

Isolation and Quarantine Planning Guide For Students 2021

UMass Amherst will use the key public health tools known as isolation and quarantine to prevent the spread of COVID-19 among the campus community. Because there is typically little time to prepare for isolation or quarantine when instructed to do so, UMass Amherst has developed this planning guide to assist students in preparing to isolate or quarantine. This guide is for students who live on campus, as well as student who live off campus.

What is the difference between isolation and quarantine?

- **Isolation** is the separation of someone who is ill with or has tested positive for COVID-19 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 appeared, but could be isolated for longer periods of time if symptoms persist.
- **Quarantine** is the separation of someone who has been exposed to a COVID-19 positive individual from those that are not sick or exposed in case the exposed person becomes sick or tests positive for COVID-19. A typical quarantine period lasts 10-14 days.

Do I need a plan for isolation and quarantine?

All students living on campus are required to have an isolation and quarantine plan. For students who can travel in a private vehicle and are within driving distance of their primary place of residence, we strongly recommend your plan include you conducting your period of isolation or quarantine in the comfort of your home. For those students living on-campus who cannot travel home, the university has set aside dedicated isolation and quarantine space. Meals and needed medications will be delivered to students isolating and quarantining on campus. The Public Health Promotion Center will check in on you regularly to monitor your symptoms.

All students living off campus are required to have an isolation and quarantine plan. The university will provide support services in your off-campus location or at your family home. The university has limited isolation and quarantine spaces on campus and may not be able to provide this option to you.

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

- The Public Health Promotion Center will conduct wellness calls with you, and, if needed, will arrange telehealth visits with a UHS provider (physician, nurse practitioner, or physician's assistant). Students can also call (413) 577-5128 for health advice or to arrange a telehealth appointment. Students should call 911 for any life-threatening emergencies; when calling, please inform the dispatcher that you are in isolation or quarantine.
- The Center for Counseling and Psychological Health (CCPH) is available to provide mental health resources and counseling services.
- [Student Support Services](#) and your academic advisor are available to provide academic support.
 - Students should be prepared to notify their faculty so accommodations can be made.

How do I prepare for isolation or quarantine?

Communicate with Your Family

- Discuss the following with your family before coming to campus:
 - If you live within driving distance, are you be able to return home in a private vehicle? (If you are instructed to isolate or quarantine, you cannot travel on any public transportation (bus, train, plane, Uber, Lyft, taxi, etc.) as you may expose others.)
 - If someone from your family plans to pick you up from campus to take you home to isolate or quarantine, how much time will they need to arrive (hours or even a day or two)?
 - Are you able to distance yourself from others in your home to keep other family members safe?
 - If you cannot isolate or quarantine at home, how will your family communicate with you (i.e., FaceTime, Zoom, GoogleChat, etc.)?

Assemble a Go-Kit

If you are asked to isolate or quarantine on campus by the Public Health Promotion Center, you will not be able to go back to your on-campus housing to gather supplies. Additionally, you will not be able to leave your isolation or quarantine space during isolation/quarantine. To prepare for this, assemble a Go-Kit before you arrive on campus. Someone can easily pick it up and drop it off to you when you are in isolation or quarantine.

Supplies for Your Go -Kit

- **Thermometer:** Pack a digital thermometer that works under your tongue, is easy to use, and not expensive to purchase. Make sure you have one with new batteries.
- **Self-care medications:** Pack fever/pain reducers such as acetaminophen (Tylenol) or ibuprofen (Motrin). Do not use multi-symptom medications in combination with these as it can be easy to take too much. You may want lozenges for sore throats, or cough medications.
- **Prescription Medications** Pack 10-14 days' worth of any prescription medications you need.
- **Cleaning supplies:** Pack [EPA approved disinfecting wipes](#) to use in your living spaces before, during, and after any possible isolation or quarantine. You will need to use these in any common areas of your residence while you are in isolation, quarantine, or anytime you are not feeling well.
- **Face Coverings:** Pack multiple face coverings so that you can wear a fresh one each day.
- **Comfort Food:** Pack your favorite comfort snacks and drinks. Although the university will ensure meals are delivered to those isolating or quarantining on campus, sometimes your favorite snacks can provide comfort. Off-campus students should maintain a supply of foods in their home and be knowledgeable about to how to order food delivery from their local grocery store.
- **Comfortable Cloths:** Pack 10-14 days' worth of comfortable cloths.
- **Hygiene Supplies:** Pack shampoo, soap, tooth brush, toothpaste, menstrual products, etc.
- **Towels**
- **Spare Set of Twin XL Sheets** – You can use your pillow and blanket from your current bed
- **Phone Charger:** As well as any other electronic items and accessories you may need.

In addition to your Go-Kit, you should ensure your academic materials (laptop, books, etc.) should be readily accessible to be brought to you.

If you forget anything, the Campus Store and UHS pharmacy will have supplies available for purchase, as well as the Student Supply Closet and Isolation & Quarantine Team will have some supplies for those in need.