

Quarantine and Isolation Information for Parents

Quarantining at Home FAQs

Why is my son being asked to quarantine?

When there is a positive COVID-19 case on campus, close contacts are identified and quarantined because they have been exposed to an infectious individual and may develop COVID themselves. The definition for close contact has been refined by the CDC as being within six feet for a combined 15 minutes; sleeping in the same room; physical contact; or direct contact with respiratory secretions (coughing, sneezing, sharing a drinking glass or other personal item) of an infected person. Since people in quarantine may or may not be infected, they cannot interact with each other. Quarantine lasts for 14 days from last contact with the infected person.

How should my son behave while he is quarantining at home? How can I take care of him?

It is important that your son stay in his room as much as possible and not share a bathroom with other family members. He may leave the house to take a walk, but he should wear a mask and stay clear of others. He should NOT hang out with friends or family members during his quarantine period. He may not be symptomatic – many students who test positive have not had symptoms – but he may be contagious. He will be assigned a Case Manager and CARE Team Leader, who will be in regular contact with him – even while he is at home. A few helpful reminders from the Student Health Center:

- Your son should check his temperature twice a day. If he develops a fever of more than 100.4F or 38C, he should contact the Student Health Center for advice (email amidonc@wabash.edu).
- He should wash his hands frequently, and every single time after he blows his nose or uses the bathroom. He should not have direct contact with friends or prolonged contact with family members during his quarantine.
- If your son develops symptoms (chills, sore throat, unusually severe headache, body aches, loss of taste and/or smell, severe cough causing shortness-of-breath), he should contact the Student Health Center. Acetaminophen (Tylenol) or Ibuprofen may provide comfort, though he should not exceed the recommended dosage amount. He should make a note of the people with whom he had close contact (less than six feet distance with or without masks for more than 15 minutes) in the two days before symptoms began. This will aid contact tracing if his test is positive.
- He should drink plenty of water and clear fluids. Avoid excessive caffeine or energy drinks. Drinks such as Gatorade or Powerade are helpful to replace fluids if he is sweating a lot or having diarrhea.

Why was my son sent home to quarantine?

Since quarantined individuals may not have contact with other people, it can be very isolating and have detrimental mental health effects. If a student lives within a reasonable driving distance and has a home environment that is conducive to remote learning, we ask them to go home so they will have better access to their family support networks. It also allows us to reserve our limited quarantine facilities for those who live too far away to go home or don't have a home environment that is conducive to remote learning.

I'm concerned about my son's mental health. What resources are available to him?

Being quarantined – even at home – can be difficult; he should feel free to reach his CARE Team Leader, Case Manager, or other sources of support. He can set up Zoom sessions with the Wabash Counseling Center by calling 765-361-5592 or emailing douglasj@wabash.edu or dolphl@wabash.edu.

How can a quarantined student continue his studies?

Your son should contact each of his faculty members to make arrangements to keep up with course material. In many cases, he will be able to attend virtually. For some classes, faculty will develop alternate means for students to keep up with course content and/or complete it upon his return to class. Wabash professors are more flexible about attendance and are working very hard – one-on-one – with students so they can stay up in class wherever they are. Whatever the arrangement, the most important component will be for your son to stay in contact with his faculty. He will be notified by a member of the CARE Team or the College's physician about when he is allowed to return to his normal living unit and begin to attend classes in person.

My son tested negative. Why does he have to quarantine?

Because of the slow onset of symptoms from COVID-19 – and because many infected persons show no signs or symptoms at all – the CDC recommends quarantining anyone who has been in close contact with someone who tested positive for COVID-19. All tests for COVID-19 are point-in-time measurements of viral load, and people who are in the early stages of the disease often don't register enough virus to test positive. Our protocols are based on CDC and our County Health Officials' recommendations to quarantine all individuals for 14 days.

On-Campus Quarantine FAQs***What happens if my son is placed in quarantine on campus?***

Students who are unable to travel home to quarantine for 14 days will be housed in a dedicated campus facility or, in some cases, a dedicated room in his living unit. He should leave his room only if absolutely necessary and not share a bathroom with others. He may leave his room to take a walk, but he must wear a mask and stay at least six feet from others. He should NOT hang out with friends during his quarantine period. He may not be symptomatic – many students who test positive have not had symptoms – but he may be contagious. He will be assigned a Case Manager and CARE Team Leader, who will check on him at least once each day. A few helpful reminders from the Student Health Center:

- Your son should check his temperature twice a day. If he develops a fever of more than 100.4F or 38C, he should contact the Student Health Center for advice (email amidonc@wabash.edu).
- He should wash his hands frequently, and every single time after he blows his nose or uses the bathroom. He should not have direct contact with friends or prolonged contact with family members during his quarantine.
- If your son develops symptoms (chills, sore throat, unusually severe headache, body aches, loss of taste and/or smell, severe cough causing shortness-of-breath), he should contact the Student Health Center. Acetaminophen (Tylenol) or Ibuprofen may provide comfort, though he should not exceed the recommended dosage amount. He should make a note of the people with whom he had close contact (less than six feet distance with or without masks for more than 15 minutes) in the two days before symptoms began. This will aid contact tracing if his test is positive.
- He should drink plenty of water and clear fluids. Avoid excessive caffeine or energy drinks. Drinks such as Gatorade or Powerade are helpful to replace fluids if he is sweating a lot or having diarrhea.

