

Indiana University South Bend

Campus Housing Guide for Students Isolating or Quarantining on Campus

With students at the center of all that we do, Indiana University South Bend 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, The Office of Housing, and many more campus partners are here to support students during these trying times.

Important Contacts

River Crossing Campus Housing	574-520-5800	https://www.iusb.edu/housing/
Health and Wellness Center	574-520-5557	https://healthscience.iusb.edu/health-and-wellness-center
Counseling Center	574-520-4125	https://students.iusb.edu/student-support-services/counseling-center
IUPD	574-520-4239	https://administration.iusb.edu/police/

What is the Difference between isolation and quarantine?

Isolation is for people who test positive for COVID-19. It is used to separate infected people from people who are not infected. People who are in isolation should separate themselves from others until their infectious period has passed.

Quarantine is to keep someone who might have been exposed to Covid-19 away from others. It is used to prevent the spread of COVID-19, which can occur before a person knows they are infected with the virus -- whether they are pre-symptomatic or asymptomatic. People in quarantine should separate themselves from others (both infected and non-infected people) to prevent transmission should they be infected.

IU South Bend will provide separate isolation and quarantine facilities for those who are approved to stay on campus because they are unable to return home. Those living off campus will be provided with instructions to facilitate isolation or quarantine in their own living situations.

If a close contact in quarantine tests positive, they will be moved to isolation.

Individuals in both isolation and quarantine will receive regular follow-up from IU Health through the Twistle app in order to report symptoms and other support needs. Other services such as meal delivery, pharmacy services, laundry services, and mental

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health support will be provided to individuals in campus isolation and quarantine rooms.

I went to the doctor and tested positive, what do I do?

If you have tested positive Covid-19, you must report this to IU. Please use the self-reporting form found in One.IU (titled: [Covid-19 Self-Reporting Form](#)). Anyone who tests positive must go into Isolation. You will be contacted by an IU Health Official.

- Remain in your isolation location until ALL of the following conditions are met:
 - It has been at least 10 days since symptoms first appeared **AND**
 - It has been at least 24 hours with no fever without fever reducing medication **AND**
 - Symptoms have improved
- If your symptoms get worse, 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.

I have been contacted by an IU Tracer and have been told I am a close contact of someone who is positive for Covid-19, what do I do?

If you have been told by an IU Contact Tracer that you are considered a close contact of someone who is positive for Covid-19, you will need to go into quarantine and also be tested. You can arrange a test with our IU Health and Wellness Center by going to their [website](#) and either calling or emailing them to schedule an appointment.

- Remain in your designated quarantine location
- Do not go out, including for food, class or work. You may continue online classes. **Do not come to campus.**
- Wear a mask and stay 6 feet away from others if you have to have brief contact with anyone.
- You will be required to have a daily check in with the Twistle app or a phone call with a nurse.
- Take your temperature daily and watch for symptoms such as:
 - Fever or chills
 - Cough

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- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting, or diarrhea
- This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19

What do I do if I develop symptoms?

- 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. You can also contact our Health and Wellness Center at 574-520-5557.
- 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).

Quarantine and Isolation Policies

Going into Quarantine and/or Isolation

If it has been determined you need to go into quarantine or isolation, you will need to gather **your essentials** immediately and go to your quarantine or isolation location on campus. We highly recommend you return to your permanent/home address for quarantine or isolation. If you cannot go to your permanent/home address or another off campus location, you will need to request to stay on campus. The University will determine if you are able use one of the designated spaces on campus. The University has limited spaces for quarantine and isolation and you will need to follow very strict guidelines if allowed to stay there. You may not return to your current room until notified by both IU Health and the Housing Office.

If you are approved here are some suggested items for your quarantine/isolation pack:

- **Important Documents**
 - Any Identification you normally do not carry on your person.

