

COVID-19

Quarantine and Isolation

Resource Guide



Preventing the spread of COVID-19 on campus will require the entire Thomas Jefferson University community to make considerable adjustments to our daily lives in order to prioritize safety and health. This guide details some of the protocols Thomas Jefferson University has instituted to help protect the campus community, and what you'll need to know in case you test positive for COVID-19 or have been in close contact with someone who has.

You will find information about:

- How you should prepare now in case you need to quarantine or move to isolation housing.
- When you might be asked to quarantine or move to isolation housing.
- What to expect if you are asked to quarantine or move to isolation housing.
- When you might be contacted for contact tracing, and what to do.

If you have questions, you'll find a contact list on the last page of this guide.

Quarantine separates people who are believed to have been exposed to the COVID virus but who are not symptomatic from others who have not been exposed. If you have had close contact with someone who tests positive for COVID-19 or has symptoms, you will be asked to quarantine.

Isolation separates people who are known or reasonably believed to have been infected with the COVID-19 virus from those who are not infected. If you test positive for COVID-19, with or without symptoms, you will be moved to isolation housing.

Close contact is defined as personal contact within 6 feet for 15 minutes or more whether a mask is worn or not.

PREPARING FOR QUARANTINE OR ISOLATION

Pack a bag with the following items. The supplies should be enough to last for up to two weeks' time.

- **Medications:** Any prescriptions you regularly take and over-the-counter medications such as fever reducers and pain relievers
- **Self-care items** (tissues, hand sanitizer, soothing drink mixes or teas)
- **Extra school supplies**
- **Pillow and blanket** (if you prefer to have your own instead of what is provided)
- **Toiletry items** (shampoo, soap, deodorant, toothbrush and toothpaste)
- **Other personal care items** (razors, hygiene and nail care products, etc.)
- **Extra contacts or glasses and associated supplies**
- **Healthy non-perishable snacks** (nuts, dried fruits, granola or other snack bars, etc.)

School Needs

Pack all of your essential school supplies (computer, textbooks, notebooks, handouts, design supplies and equipment, pens, etc.) and anything else you will want to have with you in one place. Once you move into Quarantine or Isolation Housing, you will not be able to leave until released by Student Health Services.

QUARANTINE AND ISOLATION

Quarantine separates people who are believed to have been exposed to the COVID virus but who are not symptomatic from others who have not been exposed. If you have had close contact with someone who tests positive for COVID-19 or has symptoms, you will be asked to quarantine.

- Quarantine takes place either in Independence Plaza – Franklin Hall or in your off-campus residence, depending on the circumstances. You should remain in your quarantine space for the duration of quarantine except in emergencies (such as a fire alarm sounding). If you live in a shared living space, separate yourself from others to the extent possible by staying in a specific room or area.
- Meals will be delivered to your quarantine housing assignment. If you live off campus, you will not be eligible for meal delivery. If you do not have a meal plan, you will be charged for delivered meals. You will not be able to order food for delivery from local restaurants.
- Quarantine lasts from your last exposure to a positive case or until a symptomatic contact receives a negative test result.
- You should remain in your assigned room in quarantine housing for the duration of the quarantine period except in emergencies (such as a fire alarm sounding) and to retrieve your food from the lobby. If you need to leave for an emergency or any reason at all, you must notify Student Health Services prior to leaving.
- You will receive notification from Student Health Services of when you will be released from quarantine housing.

Isolation separates people who are known or reasonably believed to have been infected with the COVID virus from those who are not infected.

If you test positive for COVID-19, with or without symptoms, you will be moved to isolation housing.

