

## COVID-19 Quarantine/Isolation Information for Residence Life & Housing Students

The following information is provided as guidance for Residence Life & Housing Students. We know that this can be a stressful and alarming experience for the residents, and we hope that this information will provide some clarity.

**Pandemic Email:** [covid@csupueblo.edu](mailto:covid@csupueblo.edu)

**Pandemic Hotline:** 719-420-0002

### Isolation and Quarantine Information

To protect the health and safety of our community, students who have a confirmed diagnosis of COVID-19 are required to isolate; students who have been exposed to someone who tested positive for COVID-19 are required to quarantine in a temporary assignment.

After the COVID-19 Response and Planning Team (RPT) contact the resident via official university email, staff will likely begin the process of relocating the resident to a designated quarantine/isolation space in a residence hall room/apartment unit. They will discuss the specific details with the student directly, and any questions regarding quarantine/isolation should be directed to [covid@csupueblo.edu](mailto:covid@csupueblo.edu).

There are some key differences between quarantine and isolation:

Isolation separates COVID-19 positive individuals with a contagious illness from people who have not tested positive for COVID-19. Isolation is for individuals who have symptoms of COVID-19 (probable cases) or have a confirmed positive test of COVID-19. Residents will be asked to avoid contact with other people until public health professionals advise the individual is no longer a risk to spreading the virus to others. Required time in isolation is a minimum of 10 days after onset of illness, symptoms are improving, and no fever for three days without taking fever reducing medication.

Quarantine separates and restricts the movement of people who were exposed to or had close contact with a person who either tested positive for COVID-19 or has developed respiratory illness such as fever, cough, or shortness of breath. They may not be experiencing symptoms, but they will need to monitor for symptoms for 14 days from time of suspected exposure while avoiding contact with other people. Required time in quarantine is a minimum of 14 days since contact with sick person.

### Quarantine Housing Guidance

This guidance is designed to help mitigate risk for the campus community. Your cooperation is necessary and sincerely appreciated.

- You may leave quarantine for short periods of time for tasks such as taking your approved Emotional Support Animal or Service Animal outside, or to complete an essential task, such as a doctor's appointment, as long as you adhere to the following recommendations:
  - You MUST wear a mask at all times while outside of your quarantine space.
  - You MUST maintain physical distancing of at least 6ft from other people.
  - You MAY NOT visit the front desk, visit friends, interact with other people, or enter into any campus facilities. The only exceptions are for the CSU Pueblo Wolfpack Wellness Center or Counseling Center for appointments, picking up meals from the Pack Café, or obtaining packages from the Auxiliary Services office.

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- When entering/exiting your quarantine space, you must use the shortest possible path.
- You MAY NOT have guests or any other visitors.
- Only pre-arranged support persons who are assisting with mail, laundry, or animal care will be permitted to complete the specific identified tasks in coordination with Residence Life and Housing Staff.
- You MAY NOT attend classes in person. Meera Layton, Resource and Support Navigator, will review options for alerting professors to missed classes and academic accommodations. She can be reached at 719-549-2117.

### Isolation Housing Guidance

For students in isolation, you may not leave your room for any reason outside of emergencies. Laundry, food, and other services will be provided following the guidelines listed. For all other concerns, email [housing@csupueblo.edu](mailto:housing@csupueblo.edu) or call 719-549-2602 during business hours.

### Meals and Meal Delivery

#### With a Meal Plan:

During your time in quarantine, you will be able to utilize your existing meal plan by visiting the Pack Café in the Occhiato Student Center to pick up “Grab and Go” meals. This is recommended by the Colorado Institution of Higher Education, the Colorado Department of Public Health and Environment and Centers for Disease Control. The Pack Café is open from 7:30 am – 10:30am, 11:00pm – 4:30pm and 5:00 pm – 7:30pm. If you have specific dietary requirements or restrictions, please contact [josh.gurley@aviands.com](mailto:josh.gurley@aviands.com).

