

Dickinson College COVID-19 Exposure Management Quarantine and Isolation Plan

The following process is used to identify and separate individuals who are exhibiting symptoms of COVID-19 (such as fever, cough, or shortness of breath) to mitigate further spread of the virus. Please see the CDC's website for a complete list of COVID-19 symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>. Individuals who exhibit any symptoms of COVID-19 will be advised to contact their healthcare provider. Students living on campus should contact the Wellness Center, while employees should contact an off-campus healthcare provider. Unvaccinated employees working on campus and unvaccinated students and students in quarantine or isolation residing on campus must complete the daily Symptoms Tracker online via the Gateway and participate in regular testing.

This document presents policy information for employees in section I and for students in section II and will clarify information regarding isolation and quarantine.

Quarantine separates a person who was in close contact with someone who is sick and/or has tested positive for COVID-19.

Isolation separates a person who is sick and/or has tested positive for COVID-19.

More information about quarantine and isolation can be found on the CDC's website: <https://www.cdc.gov/quarantine/index.html>.

I. EMPLOYEES

Employees who are symptomatic should complete the daily Symptoms Tracker to indicate symptoms and follow their usual call-off protocol; the appropriate person from their department will inform Human Resource Services of their illness. The employee should then isolate at home and follow their healthcare provider's recommendations while awaiting test results. Prior to returning to work, the college may ask an employee to supply a statement from a healthcare provider explaining their illness and/or a Return-to-Work Authorization.

- A. If tested for COVID-19 and the result is negative, employees should remain at home until it has been 24 hours since the resolution of fever without the use of fever-reducing medications and there has been improvement in other symptoms (e.g., cough, shortness of breath). If symptoms persist or worsen, employees should contact their healthcare provider.
- B. If tested for COVID-19 and the result is positive (or if the employee has not been tested for COVID-19), employees should remain at home until all of the following criteria have been met:

- a. At least 10 days have passed since symptoms first appeared (20 days for individuals with severe/critical illness or who are severely immunocompromised).
 - b. It has been at least 24 hours since resolution of fever without the use of fever-reducing medications.
 - c. There has been improvement in other symptoms (e.g., cough, shortness of breath).
 - d. If the employee tests positive but remains asymptomatic, the employee should remain home until it has been 10 days since the positive test result.
 - e. Please note that these criteria may change over time and the most up to date guidelines can be found on the CDC's website. In addition, if the Department of Health (DOH) has reached out to the employee, they will instruct the employee when to discontinue isolation.
- C. Fully vaccinated employees who have a known exposure to someone with suspected or confirmed COVID-19 will be tested 3-5 days after exposure and are required to wear a mask in indoor settings for 14 days or until they receive a negative result.
- D. Any unvaccinated employee who has had close contact with someone who has tested positive for COVID-19 will be advised to quarantine at home and contact a healthcare provider if they become symptomatic. Close contacts currently consist of the following:
- a. Individuals with whom they were within 6 feet of for 15 cumulative minutes or more in a 24-hour period occurring within or after the 48 hours prior to symptom onset (or if asymptomatic, the 48 hours prior to being tested), regardless of whether face coverings were being worn.
 - b. Close contact also includes being directly exposed to respiratory secretions (e.g., cough or sneeze).
- E. An unvaccinated employee who has not tested positive and remains asymptomatic should discontinue quarantine after 10 days have passed since their close contact with the person who tested positive, and/or when the Department of Health has instructed the employee to discontinue quarantine.

Exception: If the person who tested positive is a household member and social distancing cannot be maintained (and/or if a bedroom is shared), the employee in quarantine should continue to quarantine until 10 days after their household member has been instructed to discontinue isolation or until it's safe for them to be around others in accordance with [CDC guidelines](#).

- F. Per CDC and PA Department of Health recommendations, quarantine can end after day 7 if a diagnostic specimen (e.g., RT-PCR, antigen) tests negative and is collected on day 5 or thereafter and the person remains asymptomatic.

- G. Although recommendations for the duration of quarantine have been reduced from 14 to 10 (or in some cases, 7) days, employees should continue to closely monitor their symptoms for 14 days and contact their healthcare provider if they develop symptoms.
- H. Human Resources staff will follow up with employees who are symptomatic and/or have tested positive for COVID-19 to begin our campus exposure management process by asking for information about any close contacts within the Dickinson community.
- I. If an employee or student tests positive for COVID-19:
 - a. Human Resource Services staff will follow up with close contacts who are Dickinson employees with information on self-quarantine those unvaccinated individuals. Fully vaccinated employees who have a known exposure to someone with confirmed COVID-19 are required to be tested 3-5 days after exposure, and to wear a mask in indoor settings for 14 days or until they receive a negative test result. The identity of the student or employee who is symptomatic will not be disclosed to close contacts.
 - b. Human Resource Services will alert Wellness Center staff about any close contacts, as appropriate, so this information can be relayed to the Department of Health and Wellness Center staff can follow up with close contacts who are students. As with employees who are close contacts, the identity of the employee who is symptomatic will not be disclosed to these students.
- J. The above protocols for employees may vary depending on state guidelines for work within different settings on campus (e.g., DCCC protocols may instead follow state guidance for work in a childcare setting).