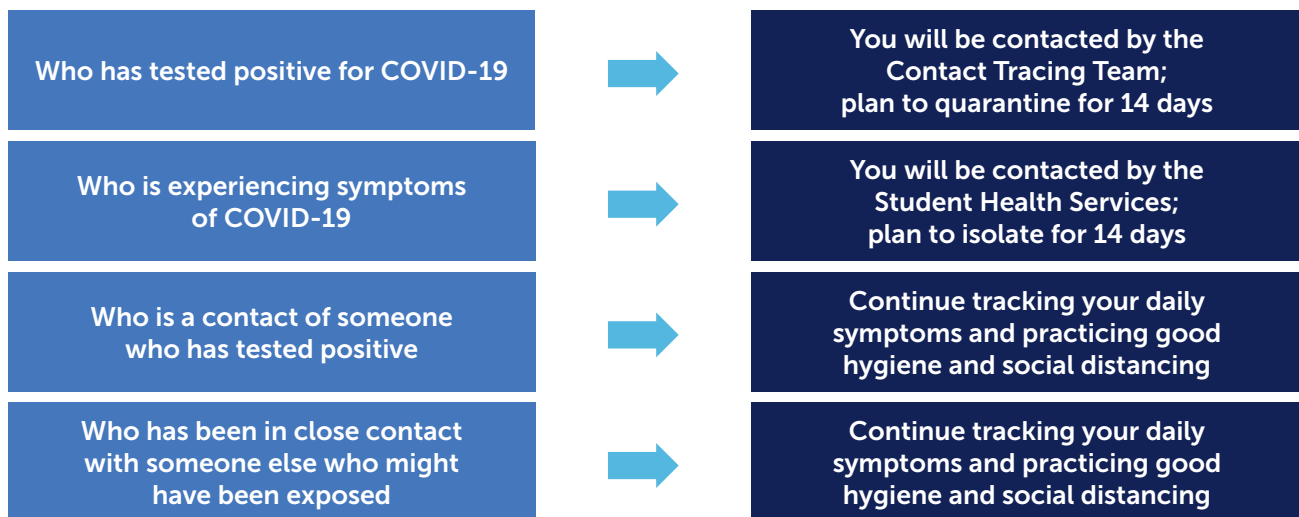
- Isolation housing will be provided by the University.
- If you live off campus, but need to be isolated in on-campus housing, please contact Student Health Services.

- You should remain in your assigned room in isolation housing for the duration of the isolation period except in emergencies (such as a fire alarm sounding). If you need to leave for an emergency or any reason at all, you must notify Student Health Services prior to leaving.
- You will receive daily telehealth visits from Student Health Services to monitor your condition.
- Meals will be delivered to your isolation housing assignment. If you do not have a meal plan, you will be charged for delivered meals.
- Isolation lasts for at least 14 days, possibly longer if you continue to have a fever or your symptoms are not improving.

Behavioral Expectations for Quarantine and Isolation Housing

While in isolation, you are still responsible for the Community Standards outlined in the Thomas Jefferson University Catalog & Handbook and Relaunch Guide. Students who do not follow the above guidelines and/or violate university policy will be referred to the University Community Standards Process with disciplinary actions that may include suspension.

If you've been in close contact with someone...



QUARANTINE HOUSING

IF YOU ARE INSTRUCTED TO QUARANTINE

You may be instructed to quarantine by Student Health Services if you:

- Are awaiting COVID-19 test results.
- Are experiencing COVID-19 symptoms.
- Have been in close contact with someone who has tested positive for COVID-19.

Classes

The Dean of Students Office will be sending out a notification to all of your professors via STARFISH. The Instructors will be notified that you will not be able to attend class in person, but will continue your studies online if possible.

Meals

ONE delivery is made per day with all three meals. If you do not place your meal order in a timely manner your meals may be delivered at a later time than the normal drop off. Please fill out the **Form** by **3 p.m.** each day. You will be ordering meals for the following day. Once the food is dropped off, you will be sent a notification so that you can retrieve your food. Please be sure to wear your face covering when going to retrieve your food. Upon being placed into Q&I housing you will receive a new bag of paper supplies, water and some snacks from dining.

NOTE: Students who are placed in Quarantine or Isolation after 5 p.m. Monday-Friday or on Saturday and Sunday will be delivered a chef's choice meal and breakfast for the following day. Weekdays we ask you place your food order for the next day promptly so we may get your choice of meals to you with the normal drop off. Weekends you will receive an email with a link to order food for Monday morning on Sunday afternoon. Please reach out to Dining Services at Sara.Lockard@Jefferson.edu with any food allergies or dietary restrictions to ensure your needs are met.