During your time in isolation, Dining Services in coordination with Residence Life & Housing will prepare meals to be delivered to your door. The room you are staying in will have a refrigerator and microwave. If you have specific dietary requirements, restrictions or discuss specific meals, please contact [josh.gurley@aviands.com](mailto:josh.gurley@aviands.com). Additionally, you can visit the following website to <https://campus-dining.com/csupueblo/> and search for CSU Pueblo to view the menu. It is your responsibility to open the door and gather the food once it has been delivered to you.

#### No Meal Plan:

If you do not have a meal plan, you can arrange for a support person to deliver groceries to you. We will need the individual's name and contact information in order to discuss safety protocols prior to delivery.

If delivery of groceries is not an option for you, Dining Services can offer you a daily meal delivery at a cost of \$25 per day per person. You can request meals via Dining Services by calling 549-2920 to speak with staff. This service includes three meals delivered (breakfast, lunch and dinner) and will consider dietary needs and preferences including vegetarian, gluten free, etc. Charges for meal will be assessed to your student account.

### Mail & Packages

Your letters will be held for you at your current building assignment. If you are in quarantine, you may visit the Auxiliary Services office (OSC Room 212) to pick up packages. If you are in isolation and would like to receive mail or packages, please contact Residence Life & Housing and a professional staff employee will safely place the package at your door of your temporary assignment.

### Other Deliveries

Prior to arranging for deliveries such as groceries, take-out food, or other services, please contact Residence Life & Housing to confirm safety protocols and how deliveries should occur.

### Trash Removal Services

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**Quarantine Rooms:** You are provided trash bags for disposal. There are no recycling services provided, so all waste will go into the same bag. Once your trash is full, you will need to place it inside another trash bag then place it in trash bin at the end of the hallway. If you need additional trash bags, call Residence Life & Housing at 719-549-2602.

**Isolation Rooms:** You are provided biohazard bags. There are no recycling services provided, so all waste will go into the same bag. Once your trash is full, you will need to place it inside another biohazard bag then place it outside your door between 8-10am for pickup. If you need additional trash bags, call Residence Life & Housing at 719-549-2602.

### Laundry

Laundry will be sent to an external vendor following the schedule below. A laundry bag will be provided. Ensure your name and room number are clearly marked. Place your dirty clothes in the bag and place outside your door by one of the times indicated below.

Pickup Monday at 9am, Returned Wednesday by noon

Pickup Wednesday at 9am, Returned Friday by noon

Pickup Friday at 9am, Returned Monday by noon

## **Additional Guidance for Residence Life and Housing Students**

### **How is a student's confidentiality protected?**

Per usual guidelines, the university is obligated to protect a student's rights to privacy, as outlined by Family Education Rights Protection Act (FERPA). However, individuals who have been in close contact with a COVID-19 positive individual or exposed student may be notified of that person's identity as part of the public health assessment process. Essential staff may be notified to provide essential care and services to a student in campus housing during quarantine or self-isolation.

Residence Life and Housing staff members are responsible for respecting the confidentiality of any individuals who may be relocated to quarantine/isolation or are presumed/confirmed to have COVID-19 symptoms. Additionally, community students should not share information with others (aside from appropriate staff on a 'need to know' basis) and should do their best to avoid harmful gossip about a resident's status in the community.

### **What if I think I have been exposed to COVID-19 or have been diagnosed with COVID-19?**

If you believe you have been exposed to the virus you should get tested as soon as possible and avoid contact with others as much as possible. If you receive a positive COVID-19 diagnosis or have been in close contact with someone who has, you should call the COVID-19 hotline immediately. If you have questions about any symptoms you are experiencing or need additional guidance on receiving testing or medical care, contact the Wolfpack Wellness Center.

### **What if I have additional questions?**

Residence Life and Housing may call the COVID-19 Hotline at any time for COVID-19 response or quarantine/isolation related questions. You may also call the Assistant Director on duty if you have questions that cannot be answered by the COVID-19 Hotline staff on duty.

### **Additional Resources**

COVID-19 Hotline: 719-420-0002

Counseling Center: 719-549-2838

Wolfpack Wellness Center: 719-549-2830