

# HOME AT HERITAGE

1/19/21

## QUARANTINE / ISOLATION GUIDELINES

1. Note: The medical community uses quarantine and isolation to describe different types of separation. “**Quarantine** separates people who are exposed to an infectious disease to see if they become sick. **Isolation** separates people with an infectious disease, like COVID-19, from people who are not sick” (alabamapublichealth.gov). Quarantine lasts for a 14-day period and isolation for a 10-day period.

a. Notification: Faculty/staff who meet any of the following criteria for seeing a doctor or quarantine/isolation should notify their supervisor immediately. Students should notify their dorm parents and the Dean of Students immediately.

b. Who needs to quarantine? **Those who have been in close contact with someone with COVID-19.** Quarantine should last 14 days from the date of the last exposure.

1) **Note:** Family members and friends of those who have had  
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## QUARANTINE / ISOLATION GUIDELINES continued:

close contact do not need to quarantine unless the person who was exposed exhibits symptoms or tests positive for COVID-19.

### **2) What counts as close contact?**

Within 48 hours of the onset of symptoms:

- You were within six feet for at least 15 minutes of someone who has COVID-19. (If both were wearing masks, you do not have to quarantine.)
- You provided care at home to someone who has COVID-19.
- You had direct physical contact with the person (touched, hugged, or kissed them).
- You shared eating/drinking utensils or touched the same object.
- They sneezed, coughed, or somehow got respiratory droplets on you.

3) **Steps to Take:** Separate from others and monitor your health.

- Stay home for 14 days after your last contact with a person who has COVID-19. If you live in close contact with a person with COVID-19 (for example, as a caregiver), your 14-day quarantine cannot start until that person has cleared the 10-day isolation period.
- Even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.
- Watch for fever (100.4F), cough, shortness of breath, or other symptoms of COVID-19. (**\*see the eight questions under re-entry guidelines above**).
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19.

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## QUARANTINE / ISOLATION GUIDELINES continued:

- If the quarantine starts at noon on day 0, it lasts until noon on day 14 (14 periods of 24 hours).
- If you have contact with someone with COVID-19 symptoms during the 14-day quarantine period, the 14-day period starts over (cdc.gov).
- ***If you begin to exhibit symptoms (cf. eight questions above), consult a physician and get tested for COVID-19. You would transition from 14-day quarantine protocol to the 10-day isolation protocol. (This starts with the day you are tested.)***

c. Who needs to isolate? ***Those who have been tested for COVID-19 and are awaiting results and those who have tested positive for COVID-19.***

***1) Isolate for 10 days starting with the day you were tested.***

***2) Steps to help prevent the spread of COVID-19 if you are sick:***

a) Stay home except to get medical care (for 10 days). Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

- *Take care of yourself.* Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- *Stay in touch with your doctor.* Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- *Avoid public transportation, ride-sharing, and taxis.*

b) Separate yourself from other people. As much as possible, stay in a specific room and away from other

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## QUARANTINE / ISOLATION GUIDELINES continued:

people and pets in your home. If possible, you should have a separate bathroom. If you need to be around other people or animals in or outside the home, wear a cloth face covering.

c) Monitor your symptoms. Monitor the status of symptoms listed above. Follow care instructions from your healthcare provider and local health department. In addition to the 10-day isolation, to return to campus you *must also have been symptom-free for three consecutive days without any assistance from medication.*

d) When to seek emergency medical attention. Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing.
- Persistent pain or pressure in the chest.
- New confusion.
- Inability to wake up or stay awake.
- Bluish lips or face.

These are not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you. Call 911 or call ahead to your local emergency facility. Notify the operator that you are seeking care for someone who has or may have COVID-19.

e) Call ahead before visiting your doctor.

- Many medical visits for routine care are being postponed or done by phone or telemedicine.
- If you have a medical appointment that cannot be postponed, call your doctor's office, and tell them you have or may have COVID-19. This will help to them protect themselves and patients.

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## QUARANTINE / ISOLATION GUIDELINES continued:

**4. Roommate quarantine:** If either roommate in a dorm room is required to quarantine, both roommates will be required to quarantine for the full 14-day period.

**5. Quarantine/Isolation locations and roommate quarantine:**

- a. Faculty/staff members will quarantine in their homes.
- b. Off-campus students will quarantine in their off-campus homes.
- c. Campus students may return to their homes to quarantine or they may quarantine in their dorm rooms/apartments on campus. They must remain in the location they choose for the totality of the quarantine period. (They cannot go back and forth.)

**6. Quarantine/Isolation and student status:**

- a. Students who enter quarantine will transition to distance learner status until they are cleared to return to the classroom. They will continue to be responsible for coursework.
- b. If they exhibit symptoms or test positive, teachers will work with them to adjust deadlines as with any other illness.
- c. Students will also retain responsibility for the cost of their semester's education. Quarantine will not impact any scholarships for which they qualify.

**7. Financial costs:**

- a. **Testing, treatment, and associated costs for COVID-19 are the responsibility of faculty/staff/students and their families**, not Heritage Christian University.
- b. All students coming to campus for courses will be required to sign a **medical and liability release**.

**8. When is it safe to return to campus/classrooms?**

- a. If exposed to someone with COVID-19: You must have ***quarantined at home for 14 days and displayed no symptoms***. If you display symptoms, consult a health care professional and get a COVID-19 test.
- b. If you have been tested or tested positive for COVID-19: You

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## QUARANTINE / ISOLATION GUIDELINES continued:

must have **isolated 10 full days** from the time of your test and you must also have been **symptom free for three consecutive days without any assistance from medication** to return to campus (for example, if taking Tylenol keeps you from having a temperature, that does not count as one of the three days).

- c. **Submit appropriate paperwork to the Director of Campus Security** for admittance back on campus or into buildings/classes.

**9. COVID-19 testing process example:** The following is from the Huntsville Hospital Urgent Care Center on the corner of Cox Creek Parkway and Florence Blvd. The address is 202 Cox Creek Parkway. The phone number is (256) 349-5496.

- a. The receptionist suggested that those seeking an appointment should reserve a spot online since there are a limited number of tests every day. The website is www.urgentteam.com. The location may be listed on their website as St. Florian instead of Florence. Testing is done in that Urgent Care office.
- b. Once you arrive at the Urgent Care facility for your appointment, call the main number to notify them you are in the parking lot and wait in the car until called.
- c. Patients will need a picture ID.
- d. If the patient has insurance, the test will be billed to insurance. There is no charge for testing if the patient does not have insurance.
- e. Results normally take five days.