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- A physical copy of your Emergency contact information.
- A physical list of allergies or important medical/health information.
- Credit Card, check book, or other financial materials you need.
- We highly recommend you keep these things separated and secured away from the pack. It should be something you should be able to get to quickly to put in your pack if needed.
- **Changes of clothing**
 - Pajamas (2 sets)
 - Sweatpants or other comfortable pants
 - Other comfortable clothing (jeans, sweatshirts, t-shirts, etc)
 - Underwear, socks, under garments (enough for 7 to 10 days)
 - Slippers and/or flipflops
- **Toiletries kit**
 - Toothbrush & toothpaste
 - Comb or brush
 - Chapstick/lip balm
 - Deodorant
 - Travel size shampoo and conditioner
 - Travel size soap or body wash
- Body lotion
- Feminine hygiene products
- Contact solution/ carrying case
- **Medical Supplies**
 - Extra paper facemasks
 - Nitrate gloves
 - Acetaminophen and/or Ibuprofen
 - Extra prescription medication
 - Digital thermometer
 - Cough Drops
 - Cough Suppressant and/or mucus reliever
 - Hand Sanitizer
 - Box of tissues
- **Miscellaneous**
 - Bath towel and hand towel
 - Disinfectant wipes
 - Water bottle
 - Extra phone and/or laptop charger
 - Tablet or e-reader
 - Goodies Bag (tea bags, powdered mixes for water, protein bars, etc.)
- **Academics**
 - When grabbing your pack, remember to bring your laptop, phone, and/or tablet.
 - Remember to grab your textbooks and notebook

You should ideally be prepared to leave your apartment in under 15 minutes. The more prepared you are in advance, the less stressed you will be and more likely you will not forget anything. You will not have enough time to pack all your belongings. You will only be able to grab your essentials and go.

Staying in Campus Housing for Quarantine and Isolation

All residents must continue to follow the IU Code of Student Rights, Responsibilities, and Conduct and the housing policies. Because the seriousness of quarantine and isolation, if you violate the IU Code of Conduct, it may result in your removal from both Housing and the University. Students jeopardizing the safety of other students or the community may be asked to leave Housing immediately.

Once you enter quarantine and isolation housing in either Crew or Bridge, ***you are not permitted*** to leave your assigned apartment until released by IU Health, except for the following reasons:

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- Any emergency requiring building evacuation, this includes a fire drill. You must wear the provided surgical mask in the event that you are required to vacate the building.
- Choose to relocate to a permanent address off campus. You must wear the provided surgical mask when exiting the apartment.
- A medical emergency where you are seeking immediate medical attention. You must wear the provided surgical mask provided in your Q/I

Twistle App

You are required to download the Twistle App. Indiana University will use this app to track your temperature and symptoms daily. The Health and Wellness center will provide you with a temporal thermometer (located in your quarantine/isolation kit) if you do not have your own thermometer. You will return this thermometer when you leave quarantine or isolation.

Food

Any student who is approved for on campus Quarantine/Isolation will be required to enroll in a catered meal service. Since students may not leave the apartment nor can they have any guests, the Office of Housing will coordinate with the student to have meals ordered and delivered.

- Students will place an order a day in advance of which meals they will select.
- There will be 3 meal options (breakfast, lunch, dinner) where we will require the student to select at a minimum of one meal a day (a student can select to participate in all 3 meals in a day).
- The Cost of meals will be billed to the students Bursar Account.
- Housing Staff will place meals outside of apartment (corridor) at designated times

There will be no direct delivery of food or groceries permitted (No Door Dash, Grub HUB, Shipped, etc.). Students may order groceries from a Grocery Delivery service to the Community Building but must coordinate in advance with our Housing Staff to arrange pick-up and delivery. Students may order food from a food delivery service (Grub-hub, Door Dash, etc) during Housing Business Hours (8am to 6pm) but must coordinate with Housing staff in advance.

Each apartment will have an equipped kitchen (pots, pans, plates, cups, utensils) for a student to do some cooking. Students will be required to keep the kitchen materials clean and in good working order. Any missing or damaged kitchen ware will be billed to the student.

Prescription Medication

If you have prescription medication needs or over-the-counter medicines you need, we highly recommend if possible you carry extra amounts already in your Quarantine/Isolation pack. If for whatever reason you cannot or are unable, you will need to either use a Pharmacy Delivery Service or arrange ahead of time a family

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member or friend to be able to pick up your medicine. The medicine should be delivered to the Community Building and a staff member will deliver it to your apartment.

Laundry

Since a student will be in quarantine and isolation for at least 10 days, we have arranged for a laundry service to be available. Once a week, a student can place laundry in a plastic bag (provided) and place it outside their door in the hallway at a designated time. Staff will come by shortly after and pick it up. Please use the labels provided to mark your bag. The cost of the laundry will be billed to the student's Bursar Account.