How will my son get his meals if he is quarantined on campus?

Students quarantining in the campus facility or in their living units will be assigned a Case Manager and CARE Team Leader, who will coordinate meal delivery to them. Specifics about how this will happen depend on whether he is a member of a fraternity or eats meals from Sparks, but he will receive regular meals through the duration of his quarantine.

If my son is quarantining on campus, can he go to class?

No, he may not leave his room for anything other than a walk by himself. He should contact each of his faculty members to make arrangements to keep up with course material. In many cases, he will be able to attend virtually. For some classes, faculty will develop alternate means for students to keep up with course content and/or complete it upon his return to class. Wabash professors are more flexible about attendance and are working very hard – one-on-one – with students so they can stay up in class wherever they are. Whatever the arrangement, the most important component will be for your son to stay in contact with his faculty. He will be notified by a member of the CARE Team or the College’s physician about when he is allowed to return to his normal living unit and begin to attend classes in person.

I’m concerned about my son’s mental health. What resources are available to him?

Being quarantined can be difficult; he should feel free to reach out a CARE Team Leader, Case Manager, or other sources of support. He can set up Zoom sessions with the Wabash Counseling Center by calling 765-361-5592 or emailing douglasi@wabash.edu or dolphl@wabash.edu.

What happens if my son’s entire living unit is quarantined?

Basically all the same things listed above. It is critical that members of a living unit under quarantine avoid contact with one another. Students should not leave their rooms unless absolutely necessary. If

he does not have his own bathroom, he should use a designated toilet and clean it with sanitizing wipes after each use. The living unit's CARE Team Leader or Manager will coordinate logistics of food preparation and delivery. Students living in quarantine under the same roof will be instructed when it is safe to begin contact with one another and return to normal operations.

Isolation at Home FAQs

What happens if my son sent home to isolate?

Students who receive positive test results and are sent home to isolate until they are fully recovered from COVID-19. Your son is contagious, so he should isolate himself in a part of the house where he has little to no contact with family members. He should wear a mask if he must leave his room and remain a minimum of six feet away from others. Meals should be taken to him in his room, and he should not leave the house for any reason.

What happens if his symptoms get worse?

Student Health Center staff will check in with students in isolation each day. These students should monitor their symptoms twice each day and report any new or serious symptoms to the Student Health Center immediately. You should call 911 if your son has severe difficulty breathing, his lips or extremities have a blue color; if he is somewhat confused; suffers from chest pain not caused by anxiety; or has difficulty waking up or staying awake.

When can my son return to campus?

When your son is isolating at home, he should not leave for any reason until he is released by the College physicians – typically 10 days from the onset of symptoms or positive test result.

If my son is in isolation at home, can he attend classes virtually?

Your son should contact each of his faculty members to make arrangements to keep up with course material. In many cases, he will be able to attend virtually. For some classes, faculty will develop alternate means for students to keep up with course content and/or complete it upon his return to class. Wabash professors are more flexible about attendance and are working very hard – one-on-one – with students so they can stay up in class wherever they are. Whatever the arrangement, the most important component will be for your son to stay in contact with his faculty. He will be notified by a member of the CARE Team or the College's physician about when he is allowed to return to his normal living unit and begin to attend classes in person.

I'm concerned about my son's mental health. What resources are available to him?

Being isolated from others and unable to leave the facility can be difficult. Your son should feel free to reach out a CARE Team Leader, Case Manager, or other sources of support. He can set up Zoom sessions with the Wabash Counseling Center by calling 765-361-5592 or emailing douglasj@wabash.edu or dolphl@wabash.edu.

Isolation on Campus FAQs

What happens if my son is placed in isolation on campus?

Students who receive positive test results and are unable to recover at home are housed in isolation in a dedicated building on campus. They are assigned a Case Manager and CARE Team Leader, who check on them regularly and coordinate the delivery of meals provided by Bon Appetit each day. He will be allowed to interact with others who are also in isolation since all of them have the same illness.

My son is sick and all alone. Who will look after him?

Student Health Center staff will check in with students in isolation each day. These students should monitor their symptoms twice each day and report any new or serious symptoms to the Student Health Center immediately. He should call 911 if he has severe difficulty breathing, his lips or extremities have a blue color; if he is somewhat confused; suffers from chest pain not caused by anxiety; or has difficulty waking up or staying awake. Students in our isolation facility can be around each other, but should not leave the facility for any reason until they are released by the College physicians – typically 10 days from the onset of symptoms or positive test result.

If my son is in isolation on campus, can he go to class?

Your son should contact each of his faculty members to make arrangements to keep up with course material. In many cases, he will be able to attend virtually. For some classes, faculty will develop alternate means for students to keep up with course content and/or complete it upon his return to class. Wabash professors are more flexible about attendance and are working very hard – one-on-one – with students so they can stay up in class wherever they are. Whatever the arrangement, the most important component will be for your son to stay in contact with his faculty. He will be notified by a member of the CARE Team or the College's physician about when he is allowed to return to his normal living unit and begin to attend classes in person

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