Linens

Inside of your room should be a set of fresh linens. Please place soiled linens in the blue bag provided to you and place them in your living room. Housekeeping will come to your apartment on Wednesdays by **8 a.m.** to pick up the bags. Please make sure you stay in your room while housekeeping is in your apartment. You will be provided a bag at a later time. You will be able to make your bed with the second set of lines that are in the kitchen cabinet nearest the refrigerator.

Trash Disposal

Please place your trash next to the front door of your apartment. Trash will be collected by the facilities staff.

Mail Delivery

You will not be able to retrieve your mail while you are in quarantine.

Laundry Services

Laundry services will not be available during your quarantine. You should pack enough clothes to last you two weeks. You are not permitted to use any of the laundry facilities on campus to wash your clothes.

Note: If you wish to bring any personal items to make your stay more comfortable, please be mindful that we will not be able to launder them and they will need to be bagged and laundered immediately before returning back to your fall housing assignment.

Will my family be contacted?

Thomas Jefferson University will not contact your family if you are asked to quarantine, it is your responsibility to contact your family in this case.

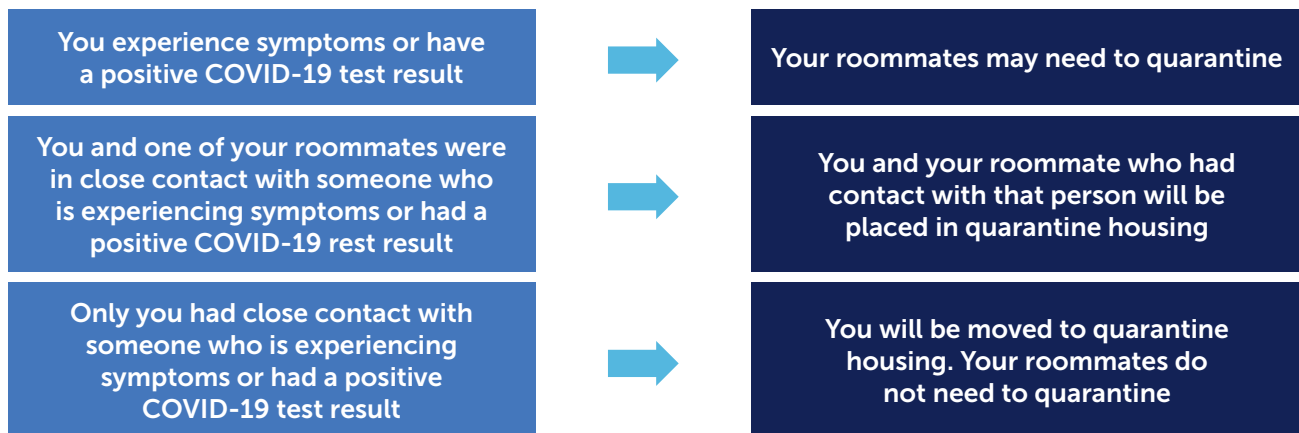
Service and Emotional Support Animals

If you have a service or an emotional support animal on campus, alert the Office of Residential Life.

I've been identified as a close contact. What happens now?

If you are an on-campus student, in most cases you will be transported to quarantine housing for up to 14 days. If you live off campus, you will begin up to 14 days of quarantine in your residence.

If...



RELEASE FROM QUARANTINE

Students quarantining on campus: If you do not experience symptoms after 14 days, you will be released by Student Health Services from quarantine and may resume in-person classes and move about campus.

Students quarantining off campus: Returning to your permanent residence to quarantine is not advised. If you leave campus for the quarantine period, you will be required to complete the entire quarantine off campus. After completing the quarantine, you should follow the guidance for returning from travel and contact the Director of Student Health Services by calling 215-951-2986.

