



## *Quarantine and Isolation Planning Guide FOR STUDENTS Fall 2020*

*Because there is typically little time to prepare for quarantine and isolation when instructed to do so, Robert Morris University has developed this planning guide to help students prepare to quarantine or isolate. This guide is for students who live on or off campus.*

*RMU strives to adhere to the evolving requirements and guidance from governmental and public health agencies in order to mitigate the spread of COVID-19 among the campus community. The RMU Ready Plan and other COVID-19 policies and procedures will be modified as needed to address those evolving requirements and guidance and/or RMU health and safety policies. In each case involving a confirmed or suspected case of COVID-19 in our campus community, RMU consults with medical and public health experts about the appropriate response, including isolation, quarantine, and contact tracing measures.*

*We understand that being placed in quarantine or isolation can be stressful and disruptive. The university is here to help make you comfortable during this time and to provide a seamless transition back to your regular housing assignment and normal routine.*

**Quarantine** is the separation of someone who is showing symptoms of COVID-19 or has been exposed to a COVID-19 positive individual from the campus at large, in case the individual is infected with COVID-19. A typical quarantine period lasts for 14 days (the estimated duration of the virus's incubation period). Students who live on campus will follow the directives of the university for temporary housing assignments during the period of quarantine. Students who live off-campus will follow the directives of the university for spending the quarantine period in their current residence. Students who are able to return home to quarantine are encouraged to do so. Those who cannot return home will be housed in a designated university residence.

**Isolation** is the separation of someone who has tested positive for COVID-19 from people who are not ill. Individuals who test positive for COVID-19 typically isolate for at least 10 days (the estimated duration of the infective period) from the time they are tested or symptoms first appear, but could be isolated for longer periods if symptoms persist. Symptomatic individuals who test positive must isolate for a minimum 10 days from the onset of symptoms, assuming the individual does not have a fever for at least 24 hours without the use of fever reducing medications and other symptoms have improved. Students who live on-campus will follow the directives of the university for temporary housing assignments during the period of isolation to minimize the risk of spread to their peers and the campus community. Students who live off-campus will follow the directives of the university for spending the isolation period in their current residence.

Please note that the above guidelines regarding quarantine and isolation are current as of the date of this guide and subject to change if and when the guidance from public health experts changes.

**The Science Behind A 14-Day Quarantine After Possible COVID-19 Exposure.** Click here to learn more: [Science Behind 14-Day Quarantine](#)

**Information from the Centers for Disease Control and Prevention:** [CDC COVID-19](#)

All students living on-campus were required to provide a Safety Plan. A student's Safety Plan may be activated in the event that it is necessary to implement quarantine or isolation measures or to close the residence halls.

Robert Morris University has prepared temporary quarantine and isolation spaces which will be made available at no additional costs for residential students in quarantine or isolation. During quarantine or isolation in the designated campus housing location, meals will be delivered and other campus services will be accessible to students virtually. Ongoing telehealth visits and virtual check-ins will be conducted by staff of the UPMC MyHealth@School Center, Office of

Residence Life, and/or the Office of the Dean of Students. Students will have 24/7 access to the Office of Residence Life and the University Police.

All students who live off-campus are strongly encouraged to have a quarantine or isolation plan. RMU will not be able to provide quarantine or isolation housing or meal services for commuter students and those who have remained in their permanent residences. Campus support services will be available virtually.

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

- **Office of Residence Life.** The Office of Residence Life serves as your concierge service while you are living in your temporary on-campus housing assignment. If you have any housing-related questions or require assistance, please call their 24/7 number at 412-397-5242. The Office of Residence Life will work with you throughout your quarantine or isolation period to provide you with residential living support.
- **MyHealth@School Center.** Telehealth visits will be available through the UPMC MyHealth@School Center. Resident students will have daily check-ins with the Center during the week and with the Dean of Students Office during the weekends. Students who are experiencing symptoms must contact the MyHealth@School Center at (412) 397-6220 during business hours. At other times, students are advised to use the UPMC Anywhere Care App – Virtual Urgent Care, then call the MyHealth@School Center the next business day.
- **Dining Services.** The RMU Dining Services staff will deliver meals to residential students' temporary housing location. You will be provided with specific instructions and contact information when you are assigned to your quarantine or isolation room. Meal Arrivals: Breakfast – 8:00 a.m.; Lunch – 12:00 p.m.; Dinner – 5:00 p.m.
- **Colonial Central.** If you have a maintenance request or there is a facility-related issue or concern with your room, please contact Colonial Central at 412-397-4343.
- **Academic Course Support.** Your faculty will be notified that you will be not in any in-person classes during your period of quarantine or isolation. Please contact your instructors to receive guidance and options on how to continue your coursework. Faculty provide a flexible attendance policy to help you progress in your coursework while working remotely and to ease your return to the classroom.
- **Counseling Center.** We recognize that being in quarantine or isolation may be stressful. The Counseling Center staff can provide distance counseling via teletherapy or

telephone. You can contact the Counseling Center by calling 412-397-5900 or visit their website at [rmu.edu/counseling](http://rmu.edu/counseling).

