Appendix A: Dickinson College
Instructions for Isolation to Reduce Community Risk of COVID-19

You have been asked to isolate yourself because you have symptoms that are consistent with COVID-19 and have been tested. You will be notified of your test results and be informed of any further steps that need to be taken.

Continue to monitor your health and practice social distancing:

- Do not leave your residence unless instructed to do so by Wellness Center staff.
  - DO NOT ATTEND ANY IN-PERSON CLASS/MEETING
  - DO NOT WALK AROUND CAMPUS
  - DO NOT ENTER THE DINING FACILITIES OR ANY OTHER CAMPUS BUILDING
  - YOUR ON-CAMPUS CARD ACCESS TO ALL BUILDINGS WILL BE DEACTIVATED
  - DO NOT TAKE PUBLIC TRANSPORTATION, TAXIS, OR RIDE-SHARES ANYWHERE
  - YOU MAY NOT HAVE VISITORS OR GUESTS (INCLUDING FRIENDS AND FAMILY)
- Use the following self-care measures:
  - Use a fever reducing medication, such as acetaminophen, per the package instructions.
  - Get plenty of fluids.
  - Get plenty of rest.
  - Gargle with warm salt water to relieve a sore throat, if needed.
- Call the Wellness Center at 717-245-1663 for any worsening symptoms. Call the Department of Public Safety (DPS) at 717-245-1111 for any emergencies after hours or on weekends.
- If your test is negative, you may discontinue isolation. If you are still symptomatic, you may have another respiratory pathogen that is circulating in the community. You may return to your room but should limit contact with others until you have been fever-free for 24 hours (without the use of fever-reducing medications) and you have had an improvement in any respiratory symptoms (e.g., cough, shortness of breath). Continue to practice good hygiene and call the Wellness Center if your symptoms worsen.
- If your test is positive, you may discontinue isolation when instructed to by Wellness Center staff.
- Be sure to review the Campus Community Compact and the COVID-19 Addendum to the Community Standards for additional information about Dickinson’s expectations regarding isolation.

Dickinson will provide the following:

- Housing needed for isolation.
  - You will be asked to move to isolation housing to reduce the spread of the illness.
  - You must remain in your isolation housing space unless instructed to attend an appointment at the Wellness Center.
  - If you chose to go home, you will need to speak with your COVID Coordinator contact. Please let them know your plans and how you plan to get home. You will need to isolate until you can leave campus.
- Delivery of meals.
  - Students who are in isolation cannot order food from off campus, as you cannot leave your room to meet the delivery driver outside. Food will be delivered once daily outside your room door.
  - You will start with a hospitality bag of three breakfasts and two lunch/dinner meals.

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Then, you will place an order online for your meals for the following day (follow instructions on hospitality bag to order by 11:59pm for the next day). Each day you will have a lunch/dinner delivered to you. One meal will be hot, the other cold. There will be a micro-fridge in your isolation room.

A pantry bag with additional breakfasts will be delivered on Mondays and Thursdays with your meals.

- A self-care kit containing acetaminophen (analgesic/fever reducer), phenylephrine (decongestant), cough drops, a disposable mask, and disposable thermometers (if needed).
- Other items can be ordered online through Walmart or Giant. If you need essentials picked up at a local store (NOT TARGET) please fill out this form. Pick-ups should be scheduled between the hours of 9am and 3pm, Monday-Friday.
- If you need clean clothing, housekeeping can wash a small bag of laundry for you, if necessary. Please be in touch with your COVID Coordinator contact.
- If you have mail or packages at Mailroom that are needed in a timely manner, you can also be in touch with your COVID Coordinator contact.

Recommended Supplies to have on hand:

- Disposable tissues
- Hand sanitizer (at least 60% alcohol)
- Fluids such as tea, water, Gatorade, ramen noodles or chicken soup, and juice.
- A thermometer
- At least a two-week supply of any regular medications you are prescribed. If you need medication delivered, please call the Wellness Center to discuss how this might be arranged.

When in doubt, contact the Wellness Center for advice about self-care. If you think you need to be seen, contact the Wellness Center to make an appointment. If symptoms are severe and urgent assistance is needed, contact the Wellness Center during business hours or DPS at other times.
Appendix B: Dickinson College
Instructions for Quarantine to Reduce Community Risk of COVID-19

You have been asked to quarantine yourself because you have had recent at-risk travel, or close contact/pod-mate with someone who has symptoms of COVID-19 and/or has tested positive for COVID-19.