I. STUDENTS

Students who are symptomatic should contact the Wellness Center or local Urgent Care on the weekend*

Students who are symptomatic after hours can call the nurseline to receive additional support (877) 229-4183.

- A. If tested for COVID-19 and the result is negative, students should remain at their residence hall until it has been 24 hours since the resolution of fever without the use of fever-reducing medications and there has been improvement in other symptoms (e.g., cough, shortness of breath). If symptoms persist or worsen, employees should contact their healthcare provider.

- B. If tested for COVID-19 and the result is positive students should isolate in housing provided by the College as soon as possible and should remain in isolation until all of the following criteria have been met:
 - a. At least 10 days have passed since symptoms first appeared (20 days for individuals with severe/critical illness or who are severely immunocompromised).
 - b. It has been at least 24 hours since resolution of fever without the use of fever-reducing medications.
 - c. There has been improvement in other symptoms (e.g., cough, shortness of breath).
 - d. If a student tests positive but remains asymptomatic, the student should remain in isolation until it has been 10 days since the positive test result.
 - e. Please note that these criteria may change over time and the most up to date guidelines can be found on the CDC's website.

- C. Any fully vaccinated student who has had a known exposure to someone with suspected or confirmed COVID-19 will be tested 3-5 days after exposure and is required to wear a mask in indoor settings for 14 days or until they receive a negative result.

- D. Any unvaccinated student who has had close contact with someone who has tested positive for COVID-19 will be advised to quarantine in housing provided by the college and undergo testing by the Wellness Center. Close contacts currently consist of the following:
 - a. Individuals with whom they were within 6 feet of for 15 cumulative minutes or more in a 24-hour period occurring within or after the 48 hours prior to symptom onset (or if asymptomatic, the 48 hours prior to being tested), regardless of whether face coverings were being worn.
 - b. Close contact also includes being directly exposed to respiratory secretions (e.g., cough or sneeze).

When a student is tested at the Wellness Center, staff will obtain consent from the student to share information about the student's symptoms, possible COVID-19 diagnosis, and test results with Dickinson's COVID-19 Response Team. If requested by the student, the Wellness Center will also inform the student's family members.

- E. An unvaccinated student who has not tested positive and remains asymptomatic should discontinue quarantine after 10 days have passed since their close contact with the person who tested positive.

- F. Per CDC and PA Department of Health recommendations, quarantine can end after day 7 if a diagnostic specimen (e.g., RT-PCR, antigen) tests negative and is collected on day 5 or thereafter and the person remains asymptomatic.

- G. Although recommendations for the duration of quarantine have been reduced from 14 to 10 (or in some cases, 7) days, students should continue to closely monitor their symptoms for 14 days and contact the Wellness Center if they develop symptoms.
- H. Housing and Residence Life staff will follow up with students who are symptomatic and/or have tested positive for COVID-19 to begin our campus exposure management.

Residence Life & Housing Procedures

- A. Residence Life & Housing staff will provide students who have COVID-19 symptoms with an isolation housing assignment. A staff member will be in touch by cell phone about the location of the housing and discuss instructions for getting to that space. Assistance will be provided if needed.
- B. Students should take only what they will need for 10-14 days, including any clothing, pillows, medication, toiletries, cooking utensils, dishes, groceries, etc. Sheets and blankets will be provided.
- C. Students will be provided with written instructions from the Wellness Center about isolating (see Appendix A) and told that they should not leave their isolation residence.
- D. Any student who requires having groceries delivered, time-sensitive items in the mail room picked up, a small bag of clothing laundered, or other assistance while in isolation can be in touch with the staff member who provided their isolation assignment.
- E. Local students who prefer to transport themselves home (or have a family member willing to provide transportation) for the duration of their isolation will be allowed to do so, although this may not be advisable if (1) they do not have adequate access to food, medication, and other essential items, (2) if they would be living with individuals who are at increased risk of severe illness due to COVID-19, and/or (3) if they would be unable to adequately isolate themselves.
- F. Students who choose to return home should remain in isolation housing until they can leave campus.

After-Hour Procedures

- G. If students present with symptoms after hours and do not require emergency care, they should remain in their room, stay masked as much as possible, and contact the NurseLine ((877) 229-4183). If the student wishes to seek medical care on the weekend, UPMC Urgent Care is open from 8am-8pm every day. Students can call DPS (717-245-1349) if they need transportation. In an emergency, students should call DPS (717-245-1111) for Emergency Medical Services (EMS) and transport to the hospital. Wellness Center staff will follow up with the student and arrange for testing when the Wellness Center reopens.