- **Center for Student Success and Personal Development.** Your Success Coach in the Center is available to meet with you virtually to check-in, provide support, and give access to resources you may need. This includes access to virtual tutoring and the Writing Center, and other academic support services. You can contact the Center at 412-397-6862 or [rmu.edu/csspd](http://rmu.edu/csspd).
- **Services for Students with Disabilities.** If you receive academic accommodations or are inquiring about temporary accommodations due to your quarantine or isolation status, please contact the Office of Services for Students with Disabilities at [rmu.edu/ssd](http://rmu.edu/ssd) or email [ssd@rmu.edu](mailto:ssd@rmu.edu).
- **University Police.** The University Police patrol the campus and residential community throughout the day and evening, and are available 24/7. Additionally, there are cameras placed in all residential buildings that are closely monitored. You can contact the University Police by calling 412-397-2424.
- **Campus Ministry Association.** The Campus Ministry Association includes faith-based representatives that are available to provide pastoral care and services. If you would like to speak with a ministry representative, please call 412-397-6483.
- **IT Help Desk.** The IT Help Desk is your one-stop information technology support center to help you with any computing or technical problems. If you are experiencing computer connectivity or other technical issues, call 412-397-2211 or email [help@rmu.edu](mailto:help@rmu.edu).
- **Communicate with your family and support system.** Discuss the following quarantine questions with your family and campus support system:
  - If you are within driving distance from home, are you able to return in a private vehicle to quarantine at home?
  - If someone from your family plans to pick you up from campus to take you home to quarantine, how much time will they need to arrive?
  - Are you able to distance yourself from others in your home to keep other family members safe?
  - If you cannot quarantine at home and prefer not to quarantine in the campus location, do you have an alternative location where you can stay for the quarantine period?
  - Do you have a thorough working knowledge of your health insurance and how to access healthcare while at RMU?

- **Follow Isolation Protocol.** Residential students who test positive for COVID-19 are required to be in isolation in the designated RMU residence hall and are not permitted to travel home or to another location to isolate.
- **Assemble a Go-Kit for quarantine or isolation.** If you are directed to quarantine or isolate on campus, you will not be able to leave your designated quarantine or isolation space until cleared by the UPMC MyHealth@School Center. You are strongly encouraged to prepare a Go-Kit for two weeks. This is a check-list of items you will need to bring from your current room to your quarantine or isolation space. Commuter students are required to self-isolate in their off-campus residence. Students must contact the MyHealth@School Center by phone to receive clearance to return to campus upon completion of quarantine or isolation.

### **Supplies for a Residential Student's Go-Kit**

- **Prescription Medications.** Pack up to 14 days' worth of any prescription medications you may need.
  - **Self-Care Medications.** This may include lozenges for sore throats or cough medications.
  - **Eye-Care.** Remember to bring your glasses, contact lenses and solution.
  - **Toiletries.** Shampoo, body wash, toothbrush, deodorant, personal hygiene products.
  - **Thermometer.** Provided by the university if you don't have one.
  - **Face Covering.** Pack multiple face coverings/masks so you can wear a fresh one each day.
  - **Comfortable Clothes.** Pack comfortable clothes and up to two weeks' worth of undergarments.
  - **Towels and Face Cloths.** Provided by the university if additional towels are needed.
  - **Linens for a Twin XL Bed.** You can use your pillow, linens, and blanket from your current bed. Linens will also be provided by the University.
  - **Academic Supplies.** Textbooks, notebooks, school supplies.
  - **Computer.** Don't forget your charger.
  - **Mobile Phone.** Don't forget your charger.
  - **Self-Care Items.** Fitness bands, yoga mat, hand weights, art supplies, puzzles, crafts, etc.
  - **Comfort Food.** Pack your favorite comfort food snacks and drinks. If you have a favorite comfort snack or drink, please let the Office of Residence Life know and we'll provide it for you.
  - **Laundry Pods.** Provided by the university if you need laundry detergent.
- **Did You Forget Something Or Need Something?**
    - If you forget to bring anything, please contact the Office of Residence Life at 412-397-5242 and the items will be delivered to your on-campus location.

## ***Where will I be living during my quarantine or isolation period?***

**Braddock Hall.** Braddock Hall is a residence hall very close to the main campus on Grant Drive and situated next to our Facilities Management building. The close proximity allows Residence Life, Facilities Management, RMU Dining Services, and University Police to get to the students quickly when needed. Like our other residence halls, Braddock Hall is a locked, safe, and secure building that is monitored by RMU Police and Residence Life staff. In Braddock, each student has a private room as well as a private bathroom and an assigned shower stall. The building is cleaned and disinfected daily. Amenities include WiFi service, temperature controlled rooms, standard XL twin bed, desk, chair, dresser, and a mini refrigerator.

- **Stay in Your Assigned Room.** Please stay in your assigned room as much as possible to avoid in-person contact with other individuals. If you are in isolation, you are not permitted to go outside.
- **Wear a Face Mask.** You are expected to wear a face covering/mask when you leave your room.
- **Use Your Own Restroom and Assigned Shower Stall.** If you are in on-campus quarantine or isolation, you will be assigned a shower stall that is the only one you should be using.
- **Follow The No Guest Policy.** Students are not permitted to have any guests in quarantine or isolation locations – whether they are from campus or outside the university.
- **Select Your Meals.** You can access the menu on the FoodU App and select your meal preferences.
- **Stay Physically Distanced.** There may be other students residing in your quarantine or isolation residence. It is important that you remain physically distanced from other residents.
- **Monitor Your Symptoms Daily.** If you are experiencing any COVID-related symptoms, please contact the UPMC MyHealth@School Center or your Primary Care Physician immediately.
- **Communicate.** Please communicate regularly with your family, friends, and professors.
- **Take Care of Yourself.** Read, meditate, exercise in your room, listen to your favorite music, stay current with your academic obligations and course requirements.
- **Go Outside Safely.** If you are in quarantine, it is perfectly okay for you to take a short walk outside or sit at the tables provided around Braddock Hall. Do not walk or sit with anyone else in quarantine.
- **Let Us Know.** Let us know if you need anything or any additional support. We are here to help you remain healthy, safe, and comfortable. Call the Office of Residence Life at 412-397-5242 or the Dean of Students Office at 412-397-6483.

***What if I have an emergency situation?***

**Call the RMU Police immediately**

**412-397-2424**

**(Off Campus Call: 911)**