PROTOCOL AND PLANNING GUIDE FOR QUARANTINE AND ISOLATION

MERCY COLLEGE 2020-2021
Mercy College has developed procedures for both residential and commuter students in the event they are required to quarantine or isolate due to possible exposure to COVID-19. This guide outlines the protocol the College has adopted and includes information on how to prepare for these scenarios. Students should review this guide in its entirety and prepare accordingly.

**DEFINITIONS**

Quarantine and Isolation help protect the public by preventing exposure to people who have or may have a contagious disease.

**QUARANTINE**

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. A typical quarantine period lasts 14 days.

**ISOLATION**

Isolation separates sick people with a contagious disease from people who are not sick. Individuals who test positive for COVID-19 typically isolate for at least 10 days from the time they are tested or symptoms first appear, but could isolate for longer periods of time if symptoms persist.
Anyone who has been in close contact with someone who has COVID-19 will need to quarantine. This includes people who previously had COVID-19 and people who have taken the antibody test and have antibodies for the virus.

**WHAT COUNTS AS CLOSE CONTACT?**

- Being within 6 feet of someone who has COVID-19 for at least 10 minutes
- Providing care at home to someone who is sick with COVID-19
- Having direct physical contact with a person who has COVID-19 (touched, hugged or kissed them)
- Sharing eating or drinking utensils with someone who has COVID-19
- Getting respiratory droplets on you after a person who has COVID-19 sneezed, coughed, etc.
If a residential student is informed through contact tracing or other methods that they were possibly exposed to COVID-19, the following procedures must be adhered to:

If necessary, the resident student will be removed from their current assigned living space and moved away from other resident students.

If the resident student lives within 200 miles of campus, or is otherwise capable of returning home, they must return home for the duration of the quarantine period. The quarantine will not be at the student’s expense except where the student is required to quarantine as a result of visiting and returning from a state or country deemed high risk and requiring quarantine by New York State order.

If the resident student is incapable of returning home, they will be housed in a space designated by Residential Life.

Mercy will ensure meals are delivered to the resident student while in quarantine.

All academic activities will be delivered virtually, and the resident student should inform in-person faculty members that they are required to attend class remotely. The resident student should also contact their assigned PACT counselor for additional support.

The resident student will be contacted as necessary by a contact tracer to monitor their status. Medical and mental health referrals will be made as appropriate. Any development of COVID-19 signs and symptoms may require testing and referral to a medical provider.

The resident student may move back into the residential area after completing the state-mandated 14-day quarantine period with continued self-monitoring and without presenting any signs or symptoms of COVID-19. The resident student will be informed when they are eligible to return to their assigned room by the Health Office and/or the Office of Residential Life.
If a commuter student is informed through contact tracing or other methods that they were possibly exposed to COVID-19, the following procedures must be adhered to:

**The commuter student must quarantine in their place of residence for the required 14 days.**

All academic activities will be delivered virtually, and the commuter student should inform in-person faculty members that they are required to attend class remotely. The commuter student should also contact their assigned PACT counselor for additional support.

The commuter student will be contacted as necessary by a contact tracer to monitor their status. Medical and mental health referrals will be made as appropriate. Any development of COVID-19 signs and symptoms may require testing and referral to a medical provider.

The commuter student with in-person courses may return to campus for class after completing the state-mandated 14-day quarantine period with continued self-monitoring and without presenting any symptoms of COVID-19. The commuter student will be informed when they are eligible to return to campus by the Health Office and/or a designated College official.
WHO NEEDS TO ISOLATE?

Anyone who has tested positive for COVID-19 will need to isolate, whether or not they are displaying symptoms for COVID-19.

ISOLATION PROCEDURES FOR RESIDENTIAL STUDENTS

If a residential student tests positive for COVID-19, the following procedures must be adhered to:

For proper containment, the resident student in necessary isolation will be relocated to a private room with a private bathroom.

If the resident student lives within 200 miles of campus, or is otherwise capable of returning home, they must return home for the duration of the isolation period. The isolation will not be at the student’s expense except where the student is required to quarantine as a result of visiting and returning from a state or country deemed high risk and requiring quarantine by New York State order.

If the resident student is incapable of returning home, they will be housed in a space designated by Residential Life.

The resident student in necessary isolation may not interact in person with other people in the hallway or common area and may not leave the building.

If the resident student in necessary isolation needs an item from their regular housing assignment, they should contact their assigned Residential Life representative.

The resident student who is in necessary isolation is not permitted to order take-out food for delivery to campus. Mercy will ensure meals are delivered to the resident student while in isolation.

The resident student in necessary isolation will be contacted daily via phone or telehealth by the Health Office to monitor their status. Medical and mental health referrals will be made as appropriate.

All academic activities will be delivered virtually, and the resident student should inform in-person faculty members that they are required to attend class remotely. The resident student should also contact their assigned PACT counselor for additional support.

The Health Office will determine when the resident student is able to return to their regular housing assignment and in-person courses following the New York State Department of Health Release from Quarantine and Isolation guidelines.
ISOLATION PROCEDURES FOR COMMUTER STUDENTS

If a commuter student tests positive for COVID-19, the following procedures must be adhered to:

The commuter student will be confined to their place of residence. If this is not possible, the commuter student should review the Hotel Program information below.