ISOLATION HOUSING

IF YOU TEST POSITIVE FOR COVID-19

If you live on campus and received a positive COVID-19 test result, you will be moved to isolation housing in order to contain the spread of infection. If you live off campus, you should self-isolate at your residence. Isolation is used to separate people infected with the virus (both those who are sick with COVID-19 and those with no symptoms) from people who are not infected.

HERE'S WHAT TO DO AND EXPECT IF YOU ARE ASKED TO MOVE TO ISOLATION HOUSING:

- As soon as you get your test results, which could arrive at any time, you will be notified by Student Health Services and receive instruction from the Office of the Dean of Students on how to move to isolation housing.
- Change into clean clothes (if able) and sanitize your hands in your room. Make sure your bag is packed and ready for relocation to isolation housing.
- If you live in a shared living space, separate yourself from others by staying in a specific room or area while awaiting relocation to isolation housing.
- As soon as you are able, begin making 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. You will be contacted by the Contact Tracing Team for this information.
- Your room will be disinfected by Facilities. Facilities will not enter your room until at least 24 hours has passed since you left for isolation housing.
- Notify your professors that you will be switching to online learning. You do not need to provide a reason. You may return to in-person learning after you are released from isolation housing.

What will isolation housing be like?

Isolation housing is located in the Townhouses.

In isolation housing, you will have:

- A shared bathroom.
- A refrigerator and microwave.
- Wi-Fi internet.

Health Visit

Once in your isolation location, you will receive a daily visit from Student Health Services personnel, who will help you monitor your health and symptoms and track your progress. It is important to promptly answer any calls or emails from Student Health Services.

Classes

The Dean of Students Office will be sending out a notification to all of your professors via STARFISH. The Instructors will be notified that you will not be able to attend class in person, but will continue your studies online if possible.



Meals

ONE delivery is made per day with all three meals. If you do not place your meal order in a timely manner your meals may be delivered at a later time than the normal drop off. Please fill out the **Form** by **3 p.m.** each day. You will be ordering meals for the following day. Once the food is dropped off, you will be sent a notification so that you can retrieve your food. Please be sure to wear your face covering when going to retrieve your food. Upon being placed into Q&I housing you will receive a bag of paper supplies, water and some snacks from dining.

NOTE: Students who are placed in Quarantine or Isolation after 5 p.m. Monday-Friday or on Saturday and Sunday will be delivered a chef's choice meal and breakfast for the following day. Weekdays we ask you place your food order for the next day promptly so we may get your choice of meals to you with the normal drop off. Weekends you will receive an email with a link to order food for Monday morning on Sunday afternoon. Please reach out to Dining Services at Sara.Lockard@Jefferson.edu with any food allergies or dietary restrictions to ensure your needs are met.

Linens

Inside of your room should be a set of fresh linens. Please place soiled linens in the blue bag provided to you and place them in your living room. Your soiled linens will be picked up on Wednesdays by **8 a.m.** Someone from housekeeping will come to your Townhouse and pick up the bags from your living room. Please make sure you stay in your room while housekeeping is in your Townhouse. You will be provided a bag at a later time. You will be able to make your bed with the second set of lines that are in the kitchen cabinet nearest the refrigerator.

Trash Disposal

Please place your trash outside of the front step of your Townhouse everyday by **9 a.m.** on Mondays, Wednesday and Fridays. Trash will be collected by the facilities staff.

Mail Delivery

You will not be able to retrieve your mail while you are in isolation.

Laundry Services

Laundry services will not be available during your mandatory isolation. You should pack enough clothes to last you two weeks. You are not permitted to use any of the laundry facilities on campus to wash your clothes.

Note: If you wish to bring any personal items to make your stay more comfortable, please be mindful that we will not be able to launder them and they will need to be bagged and laundered immediately before returning back to your fall housing assignment.

Will my family be contacted?

Thomas Jefferson University will not contact your family if you are asked to be in isolation, it is your responsibility to contact your family in this case.

Service and Emotional Support Animals

If you have a service or an emotional support animal on campus, alert the Office of Residential Life.