Contact, Quarantine, and Isolation Procedures When a Student Tests Positive for COVID-19

- H. Wellness Center staff will contact all students who are identified as close contacts of the student who has tested positive for COVID-19 with the student who has tested positive, to inform them of the exposure, arrange for testing at the Wellness Center as needed, and connect them with relevant College personnel to arrange for quarantine. The identity of the student who is symptomatic will not be disclosed to close contacts.

- I. Direct roommates and other close contacts of the student who has tested positive will be relocated to a quarantine housing in a space with their own bedroom and a private bathroom (a shared bathroom is only acceptable if those sharing the bathroom have a similar level of exposure to the student who has tested positive).
- J. Students will be provided with instructions from the Wellness Center about quarantining (see Appendix B) and told that they should not leave their quarantine residence.
- K. A staff member will assist students in quarantine in a manner similar to those in isolation, as indicated above.
- L. Students who are quarantining will have their card access deactivated, as they should not be leaving their quarantine residence or entering any other on-campus buildings.
- M. Local students who prefer to transport themselves home (or have a family member willing to provide transportation) for the duration of their quarantine will be allowed to do so, although this may not be advisable if (1) they do not have adequate access to food, medication, and other essential items, (2) if they would be living with individuals who are at increased risk of severe illness due to COVID-19, and/or (3) if they would be unable to adequately quarantine themselves.
- N. Students who choose to return home should remain in quarantine housing until they can leave campus.
- O. Wellness Center staff will provide information to Human Resource Services about any employees who are identified as close contacts of the student who has tested positive, so they can be given appropriate guidance. As with students who are close contacts, the identity of the student who is symptomatic will not be disclosed to these employees.
- P. Wellness Center staff will contact the Department of Health with any questions about decision-making regarding identifying or quarantining close contacts.

Procedures if a Student is Symptomatic, But Tests Negative for COVID-19

- Q. Students who are symptomatic can discontinue isolation if test results are negative and will be allowed to return to their room. They will be encouraged to limit contact with others until it has been 24 hours since resolution of fever without the use of fever-reducing medications and there has been improvement in respiratory symptoms (e.g., cough, shortness of breath). If symptoms persist or worsen, students should contact the Wellness Center.

Procedures if a Student Tests Positive for COVID-19:

- R. Wellness Center staff will notify the Department of Health of the positive case (if needed) and provide any information obtained about close contacts if requested.
- S. Wellness Center staff will inform close contacts and necessary Student Life staff of the positive test result to arrange for quarantine as indicated above.
- T. If the student is not already in isolation housing, they will be moved to isolation housing (e.g., in cases where a student in quarantine later tests positive).
- U. The Department of Health will follow up with the student who tested positive to advise about next steps and engage in formal contact tracing. The time frame of this contact from

the Department of Health will vary based on the number of cases they are experiencing, and high-risk cases will be prioritized.

- V. Any student who tests positive for COVID-19 should remain in isolation until all of the following criteria have been met and/or the Department of Health has instructed the student to discontinue isolation:
 - a. At least 10 days have passed since symptoms first appeared (20 days for individuals with severe/critical illness or who are severely immunocompromised).
 - b. It has been at least 24 hours since resolution of fever without the use of fever-reducing medications.
 - c. There has been improvement in other symptoms (e.g., cough, shortness of breath).
 - d. If the student tests positive but remains asymptomatic, the student should remain in isolation until it has been at least 10 days since the positive test result.
 - e. Please note that these criteria may change over time and the most up to date guidelines can be found on the CDC's website.

- W. After the above criteria have been met, a staff member will inform the student when they may return to their housing assignment.

Procedures for Asymptomatic Students in Quarantine

- X. Any student in quarantine who has not tested positive and remains asymptomatic should discontinue quarantine after 10 days since their close contact with the person who tested positive and/or the Department of Health has instructed the student to discontinue quarantine.
- Y. Per CDC and PA Department of Health recommendations, quarantine can end after day 7 if a diagnostic specimen (e.g., RT-PCR, antigen) tests negative and is collected on day 5 or thereafter, and the person remains asymptomatic. Depending on the Wellness Center's ability to provide testing with a short turnaround time for results on day 5 or later, this option may be offered to students in quarantine.
- Z. Although recommendations for the duration of quarantine have been reduced from 14 to 10 (or in some cases, 7) days, students should continue to closely monitor their symptoms for 14 days and contact the Wellness Center if they develop symptoms.

