

Quarantine and Isolation Information for Parents

Quarantining at Home FAQs

Why am I 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 I behave while I am quarantining at home?

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

- You should check your temperature twice a day. If you develop a fever of more than 100.4F or 38C, you should contact the Student Health Center for advice (email amidonc@wabash.edu).
- You should wash your hands frequently, and every single time after you blow your nose or use the bathroom. You should not have direct contact with friends or prolonged contact with family members during your quarantine.
- If you develop symptoms (chills, sore throat, unusually severe headache, body aches, loss of taste and/or smell, severe cough causing shortness-of-breath), you should contact the Student Health Center. Acetaminophen (Tylenol) or Ibuprofen may provide comfort, though do not exceed the recommended dosage amount. You should make a note of the people with whom you 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 your test is positive.
- 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 you are sweating a lot or having diarrhea.

Why was I 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 you live within a reasonable driving distance and have a home environment that is conducive to remote learning, we are asking you to go home so you will have better access to family support networks. It also allows the College 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 mental health. What resources are available?

Being quarantined – even at home – can be difficult; you should feel free to reach your CARE Team Leader, Case Manager, or other sources of support. You 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 I continue my studies?

You should contact each of your faculty members to make arrangements to keep up with course material. In many cases, you will be able to attend virtually. For some classes, faculty will develop alternate means for you 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 you to stay in contact with your professors. You will be notified by a member of the CARE Team or the College's physician about when you are allowed to return to your living unit and begin to attend classes in person.

I tested negative. Why do I have to stay in 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 I am 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 your living unit. You should leave your room only if absolutely necessary and not share a bathroom with others. You may leave your room to take a walk, but you must wear a mask and stay at least six feet from others. You should NOT hang out with friends during your quarantine period. You may not be symptomatic – many students who test positive have not had symptoms – but you may be contagious. You will be assigned a Case Manager and CARE Team Leader, who will check on you at least once each day. A few helpful reminders from the Student Health Center:

- You should check your temperature twice a day. If you develop a fever of more than 100.4F or 38C, you should contact the Student Health Center for advice (email amidonc@wabash.edu).
- You should wash your hands frequently, and every single time after you blow your nose or use the bathroom. You should not have direct contact with friends or prolonged contact with family members during your quarantine.
- If you develop symptoms (chills, sore throat, unusually severe headache, body aches, loss of taste and/or smell, severe cough causing shortness-of-breath), you should contact the Student Health Center. Acetaminophen (Tylenol) or Ibuprofen may provide comfort, though do not exceed the recommended dosage amount. You should make a note of the people with whom you 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 your test is positive.
- 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 you are sweating a lot or having diarrhea.

How will I get my meals if I am 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 you are a member of a fraternity or eat meals from Sparks, but you will receive regular meals through the duration of your quarantine.

If I am quarantining on campus, can I go to class?

No, you may not leave your room for anything other than a walk by yourself. You should contact each of your faculty members to make arrangements to keep up with course material. In many cases, you will be able to attend virtually. For some classes, faculty will develop alternate means for you to keep up with course content and/or complete it upon your 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 you to stay in contact with your professors. You will be notified by a member of the CARE Team or the College's physician about when you may return to your normal living unit and begin to attend classes in person.

I'm concerned about my mental health. What resources are available?

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

What happens if my 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. You should not leave your room unless absolutely necessary. If you do not have your own bathroom, you 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 I am sent home to isolate?

If you receive a positive test result, you will be sent home to isolate until you are fully recovered from COVID-19. You are contagious, so you should isolate yourself in a part of the house where you have little to no contact with family members. You must wear a mask if you must leave your room and remain a minimum of six feet away from others. Meals should be brought to you in your room, and you should not leave the house for any reason.

What happens if my symptoms get worse?

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

When can I return to campus?

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

If I am in isolation at home, can I attend classes virtually?

You should contact each of your faculty members to make arrangements to keep up with course material. In many cases, you will be able to attend virtually. For some classes, faculty will develop alternate means for you to keep up with course content and/or complete it upon your 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 you to stay in contact with your professors. You will be notified by a member of the CARE Team or the College's physician about when you may return to your normal living unit and begin to attend classes in person.

I'm concerned about my mental health. What resources are available?

Being isolated from others and unable to leave the facility can be difficult. You should feel free to reach out your CARE Team Leader, Case Manager, or other sources of support. You 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 I am 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. You will be assigned a Case Manager and CARE Team Leader, who check on you regularly and coordinate the delivery of meals provided by Bon Appetit each day. You will be allowed to interact with others who are also in isolation since all of you have the same illness.

What happens if I feel worse?

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

If am in isolation on campus, can I go to class?

No. You should contact each of your faculty members to make arrangements to keep up with course material. In many cases, you will be able to attend virtually. For some classes, faculty will develop alternate means for you to keep up with course content and/or complete it upon your 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 you to stay in contact with your professors. You will be notified by a member of the CARE Team or the College’s physician about when you may return to your normal living unit and begin to attend classes in person.

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