

Isolation Guidelines for COVID-19 Positive Students Living On or Off Campus

Why is isolation important?

Isolation is used to separate people infected with COVID-19 from people who are not infected. This measure will help slow the spread of disease and decrease the risk of passing the virus to others.

Isolation precautions can generally be stopped 10 days after symptom onset as long as there is resolution of fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms.

For people who never develop symptoms, isolation precautions can be discontinued 10 days after the date of their positive test for COVID-19.

What can I do while on Isolation?

- STAY in your room and REST.
- *DO NOT* go to class, work, public events, dining halls or group gatherings.
- REACH OUT to let your faculty members know if you are not able to fully engage in your courses.
- *DO NOT* go out for walks.
- *DO NOT* have visitors. Family and friends may not come to visit as this puts them and other residents at risk.
- See the Virtual Connections for Students/Cougs Support information. This is on the Back on the Bricks website. This resource provides ways you can connect with activities, resources, and virtual conversation groups while you are in isolation.

Limit your activity in any shared spaces.

As much as possible:

- (1) Stay in a specific room and away from other people in your home.
- (2) Use a separate bathroom (or clean the bathroom between each use).
- (3) If you *HAVE* to be around other people or animals in or outside of the home (shared spaces or common areas), **wear a mask, wash hands often and clean behind yourself with approved wipes or cleaners!**

How to take care of yourself

- Eat regular, healthy meals. Get at least eight hours of sleep.
- Find a way to keep active in your room. Consider streamed exercise classes. Check the [Campus Recreation](#) site for virtual fitness classes and other virtual activities.
- Open your windows and get fresh air when you can.

- Stay in contact with friends and family via phone, Facetime, etc.
- Do not use alcohol or recreational drugs.
- No smoking, no vaping.
- Monitor your temperature twice daily, in the morning and evening, 30 minutes after eating/drinking. We suggest you keep a log of temperatures and symptoms.
- Use acetaminophen products for fever and other symptoms; avoid ibuprofen. Call Student Health Services if acetaminophen is not helping with fever or headache.
- Answer your phone as people will be checking in on you.

What about cleaning?

- Clean and disinfect individual high touch surfaces every day. Examples include phones, laptops, tablets, bedside tables, etc. Is there a reason to get rid of the very important statement?
- Clean and disinfect shared touch surfaces any time you use them. Examples include remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, etc.

Important Phone Numbers

Mon-Fri 8:30-5:00 call Student Health Services at 843.953.5520 for any questions or concerns.

1. Tell them that you are COVID-19 positive and in isolation.
2. Describe your symptoms.
3. Anticipate that you may need to wait for a nurse to return your call

Emergencies: Call 911

1. If you are experiencing a medical emergency (severe shortness of breath, confusion or inability to walk, severe allergic reaction, or any symptoms that cannot wait for a return phone call).
2. Tell them that you are a COVID-19 positive College of Charleston Student in isolation.
3. Tell them what your emergency is.

Please ALWAYS answer your phone.

- Student Health Services and other campus resources will be reaching out to check on you and to provide important information you may need. Please make sure you are answering calls so we are able to connect with you as quickly as possible.

Quarantine and Isolation
On Campus Residence Halls and Historic Houses
College of Charleston

To keep you and our College of Charleston community safe, you have been asked to quarantine or isolate.

Rules of Conduct: The College may remove a student from campus housing for failure to comply with any rules or policies. If a student is removed from the residence hall for violation of any rules of conduct, the student will be required to pay the full housing fee for fall and spring semesters. There will be no refunds.


If a member of the College staff needs to come to your room, you MUST wear a mask at all times.

While you are quarantined or in isolation on campus, it is important to be aware of the following:

1. If you are assigned to quarantine or isolation, please remain in your designated space at all times. For students in Buist, this includes your assigned room and the common restroom.
 - For facility-related issues or emergencies with your room, please call 843.953.5550. If you experience a medical emergency, please dial 911.
 - ***Please do not leave your assigned space for the entirety of your quarantine/isolation time unless you have been advised to seek medical attention or there is an emergency or fire-drill in your location.
2. A Residence Life staff member can be reached at 843.296.4800 if you need any other assistance.
 - The best way to receive updates is to opt into our texting reminders by texting [@bkc7def to 81010](https://text.bkc.edu/81010).
 - If you leave your room, you risk exposing others in the building to COVID-19.
 - Students that violate public health orders will be reported to the Office of the Dean of Students.
 - If you do leave the building, you will not be allowed back in and will need to find other housing arrangements.

3. Do not invite friends or family over to the quarantine or isolation space. We encourage the use of phone and video technology (Facetime, Zoom, Teams, etc.) to connect to your friends and family during this time.
4. If you are in a space where you are in quarantine with other students, you must minimize contact with others.
 - You must wear face coverings and social distance when you are in any shared space.
 - If you do not follow this precaution, and a household contact later tests positive, this can mean extra days in quarantine.
5. Food will be delivered each day directly to your room after 11 a.m.
 - Three meals will be in this delivery pack: dinner, breakfast and lunch for the following day.
 - As meals are dropped off, there will be a knock on your door to let you know they are there. Wear your face covering when you answer the door.
 - Please place your meals in the refrigerator and then heat items as needed when you are ready to eat them.
6. Mail and packages will be held in Mail Services for you to pick up when your quarantine or isolation period ends.
7. No smoking or any illegal activity in the rooms.
8. Do NOT attempt to tamper with the smoke detectors as it will set off alarms.
9. In the event of a fire alarm, please exit the building through emergency exits located on **your hall only**. Wear your face covering and bring your key, and Cougar Card. Stay at least six feet away from others.
10. The College of Charleston's Student Code of Conduct and Residence Life policies will be enforced at all times.

You're Not Alone...




Zoom Online Drop-In Meetings for
Quarantine & Isolation Students

Tuesday's 5–7pm

Wednesday's 9–11pm

Questions or Concerns? Reach out to
Student Affairs 843–953–5522

**Join other students to talk, do
homework, or be together**



Tuesday:

<https://cofc.zoom.us/j/92158114354?pwd=akVYNFFmUks3WFJobU1CS2VBR3Bidz09&from=msft>

Wednesday:

<https://cofc.zoom.us/j/92158114354?pwd=akVYNFFmUks3WFJobU1CS2VBR3Bidz09&from=msft>