**Monitor your health and physically separate yourself from others:**
- Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough, trouble breathing, loss of taste or smell, or other symptoms of COVID-19.
- Do not leave your residence and avoid contact with others until you are instructed to discontinue quarantine.
  - DO NOT ATTEND ANY IN-PERSON CLASS/MEETING
  - DO NOT WALK AROUND CAMPUS
  - DO NOT ENTER THE DINING FACILITIES OR ANY OTHER CAMPUS BUILDING
  - YOUR ON-CAMPUS CARD ACCESS TO ALL BUILDINGS WILL BE DEACTIVATED
  - DO NOT TAKE PUBLIC TRANSPORTATION, TAXIS, OR RIDE-SHARES ANYWHERE
  - YOU MAY NOT HAVE VISITORS OR GUESTS (INCLUDING FRIENDS AND FAMILY)
- You may leave your room to access the bathroom or open the door to retrieve items delivered to your residence by College staff, but you must keep your distance from others (about 6 feet or 2 meters) and wear a mask at all times when you are outside of your room.
- If you are quarantining in your pod, also please limit time spent in bathroom spaces within your pod and clean bathrooms with provided cleaners after you use the area. Do not spend time in other common spaces.
- If you are the direct roommate or a close contact outside of the pod (more than 15 cumulative minutes within a 24-hour period) of a student who tested positive for COVID, you will be moved to quarantine with your own bathroom.
- Be sure to review the [Campus Community Compact](#) and the [COVID-19 Addendum to the Community Standards](#) for additional information about Dickinson’s expectations regarding isolation.

**What to do if you get sick:**
If you develop any symptoms of COVID-19, such as a fever (100.4°F/38°C or higher), a cough, or trouble breathing:
- Call the Wellness Center at **717-245-1663** to discuss your symptoms. If you need health advice for a non-emergency on evenings or weekends and cannot wait until we reopen, please call our after-hours service, AccessNurse, toll-free at 877-229-4183.
- Call the Department of Public Safety (DPS) at **717-245-1111** for any emergencies after hours or on weekends.
- Your health professional will provide guidance about where best to seek care, if needed.

**Dickinson will provide the following:**
- Housing needed for quarantine (if needed):
  - You will be asked to quarantine within your pod, unless you are the direct roommate of a student who has tested positive for COVID-19, in which case you will be moved to a separate quarantine housing space with your own bathroom.

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You also will be asked to move to a separate quarantine housing space if you are a close contact (more than 15 cumulative minutes within six feet over the course of a 24-hour period) of a student outside of your pod who has tested positive for COVID.

You must remain in your quarantine housing space unless instructed to attend an appointment at the Wellness Center.

If you chose to go home, you will need to speak with your COVID Coordinator contact. Please let them know your plans and how you plan to get home. You will need to quarantine until you can leave campus.

- Delivery of meals.
  - Students who are in quarantine cannot order food from off campus, as you cannot leave your room to meet the delivery driver outside. Food will be delivered once daily outside your room door.
  - You will start with a hospitality bag of three breakfasts and two lunch/dinner meals.
  - Then, you will place an order online for your meals for the following day (follow instructions on hospitality bag to order by 11:59pm for the next day). Each day you will have a lunch/dinner delivered to you. One meal will be hot, the other cold. There will be a micro-fridge in your isolation room.
  - A pantry bag with additional breakfasts will be delivered on Mondays and Thursdays with your meals.

- A self-care kit containing acetaminophen (analgesic/fever reducer), phenylephrine (decongestant), cough drops, a disposable mask, and disposable thermometers (if needed).

- Other items can be ordered online through Walmart or Giant. If you need essentials picked up at a local store (NOT TARGET) please fill out this form. Pick-ups should be scheduled between the hours of 9am and 3pm, Monday-Friday.

- If you need clean clothing, housekeeping can wash a small bag of laundry for you, if necessary. Please be in touch with your COVID Coordinator contact.

- If you have mail or packages at Mailroom that are needed in a timely manner, you can also be in touch with your COVID Coordinator contact.

**Other recommended supplies to have on hand in the event of illness:**

- Disposable tissues
- Hand sanitizer (at least 60% alcohol)
- Fluids such as tea, water, Gatorade, ramen noodles or chicken soup, and juice.
- A thermometer
- At least a two-week supply of any regular medications you are prescribed. If you need medication delivered, please call the Wellness Center to discuss how this might be arranged.

When in doubt, **contact the Wellness Center for advice about self-care**. If you think you need to be seen, contact the Wellness Center to make an appointment. If symptoms are severe and urgent assistance is needed, contact the Wellness Center during business hours or DPS at other times.

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