.

## Mail & Deliveries

Residents who are too sick to pick up mail and packages should not enter the mailroom on campus. If a resident is expecting an urgent package (e.g., medication, medical supplies, and textbooks), they must submit an **online work order** and staff will have it delivered to their short-term housing unit. Non-essential mail and packages should be postponed until a resident's isolation period is over.

## Visitors

Out of an abundance of caution, visitors are not permitted inside a short-term housing unit except to briefly drop off food, mail, or homework assignments.



# 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 to make an appointment

- 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](https://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.

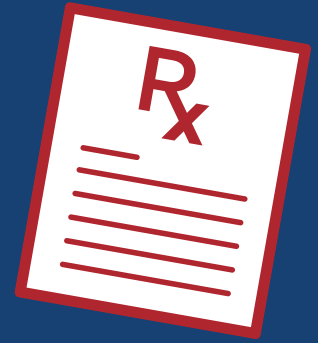
### After-Hours Crisis

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
- 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.

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

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

[go.depaul.edu/hpw](http://go.depaul.edu/hpw) | [hpw@depaul.edu](mailto: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](mailto:hpw@depaul.edu).

[go.depaul.edu/healthservices](http://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](http://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.

[go.depaul.edu/residentmail](http://go.depaul.edu/residentmail) | [StudentMailCenter@depaul.edu](mailto:StudentMailCenter@depaul.edu) | (773) 325-4912