



STUDENT QUARANTINE 101

Salem University

DIFFERENCE BETWEEN ISOLATION AND QUARANTINE

The purpose of isolation is to keep infectious people separate from healthy people.

The purpose of quarantine is to separate healthy people who have been exposed to the virus, and therefore, could become infectious, from other healthy people who have not been exposed to the virus.

Both practices are intended to limit the spread of the virus.

FIRST STEPS

1. Make sure you have access to all contacts you may need while quarantined including but not limited to : Resident Assistant (RA), Athletic Training Staff, Student Life personnel
2. Make sure you have all materials needed for academic studies at the start of your quarantine period
3. Make sure that all food allergies / specifications are communicated to your RA

FIVE DAY VS. TEN DAY QUARANTINE

FIVE DAY	SIMILARITY	TEN DAY
<ul style="list-style-type: none">➤ Secondary or Tertiary contact to COVID-19➤ Quarantined for 5 days	<ul style="list-style-type: none">➤ Can leave room to use restroom / shower➤ Can walk down hallway and floors balcony➤ Can order NECESSITIES online through Walmart for weekly pickup➤ Can have room video workout	<ul style="list-style-type: none">➤ Direct exposure to COVID-19➤ Quarantined for 10 days



FAQ & EXAMPLES

1. RAs will deliver food along with coaches and other voluntary personnel; as well as take care of personal garbage
2. Students will be responsible for contacting your professor about possible absence if you have on ground class.
3. There will be mandatory temperature and symptom checks daily.
4. Under no circumstances will students be allowed to visit other quarantined individuals in separate rooms
5. Marisa Fitz has been told she tested positive for COVID-19. Which of the following persons would be considered a “contact” of hers?
 - Her neighbor that played cards with her the day before she felt bad
 - Her roommate that lives with her
6. Jason Keppler attended a gathering on May 3rd, where he was in close contact with a case of COVID- 19. When is it safe for Jason to end quarantine, assuming he does not develop any symptoms?
 - May 17th. To calculate the recommended period of quarantine, add 14 days to the most recent date that a contact was exposed. In this case $\text{May } 3 + 14 \text{ days} = \text{May } 17\text{th}$

CONTACT IF YOU HAVE ANY QUESTIONS

1. Head Athletic Trainer: Brent Walters Brent.Walters@salem.edu
2. Assistant Athletic Trainer: Alex Corbitt Alexandra.Corbitt@salem.edu
3. Resident Director : Vanessa Jimenez Vanessa.Jimenez@salem.edu
4. Student Life : Dennis McNaboe Cell# (304) 678-6608 Email: dmcnaboe@salem.edu
5. Campus Security : (304) 629-0281



STUDENT ISOLATION 101

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HOW TO COPE WITH STRESS

Isolation can be overwhelming for some, as a result fear and anxiety are very common

Stress during an infectious disease can sometimes cause

- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems and / or mental health conditions
- Increased use of tobacco and / or alcohol and other substances

Get immediate help in a crisis

- Call 911
- [Disaster Distress Helpline](#)
- : 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.



- [National Suicide Prevention Lifeline](#)
- : 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or [Lifeline Crisis Chat](#)