The commuter student will be contacted daily via phone or telehealth by the Health Office to monitor their status. Medical and mental health referrals will be made as appropriate.

All academic activities will be delivered virtually, and the commuter student should inform in-person faculty members that they are required to attend class remotely. The commuter student should also contact their assigned PACT counselor for additional support.

The Health Office will determine when the commuter student is able to return to campus for classes following the New York State Department of Health Release from Quarantine and Isolation guidelines.

ISOLATION HOTEL PROGRAM FOR THOSE WITH COVID-19

Students who have tested positive for COVID-19 or think they might have it because they are experiencing signs or symptoms may qualify for isolation in a hotel, free of charge, for up to 14 days if they do not currently have a safe place to self-isolate. This can mean:

- Their home does not have space for them to stay 6 feet away from others
- They share rooms or a bathroom
- They live with someone who is vulnerable

Hotel rooms are also available for New York residents who do not have COVID-19 but live with someone who has COVID-19.

Students who are at home and think they may have COVID-19 can call:

- 311
- 844-NYC-4NYC (1-844-692-4692) between the hours of 9 a.m. and 9 p.m

A medical provider will assess your situation and then refer you to a hotel if appropriate.
PREPARATION

ASSEMBLING A GO-KIT

Students who are asked to quarantine or isolate by the College will not be able to go back to their assigned living space to gather supplies. They will also be unable to leave their quarantine or isolation space during the quarantine/isolation period. To prepare for this, students should assemble a Go-Kit before arriving to campus so that another individual can easily pick it up and deliver it to them.

GO-KIT SUPPLIES

Cleaning Supplies: Students should pack EPA-approved disinfecting wipes to use in their living spaces before, during, and after any possible isolation or quarantine. Students will need to use these in any common areas of their living space while they are in isolation, quarantine, or anytime they are not feeling well.

Self-care Medicine: Students should pack fever/pain reducers such as acetaminophen (Tylenol) or ibuprofen (Advil). They should not use multi-symptom medications in combination with these as it can be easy to take too much. They may want to pack lozenges for sore throats and cough medications.

Prescription Medications: Students should pack several days’ worth of any prescription medications they need. They should speak with their provider about how to access medications while they are in quarantine or isolation.

Thermometer: Mercy will be providing all residential students with a personal thermometer.

Face Coverings: Students should pack multiple face coverings so they can wear a fresh one each day.

Comfortable Clothes: Students are encouraged to pack a few days’ worth of comfortable clothes including two weeks’ worth of undergarments.

Comfort Food: Students should pack their favorite snacks and drinks, along with a reusable water bottle. Mercy will ensure meals are delivered to residential students in quarantine or isolation, but their favorite snacks can sometimes provide comfort. Commuter students should maintain a supply of food at home and be knowledgeable about ordering food delivery from their local grocery store.

Spare Set of Twin XL Sheets: Depending on the quarantine or isolation location, students may need to bring a spare set of sheets. Students can use their pillow and blanket from their current bed.

Hygiene Supplies: Students should pack shampoos, soap, toothbrushes, toothpaste, feminine products, etc.

Self-Care Items to Support Well-Being: These may include art supplies, puzzles, crafts, playing cards, portable exercise equipment (fitness bands, hand weights or yoga mat) or books, etc.

Towels: Depending on the quarantine or isolation location, students may need to bring a spare towel. Students should bring more than one towel if possible.

Phone and Laptop Chargers: Students should pack chargers for all electronic devices they plan to use.

In addition to the Go-Kit, students should ensure their academic materials (laptop, books, etc.) are readily accessible to be brought to them. If students forget anything, the Campus Bookstore will have supplies available for purchase. They can also communicate with Residential Life staff to coordinate delivery of any items they may have forgotten in their room.
COVID-19 RESOURCES

Mercy College is committed to providing campus services during this global health concern. Students in need of assistance or support are encouraged to reach out to the College’s various resources.

Health Office
914-674-7255
healthoffice@mercy.edu
mercy.edu/student-affairs/health-office

Student Counseling Center
914-888-5150
counselingcenter@mercy.edu
mercy.edu/student-affairs/counseling-services

Office of ACCESSibility
914-674-7764
accessibility@mercy.edu
mercy.edu/student-affairs/access

Mav Market
mavmarket@mercy.edu
mercy.edu/student-affairs/mav-market
Emergency Request Form

Campus Safety
Emergency: 914-674-9999
Dobbs Ferry: 914-674-7225
Manhattan: 212-615-3319
mercy.edu/about-mercy/campus-safety-and-security

Residential Life
914-674-7277
residentiallife@mercy.edu
mercy.edu/student-affairs/residential-life/housing-information

Other resources for students include:

Mercy College OnCampus Plus:
https://www.mercy.edu/oncampus-plus

Centers for Disease Control and Prevention:

New York State Coronavirus Information:
https://coronavirus.health.ny.gov/home