Follow-up Contact with Students in Isolation/Quarantine

- AA. Wellness Center staff will ask all students who are in isolation or quarantine to complete a daily symptom questionnaire and follow up at least every other day. Students will have the option to indicate on their questionnaire that they would also like additional calls from the Wellness Center at any point (and also can reach the Wellness Center by phone through the patient portal). If there is a confirmed case of COVID-19, the Department of Health will also be following up with these students via a daily symptom screening and regular phone calls.
 - a. Follow up from Wellness Center staff for students in isolation/quarantine will include the following:

- i. Informing the student if the Department of Health may also be reaching out.
- ii. Providing recommendations about how to access additional care if the student experiences worsening symptoms.
- iii. Informing students when they may discontinue isolation/quarantine (in consultation with the Department of Health as needed).
- iv. Informing students that they can request to speak to a counselor at the Wellness Center if additional emotional support is required.

Special circumstances

If a student is away from campus when symptoms arise and cannot transport themselves back to campus (or to their home), the student will be given the option to isolate at a hotel and/or see a healthcare provider where they are currently located. If transportation back to campus/home is required, guidelines for maintaining social distance and wearing CDC-recommended PPE should be followed as closely as possible when transporting.

BB. A note about resuming asymptomatic testing and quarantine following a positive COVID-19 test:

- a. For persons previously diagnosed with symptomatic COVID-19 who remain asymptomatic after recovery, retesting is not recommended within 3 months after the date of symptom onset for the initial COVID-19 infection. Therefore, anyone with a documented history of positive test or a presumed COVID-19 diagnosis from a healthcare provider will not be included in our COVID-19 Screening Program until it has been 90 days since the date of symptom onset (or their positive test result, if asymptomatic).

CC. In addition, the CDC recommends that people who have recovered from COVID-19 and remain asymptomatic do not need to undergo repeat quarantine in the case of another COVID-19 exposure within 90 days of their initial diagnosis. Please note that the CDC does recommend that “all people, regardless of symptoms, and whether or not they have had COVID-19 in the past, continue to take all recommended measures to prevent SARS-CoV-2 transmission (i.e., wear masks, stay 6 feet away from others whenever possible, and wash hands regularly).”

Visitors to Campus

Visitors who are exhibiting any symptoms of COVID-19 (or who have had close contact with a positive case of COVID-19) are not permitted on campus.

Additional comments

- A. It is the College’s expectation that students will comply with requests to isolate or quarantine. Failure to do so could result in a referral to the conduct system. Employees who fail to comply with these procedures will be referred to Human Resource Services and may be subjected to disciplinary action.
- B. Please note that the above protocol will be adapted should CDC and PA DOH recommendations for testing, quarantine, isolation, and/or contact tracing change in the

future. The process of formal Contact Tracing will be conducted by the PA Department of Health; the college's process of Exposure Management is for those in the Dickinson community.

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 isolation assignment unless instructed to do so by Wellness Center staff.
 - DO NOT ATTEND ANY IN-PERSON CLASS/MEETING
 - DO NOT WALK AROUND OUTSIDE
 - DO NOT ENTER THE DINING FACILITIES OR ANY OTHER CAMPUS BUILDING
 - 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 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 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 illness.
 - You must remain in your isolation housing space unless instructed to attend an appointment at the Wellness Center.
 - If you choose to go home, you will need to speak with your staff contact. Please let them know your plans and how you plan to get home. You will need to isolate yourself until you can leave campus.
- Delivery of meals.

- Students who are in isolation cannot order food for delivery, as you cannot leave your room to meet the delivery driver outside. Food from your meal plan that you order will be delivered once daily outside your room door.
- You will start with a hospitality bag including meals for your first day.
- 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/breakfast delivered to you. 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 make an order and then email the pick-up details to security@dickinson.edu. 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 staff contact.
- If you have mail or packages at Mailroom that are needed in a timely manner, you can also be in touch with your staff contact.

Recommended Supplies to have on hand:

- Disposable tissues
- Hand sanitizer (at least 60% alcohol)
- Fluids such as tea, water, Gatorade, 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 are unvaccinated and 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, 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 OUTSIDE
 - DO NOT ENTER THE DINING FACILITIES OR ANY OTHER CAMPUS BUILDING
 - 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 the direct roommate or a close contact (more than 15 cumulative minutes within a 24-hour period) of a student who tested positive for COVID and unvaccinated, you will be moved to quarantine with your own bathroom.

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 if you are unvaccinated and 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.
- You also will be asked to move to a separate quarantine housing space if you are an unvaccinated close contact (more than 15 cumulative minutes within six feet over the course of a 24-hour period) of a student 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 choose to go home, you will need to speak with your staff 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 make an order and then email the pick-up details to security@dickinson.edu. 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 staff contact.
- If you have mail or packages at Mailroom that are needed in a timely manner, you can also be in touch with your staff 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, 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.