Instructions for Isolation and Quarantine

Date: ______ Name: ______ DOB: ______ Ph #: ______

Name and contact number of case manager: ____________________________________________

The term isolation is reserved for people who have tested positive for COVID or have symptoms that could be COVID and are awaiting confirmatory testing, whereas the term quarantine is used for close contacts of someone who has tested positive for COVID, but the instructions for those in isolation or quarantine are mostly the same, as you will see below.

The Case Manager (CM) will be in contact with you every day to see how you are doing. Please respond promptly. Failure to comply with daily monitoring will result in notification of the Boyle County Health Department and may be considered a violation of Centre’s social contract.

How much freedom of movement do I have when I am quarantining or isolating?

- You are required to stay in your assigned isolation or quarantine housing, (i.e., in your hotel room if at a hotel, in your house if you are in a house.)
- You can go for walks, masked and socially distant, if you want to walk with anyone.
- Do not go shopping, on errands around town, to church, to public events, the grocery.
- Absolutely no visitors.
- Due to current recommendations, if you do test positive or develop symptoms, abstain from strenuous exercise as it may lead to negative long term cardiac sequelae.

Your responsibilities during isolation:

1. Notify your parents that you have been placed in isolation/quarantine housing.
2. Notify all your professors (and coach if applicable) that you have been put in isolation or quarantine by a Centre CM, and will be learning virtually until released by your CM.
3. Do health checks every morning and night and log them on the form provided:
   - Write yes or no next to each symptom listed.
   - Record your temperature twice daily. Taking Your Temperature:
     - Wait 30 minutes after eating, drinking, or exercising and wait at least 6 hours after taking medicine that can lower your temperature (like acetaminophen/Tylenol, ibuprofen/Advil/Motrin, naproxen/Aleve, or aspirin)
   - Record your pulse oximeter reading if you have a pulse oximeter.

General Ways to Stay Healthy During This Time

- Eat regular, healthy meals
- Get at least 8 hours of sleep AT NIGHT, avoid the temptation to nap throughout the day
- Find a way to keep active, even if it’s in your room, take at least two twenty-minute walks a day outside if you are feeling well enough
- Stay in contact with friends and family via phone or Facetime/Skype/What’s App/etc.
- Abstain from all use of alcohol, recreational drugs, and smoking or vaping products.

What to do if you develop worsening symptoms:

Identify whether you are experiencing a medical emergency: If you have severe shortness of breath, new or persistent pain in your chest, bluish face or lips, confusion, or any symptoms that cannot wait for a return phone call, DIAL 911. Otherwise record your symptoms on your self-monitoring sheet and let your CM know when they call.
“When can I return to my normal campus housing?”

These guidelines have been developed in close consultation with our local health department and state epidemiologist.

If you are in quarantine, you have to wait 14 days* from your last exposure to your positive contact. If you develop symptoms during this time report them to your case manager.

If you are symptomatic and are awaiting the results of your PCR:

If your COVID PCR result is negative and your symptoms have improved, you have been fever-free for 24 hours and you have had not used any fever reducer in the last 24 hours, you will be released immediately. If your COVID PCR result is negative and your symptoms have not improved you will stay in isolation until we can be confident your symptoms are not due to COVID-19.

If you have tested positive for COVID:

If asymptomatic: 14 days* from your test date.

If symptomatic: At least 24 hours have passed since last fever without the use of fever-reducing medications; at least 14 days* have passed since symptoms first appeared; and other symptoms have improved.

*The timeframe of 14 days is based on guidance from our state epidemiologist and local health department. You may see 10 days elsewhere, but as Centre is a highly residential, congregate setting, we must abide by these more stringent guidelines as the risk of contagion is greater in congregate settings.

I agree to the above instructions regarding isolation and quarantine. I will communicate with my case manager daily. I understand that if I don’t comply with these instructions the Boyle County Health Department will be notified, and I could be considered in violation of my social contract with Centre College.

X _____________________________ Date ____________