



INDIANA UNIVERSITY BLOOMINGTON
**DIVISION OF
STUDENT AFFAIRS**

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JAPANESE
Center

**OFF-CAMPUS QUARANTINE AND
ISOLATION RESOURCE GUIDE**

DIVISION OF STUDENT AFFAIRS

With students at the center of all that we do, the Division of Student Affairs is committed to supporting you as you pursue your academic goals during the COVID-19 pandemic.

We understand the rapidly changing events around COVID-19 may create a wide range of emotional responses and increased distress. The Division of Student Affairs would like to offer a range of virtual resources to aid you in your time of quarantine and isolation.

The staff of our 19 departments are here to offer you support. Remember you are not alone and we are Hoosier strong.

Get help for yourself or someone else

You or a fellow Hoosier may be going through a challenging time right now and not sure where to get the support you need. The Dean of Students Office Care Team is here to help. A Care Referral is an easy way to request help with an issue or concern.

A Care Referral can be submitted to get help with:

- Academic or administrative issues (advising, attendance, grade appeals, financial aid concerns).
- Personal issues (relationship or family issues, adjustment to IU).
- Health or wellness issues (mental health concerns, substance abuse issues).
- Bias issues (harassment or discrimination).

Submit a Care Referral: go.iu.edu/Care.

What should I do about my academics during quarantine/isolation?

- If you have any in-person classes, contact your instructor(s) and indicate you will not be able to attend class and ask for instructions on making up coursework you will be missing.
- If you are in an online class and are feeling well enough to attend, please do so. If you are feeling too sick to attend, please notify your instructor(s) and indicate that you will not be able to attend class virtually. Also

ask for instructions on making up coursework you will be missing.

- If you are in need of assistance due to your instructor(s) response to your request, please submit a Care Referral (go.iu.edu/Care) and a staff member from the Dean of Students Office will follow-up with you.

Student Advocates Office

If you're facing an issue that is affecting your ability to succeed at IU, you can get help from a Student Advocate. Student Advocates are retired IU faculty and staff members who volunteer their time and expertise to help students facing academic and personal challenges.

Academic Assistance

- Withdrawal from all subjects.
- Grade change requests.
- Grade appeals.
- Help students better communicate with faculty and staff, especially when addressing concerns.
- Assistance navigating IU policies and procedures.

Responding to Misconduct Charges

- Help students review and understand charges/sanctions.
- Ensure students understand their rights and responsibilities.
- Help students navigate the details.
- Assist students in preparing for meetings and hearings during the conduct process.
- Attend conduct meetings and conferences for support.

Get in touch

- Phone: 812-855-0761.
- Email: advocate@indiana.edu.
- Website: go.iu.edu/SAO.
- Office hours: 9 am – 12 pm and 1 pm – 4:30 pm, Monday through Friday

What should I do if my test is positive?

- Remain in isolation until **ALL** of the following conditions are met:
 - It has been at least 1 day (24 hours) since your last fever (without the use of fever-reducing medications).
- AND**
- Your symptoms are improving.
- AND**
- At least 10 days have passed since your symptoms first appeared.
 - If your symptoms get worse (see list at right of signs of severe illness) seek medical care. Call the healthcare facility/ER to let them know you are coming and follow instructions about wearing a mask when you arrive to the facility.
 - If you have never had symptoms but had a known exposure you should isolate until at least **10 days** have passed since the date of your positive COVID-19 test. If you develop symptoms while self-isolating see above conditions that must be met to discontinue isolation.

What do I need to do about my contacts?

- If you feel comfortable, please notify those on your contact list that you tested positive. They will be advised to quarantine for 14 days following the last time they had contact with you. Close contacts must be notified as soon as possible to decrease the chances of spreading the virus to more people.
- You should also expect a text and call from a contact tracer who will gather contact and activity information from you to be sure that all measures are taken to prevent more infections. Please answer your phone, even if you don't recognize the number. The contact tracer will keep your identity confidential when notifying any of your contacts.

Self-Care

- Take your temperature with a thermometer daily and write down your results. Fever = 100.4 F or greater.
- Drink plenty of non-alcoholic fluids.
- Take acetaminophen (Tylenol) for fever and/or pain.
- Eat as tolerated without restrictions.
- Watch for signs of severe illness – call 911 or go to the ER if you develop any of these (call the facility to alert them you are coming).

Signs of severe illness:

- Difficulty breathing or shortness of breath.
- Persistent dizziness, confusion, or inability to respond.
- Not drinking enough fluids or not urinating.
- Severe or persistent vomiting.
- Persistent pain or pressure in the chest or abdomen.
- Fever or cough that improve but then return or worsen.
- Worsening of chronic medical conditions.