RELEASE FROM ISOLATION HOUSING AFTER A POSITIVE RESULT

You will be released from self-isolating in your off-campus residence or on campus isolation housing by Student Health Services if you have not had a fever without the use of fever-reducing medications for at least 24 hours and other symptoms have improved. If you continue to experience fever you could be instructed to remain in isolation housing longer. Once you are released from isolation housing you may resume in-person classes and move about campus.

Check Out Procedures

- If your check-out is during normal business hours Monday–Friday between the hours of 9 a.m. – 5 p.m.:
 - Please return your key to the **Office of Residential Life, Kanbar 311**.
- If you check out after business hours or on a weekend:
 - You must return your key to the **Kanbar Information Desk**. You must place your key in the Office of Residential Life Express Check-Out Key Box.
- Failure to return your key to the Office of Residential Life could result in Core Change of \$250 to your Student Account.

IF YOU PREFER TO RETURN HOME FOR THE ISOLATION PERIOD

- Notify Student Health Services of your plans.
- When you leave isolation housing you must be accompanied by another person (such as a family member or friend) who can travel with you to the place where you will be self-isolating. If you choose to drive yourself home, you must be cleared by Student Health Services prior to leaving.
- Do not return to your on-campus residence before leaving campus.
- Continue daily symptom tracking and schedule daily telehealth visits with the Director of Student Health Services.
- In order to return to campus following home isolation for a positive COVID-19 diagnosis you will need clearance from Student Health Services.
- You may not return to campus until you are cleared by Student Health Services.

IF YOU PREFER TO RETURN HOME FOR THE REST OF THE SEMESTER

- Notify your professors that you are switching to remote learning.
- Contact the Office of Residential Life to schedule a move out time after your isolation period has ended. TJU_EF_Reslife@jefferson.edu
- Meal plan refunds will not be issued after the meal plan change period is over.

OTHER OPTIONS AFTER A POSITIVE COVID-19 TEST

CONTACT TRACING

Thomas Jefferson University is coordinating its own contact tracing program to notify members of the campus community (students and employees) who have been in close contact with persons with confirmed cases of COVID-19, and to monitor exposure to COVID-19 on campus.

If you have been in contact with someone with a confirmed case of COVID-19, a member of the Contact Tracing Team will call you and provide instructions. This call could come from a number you don't recognize. **It is important that you answer calls to your phone and comply with the instructions that the contact tracers provide.** Depending on your exposure, you could be instructed to:

- Quarantine in your on-campus room or off-campus residence for 14 days.
- Not quarantine but monitor your health daily and, if you experience symptoms, self-isolate and alert Student Health Services at 215-951-2986.

If you test positive or have symptoms of COVID-19

You will be called by a member of the Contact Tracing Team soon after receiving a positive test result for COVID-19, or if you report symptoms consistent with COVID-19. Depending on the time of your test result, this call could come the following day.

You will be asked to share the names of anyone at Thomas Jefferson University you had close contact with beginning two days prior to the date of taking your positive test or two days before you began to experience symptoms. To protect the health of the community, it is imperative that you report all close contacts to contact tracers. As soon as you are able, you should begin making a list of these contacts so you are prepared when contact tracers call.

Close contact is defined as personal contact within 6 feet for 15 minutes or more whether a mask is worn or not.

Such persons might include:

- Roommates
- People you sat next to in class
- Faculty or staff members with whom you were in close contact
- People with whom you've eaten
- Anyone with whom you've shared food, drinks or personal items
- Anyone with whom you've had personal contact (kissing, hugging, etc.)

Other Health Authorities

Thomas Jefferson University's contact tracing program will not extend beyond the campus community, and will not contact those who are not University students or employees. You may also be contacted by other health authorities (such as the Philadelphia Department of Health) for contact tracing purposes. Please answer these calls and comply with all instructions.