Linens

To facilitate a quick move into quarantine/isolation, the Housing Office has provided bed linens for the residents. We have also provided bath towels and hand towels for the bathroom. There should be plenty of linens and towels for a student's stay, but if more is needed they can contact the Housing Staff. When a student moves out of their quarantine/isolation apartment, they should leave all linens and towels piled neatly in the bathroom. Any damaged or missing linens or towels will be charged to the student's Bursar Account.

Work Orders

As always, a student can report a work order online on the [Housing Website](#) by clicking on the [Fix-It link](#) on the right hand side of the page. A student may also call the front desk during business hours at 574-520-5800. If it is an emergency or after hours, the student can call 574-315-5023.

Garbage

Twice a week at designated times, our staff will come and pick up garbage. Securely tie (and make sure it is not leaking any liquids) your garbage bag and place it outside your door no more than 30 minutes before the pick-up time. Any garbage left in the hallways outside this time will be reported as a violation of our Housing Policies. Our Pickup times will be Monday morning at 10:00 am and Friday morning at 10:00 am.

Services

River Crossing Campus Housing

River Crossing Campus Housing will be working closely with you during this time. You will be in contact with us each day to order food and take care of other needs. We know this is a stressful time and will do our best to get you through it. You can reach us during the business day at 574-520-5800. You can call 574-315-5023 for urgent matters and this number is answered 24-hours a day, seven days a week.

Health and Wellness Center

Our Health and Wellness Center is here for you during this time. They have been up to date with all of the things happening with Covid-19 virus and are prepared to help our

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students manage it. They offer a variety of medical services at reduced fees or even free to students. Our Health and Wellness Center provided the Quarantine/Isolation Kits in your apartment. We highly encourage that you stay in contact with them throughout your time in quarantine or isolation. You can contact them at 574-520-5557. **Please leave a voicemail message if someone doesn't answer the phone.** They are not a 24-hour service nor an emergency service. If you need medical attention after hours or on the weekend, please call 911 if it is an emergency or you can contact IUPD (574-520-4239) or the Housing Staff (574-315-5023).

Counseling Center

Our Counseling Center will be available and can do online Zoom sessions. Please either call the Center at 574-520-4125 or visit their website <https://students.iusb.edu/student-support-services/counseling-center> to arrange a session.

Division of Student Affairs and the Dean of Students

The Division of Student Affairs and the Dean of Students Office are comprised of many different offices (including Counseling and Housing) to help you succeed. Dr. Monica Porter is the Vice-Chancellor of Student Affairs and the Dean of Students. If you are having trouble or difficulty with adjusting in your transition, please contact her by email at moport@iusb.edu or by calling 574-520-4273.

Indiana University Police Department

Indiana University South Bend is committed to providing a safe environment for all students, employees, and visitors to campus. They are here 24 hours every day. You can contact them at 574-520-4239 for non-emergency issues. In an emergency please call 911.

Other Information on Covid-19 Virus

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.
- Protect IU – Coronavirus COVID 19 Information <https://go.iu.edu/32qj>

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

- If you have any in-person classes, contact your instructor(s), indicate you will not be able to attend class and ask for instructions on making up coursework you will be missing. You can reach out to the Dean of Student's Office if you need assistance in contacting your faculty

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- If you are in an online class and 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.
- Review the On-Campus Quarantine and Isolation Guide on the Fall2020.iu.edu website under **IU South Bend** Campus Operations.
- If you have any in-person classes, contact your instructor(s), 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 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 contact Dr. Monica Porter, the Dean of Students Office at please contact her by email at moport@iusb.edu or by calling 574-520-4273.

What do I need to do about my contacts?

- If you feel comfortable, please notify those on your contact list that you tested positive (as outlined above in "What should I do while I wait for my result"). 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. The University/Department of Health will be contacting you and the people you list as your close contacts.
- 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.

If you are not sure, please consult a medical professional.

- If you have a known exposure to a confirmed case, continue to quarantine until 14 days after your exposure.
- If you were tested but had no known exposure to a confirmed case, and you are asymptomatic, you can stop your self-quarantine.
- If you were tested but had no known exposure to a confirmed case, and you are symptomatic, you may have another respiratory virus that is circulating in the community. Avoid work and group settings until 24 hours after the last day of fever (without using fever reducing medications).