IU Student Health Center hours and after-hours availability

- Monday through Friday, 8 am – 12 pm and 1 pm – 4:30pm. Call 812-855-4011.
- After Hours Nurse Line is available for urgent questions when the Student Health Center is closed. Call 812-855-4011, **option 5**, for after hours nurse.

IU Health Resources

- Access to **IU Health Virtual Hub** via one.iu.edu. Available at no cost to students 24/7.

Community Resources

- **IU Health Urgent Care**, 550 S. Landmark Ave. Phone: (812) 330-3688.
- **IU Health Bloomington Hospital Emergency Department**, 601 W. 2nd St. Phone: 812-353-9515.
- **Monroe Hospital Emergency Department**, 4011 S. Medical Park Blvd. Phone: 812-825-1111.
- **911** for IU Health Bloomington Hospital Ambulance Service.

Where can I read more about COVID-19?

- The latest up to date information on COVID-19 in the US and worldwide can be found on the CDC website: www.cdc.gov.
- Indiana State Department of Health Resources on COVID-19: www.coronavirus.in.gov.
- IU Student Health Center Website: healthcenter.indiana.edu. Click on "Coronavirus (COVID-19): What you need to know."

Important information regarding COVID-19 testing

Because COVID-19 is relatively new, there are still many unknowns about the virus and testing for the virus. The test results are intended to give information for use in determining whether to seek additional medical treatment and/or take other actions, such as self-quarantine or self-isolate, in an effort to prevent the potential spread of the virus to others. There are risks inherent in any COVID-19 testing. You should consider the following:

- There are still many uncertainties about the transmission of COVID-19.
- If your test result is positive, the Student Health Center is required by law to report that result to certain public health agencies, including the Indiana State Department of Health and the Centers for Disease Control and Prevention. In addition, IU Environmental Health and Safety (EHS) will be notified for purposes of tracking contacts and cleaning any campus locations where you might have been. IU EHS is required by IU policy and applicable law to safeguard the privacy and security of any such information we share, but may be required to re-disclose such information in order to comply with applicable local, state, and federal law.

What does quarantine mean?

- Quarantine is the separation of a well person who has been exposed to a contagious disease to see if they become sick. Quarantining those exposed to COVID-19 helps prevent spread of infection to others.

What should I do during quarantine, what does it mean for me?

- Stay in your room and do not allow others to enter your room.
- Do not go out in public.
- Wear a mask and stay 6 feet away from others if you have to have brief contact with anyone.
- Take your temperature daily and watch for symptoms such as:
 - Fever – a temperature of 100.4 or greater
 - Cough
 - Shortness of breath
 - Sore throat
 - Nausea, vomiting, or diarrhea
 - Muscle aches
 - Headache
 - Fatigue
 - Congestion or runny nose
 - New loss of taste or smell

What do I do if I develop symptoms?

- If you are in Bloomington, call the **IU Student Health Center** at 812-855-5002 (Monday through Friday, 8 am – 4:30 pm) and ask to speak to the nurse OR access the **IU Health Virtual Hub** 24/7 through one.iu.edu in order to be connected with an IU Health nurse at no charge.
- If you are at home, contact your health care provider.
- Drink plenty of non-alcoholic fluids.
- Take acetaminophen (Tylenol) for fever and/or pain.
- Eat as tolerated without restrictions.
- Watch for signs of severe illness – call 911 or go to the ER if you develop any of these (call the facility to alert them you are coming).

Signs of severe illness:

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Why do I have to quarantine for 14 days after contact with someone with COVID-19?

- The time it takes someone who has been exposed to COVID-19 to show evidence of infection is typically **4-5 days**, but may be anywhere between **2-14 days**. This is called the incubation period.
- It is possible for someone infected with COVID-19 to spread the virus to others up to 2 days BEFORE they develop symptoms.
- It is also possible to be exposed to COVID-19 and develop what is called an asymptomatic infection. Those with asymptomatic infection do not exhibit any illness symptoms, but they can still spread the infection to others.
- At the end of 14 days following an exposure, if you haven't developed symptoms, you are no longer considered at risk of developing symptoms or spreading the infection to others.

Where can I read more about COVID-19?

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The Student Health Center's Wellness and Health Promotion team offers a wide-variety of individualized services and programs on everything from eating a healthy diet to managing stress.

Nutrition

Looking for some tips on healthy eating during quarantine and isolation? Make an appointment with one of our registered dietitians today.

- Make an appointment by calling 812-855-7688 or schedule online at healthcenter.indiana.edu.
- Your first appointment is free, and your student health fee includes one free 60-minute session with our registered dietitians each semester.
- Appointments will be conducted virtually via zoom.