RESOURCES

ACADEMIC QUESTIONS

Thomas Jefferson University's faculty are prepared to provide instruction and learning experiences for students studying both in person and remotely. If you need to quarantine or are moved to isolation housing, you will need to notify your professors that you will switch to online learning. You do not have to provide a reason for the switch to your professors or college. You may return to in-person classes when you are released from quarantine or isolation housing. If you become too sick to participate in class or examinations, you should contact Student Health Services. Student Health Services will then notify the Dean of Student's Office, who will notify your professors of your absence. Specific questions about classes and the switch to remote learning should be directed to the academic dean of your college.

College of Humanities and Sciences

Dean: **Barbara Kimmelman**

Tel: **215-951-2896**

College of Life Sciences

Dean: **Gerald Grunwald**

Tel: **215-951-2800**

College of Health Professions

Dean: **Michael Dryer**

Tel: **215-951-0273**

College of Rehabilitation Sciences

Dean: **Steven Williams**

Tel: **215-955-6574**

School of Design, Engineering & Commerce

Dean: **Mike Leonard**

Tel: **215-951-2800**

School of Business Administration

Dean: **Philip Russel**

Tel: **215-951-2800**

College of Architecture and the Built Environment

Dean: **Barbara Klinkhammer**

Tel: **215-951-2896**

Continuing and Professional Studies

Dean: **Shelley Osagie**

Tel: **215-951-2900**

If you have an accommodation need due to COVID-19, please contact the office of Accessibility Services at AccessibilityServices@philau.edu or 215-951-6830.

COUNSELING SERVICES

Student Counseling Center (SCC)

Our mission is to support the emotional health and well-being of Jefferson students and promote the overall wellness of the campus community through counseling, consultation, and outreach. The SCC is designed to meet the needs of the Jefferson student community with compassion, honesty, and confidentiality.

To make an appointment call **215-955-HELP (4357)**

Please leave your name and contact information on the confidential voicemail and a SCC staff member will return your call.

SCC counselors are available between **9 a.m. – 5 p.m.**

Follow us on IG: [jeffersoncounselingcenter](#) for new groups and outreach events.

14 Days of Isolation Activity Resources

ONE ACTIVITY FOR EACH DAY IN ISOLATION



DAY 1

Advice from an astronaut on coping with isolation



DAY 2

Check out these self-care tips, resources, & connections with Active Minds Student Slack



DAY 3

Read about 17 normal feelings for college students today



DAY 4

Begin to journal about your thoughts and feelings



DAY 5

Host a virtual Netflix Party with friends and family



DAY 6

Have a virtual game night, online games, and more game night options at Wirecutter



DAY 7

Increase your typing speed



DAY 8

Check out Student Counseling Center Canvas site: Multimedia Videos



DAY 9

Get outside... while staying inside



DAY 10

Follow the Student Counseling Center @jeffersoncounselingcenter on Instagram



DAY 11

Listen to Dr. Tara Brach's podcast on meditation and coping with a pandemic



DAY 12

Check out these general college mental health resources



DAY 13

Spend time creating an online vision board



DAY 14

Create a playlist of upbeat songs

MORE RESOURCES

Occupational Health Network for Employees and Students (Center City)

Student Health Services (East Falls)

Counseling Centers: East Falls | Center City

JeffCHATT Peer Support Program

CONTACT INFORMATION

Office of the Dean of Students

Tel: **215-951-2740**

Email: Deanofstudents@Jefferson.edu

Student Health Services

Tel: **215-951-2986**

Email: TJU_EF_HealthServices@Jefferson.edu

Student Counseling Center (SCC)

Tel: **215-951-2868**

Email: TJU_EF_CounselingServices@Jefferson.edu

Office of Residential Life

Tel: **215-951-2741**

Email: TJU_EF_ResLife@Jefferson.edu

Department of Public Safety

Director of Public Safety: **215-951-2618**

Email: Safetyrequest@Jefferson.edu

Office of Accessibility Services

Tel: **215-951-6830**

Email: TJU_EF_AccessibilityServices@Jefferson.edu

Dining Services

Tel: **215-951-2927** or **215-951-2924**

Email: Sara.Lockard@Jefferson.edu

