

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. **It may take 7-14 days to get results depending on local demand for testing services.**

Continue to monitor your health and practice social distancing:

- Do not leave your residence.
- 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.

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.
- Delivery of 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. You can contact DPS for someone to pick up and deliver your order.
- If you need clean clothing, housekeeping can wash a small bag of laundry for you, if necessary. Please contact the Residence Life staff member who helped arrange your isolation assignment if this is needed.
- If you have mail or packages at Mailroom that are needed in a timely manner, you can also contact the Residence Life staff member who helped arrange your isolation assignment.

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 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 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 or trouble breathing.
- 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 ENTER THE DINING FACILITIES OR ANY OTHER CAMPUS BUILDING.
 - DO NOT WALK AROUND CAMPUS.
 - DO NOT TAKE PUBLIC TRANSPORTATION, TAXIS, OR RIDE-SHARES ANYWHERE
- You may leave your room to access the bathroom or pick up any meals or items delivered to your room by College staff, but you must keep your distance from others (about 6 feet or 2 meters). Your time out of your room must be limited to those actions.

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 may be asked to move to quarantine housing, although this is not always necessary.
- Delivery of meals.
- Disposable thermometers (if needed).
- A self-care kit containing acetaminophen (analgesic/fever reducer), phenylephrine (decongestant), cough drops, and a disposable mask (if you develop symptoms).
- Other items can be ordered online through Walmart or Giant. You can contact DPS for someone to pick up and deliver your order.
- If you need clean clothing, housekeeping can wash a small bag of laundry for you, if necessary. Please contact the Residence Life staff member who helped arrange your isolation assignment if this is needed.
- If you have mail or packages at Mailroom that are needed in a timely manner, you can also contact the Residence Life staff member who helped arrange your isolation assignment.

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.