Support Groups

Get support from your peers. Receive weekly support from other students who want to connect to discuss the challenges of being in quarantine and isolation. Also offered is a 3-6 week interactive program on **Stress and Resiliency** providing tools and resources to help manage wellness and stress management during this time.

- For more information or to join a group, contact Rebecca Gilbert (rgilbert@indiana.edu).

Health Coaching

Meet with a health coach who can share strategies for staying healthy during quarantine and isolation. Our health coaches offer supportive, positive guidance to help you define your own vision and objectives in a way that fits into this challenging time.

- Make an appointment by calling 812-855-7688 or schedule online at healthcenter.indiana.edu.
- Appointments will be conducted virtually via zoom.

Tobacco and Vaping Cessation

During quarantine and isolation you may find yourself unable to get tobacco and/or e-cigarettes and may be experiencing difficult withdrawal symptoms. Our tobacco and vaping cessation team can help. You'll get judgment-free support and counseling as well as nicotine replacement therapy (including patches and gum). Services are FREE.

- Make an appointment by calling 812-855-7688 or email Hope Frazier (frazierh@indiana.edu) to learn more.

Sexual Health

During quarantine and isolation you may have trouble finding ways to have intimate contact and remain connected to your partner. You can speak confidentially to an American Association of Sexuality Educators, Counselors, and Therapists (AASECT)–certified sex educator to ask questions or talk about concerns.

- Call 812-855-8230 to connect with Heather Eastman-Mueller or email her at hestman@indiana.edu.

Substance Use Support

Substance Use Intervention Services offers a safe, judgment-free space for drug and alcohol use and recovery support through the Collegiate Recovery Community. The office can provide virtual counseling for students who might be struggling during quarantine and isolation.

- Call 812-856-3898 or email subuse@indiana.edu to connect with a counselor.

The trained, professional staff at Counseling and Psychological Services (CAPS) on the fourth floor of the Student Health Center will give you the confidential support you need. CAPS is currently offering services by phone/video only. In-person visits have been suspended due to the ongoing pandemic.

Video: Resources for Students in Quarantine/Isolation

This video discusses how quarantine and isolation could impact your emotional health and well-being. It will help you get familiar with resources and strategies that can help you cope with stress during this period and will also review mental health service offerings at Counseling and Psychological Services (CAPS).

- Visit: youtu.be/Sd4coTXbtBY

COVID-19 and personal well-being resources

The wellness wheel illustrates a wellness model with eight dimensions: social, physical, emotional, occupational, spiritual, intellectual, environmental, and financial. When you lose balance within or between dimensions of the wheel, your sense of well-being decreases and you can experience distress. The current situation with COVID-19 has the potential to take you out of balance.

- Learn how the wellness wheel can help you pinpoint feelings of distress and direct you to helpful resources. Visit: go.iu.edu/WellnessWheel.

WellTrack

Looking for ways to improve your stress management, general wellness, resiliency, or mood? WellTrack is a new app that offers self-assessments, tools to manage anxiety and depression, progress tracking, and much more. It's available to ALL IU students for FREE! Learn more at: go.iu.edu/WellTrack.

- Download the WellTrack app on the Apple App Store or Google Play Store and login with your IU credentials for full, free, access.

Online workshops

Try a CAPS online workshop! These aren't group counseling sessions—they're more like a class led by CAPS counselors. You'll learn strategies you can use immediately to improve symptoms of stress, depression, and anxiety, and to better manage problems that affect your success. These are FREE and held via Zoom.

- Current topics include **Mindfulness** and our general **Web Workshop**. See our complete list of offerings at: go.iu.edu/CAPS-Support.

Individual counseling

CAPS is currently offering counseling services by phone/video only. In-person visits have been suspended due to the ongoing pandemic. We are only authorized to provide virtual counseling to students in the states of Indiana or Illinois at the time of the session. However, we can provide consultation to assist students with identifying resources in their area.

All IU students who have paid the student health fee receive two free CAPS counseling visits each semester. If you're a first-time client, you'll also receive one free, 30-minute CAPS Now appointment to connect you to appropriate services.

- To make an appointment call **812-855-5711** or visit go.iu.edu/CAPS.

Emergency services

For crisis situations and/or immediate need of support, call CAPS at **812-855-5711**, 24 hours per day to talk to a crisis counselor.

You can contact your local hospital emergency department or contact the **National Suicide Prevention Lifeline** at **1-800-273-8255** or **text HOME to 741741**.

If you've experienced a sexual assault or other types of sexual violence, call Sexual Assault Crisis Service, **812-855-8900**, 24/7/365. It's free.