With students at the center of all that we do, Residence Life & Housing (RLH) 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 stress. RLH would like to offer a range of resources to aid you in your time of quarantine and isolation. Our staff is here to offer you support. Remember you are not alone and we are Grenadier strong.

**Behavioral Expectations**

All residents must continue to follow the IU Code of Student Rights, Responsibilities, and Conduct and the housing policies. Once you enter quarantine and isolation housing in Grove Lodge, you are not permitted to leave your assigned apartment until released by IU Health, except for the following reasons:

- 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 go to a permanent address off campus. You must wear the provided surgical mask when exiting the apartment.

You are not to use the laundry room, computer labs, or great room in order to limit potential exposure to university staff. Failure to comply will result in your housing contract immediately being canceled and you being removed from housing.

**Laundry**

RLH will provide additional linens and you should have packed enough belongings for the length of your stay. You should not need to do laundry during your stay. However, if you do, please contact the professional staff on-call number listed in ASSISTANCE/RLH CONTACT, and we will collect your laundry and clean it. DO NOT leave your apartment to do your laundry.

**Ordering Food**

You have the following options for food:

- Create a shopping list and RLH will purchase groceries for you and deliver to your apartment. RLH will only shop at one location, and is unable to make trips to more than one store. RLH will provide you with a receipt. Please be aware that RLH will charge your student account for the cost of groceries.
- You will be emailed instructions on how to order food from dining services.
- You may utilize a food delivery service. However, you will need to call the professional staff on-call so RLH staff can meet the delivery person at the front of Grove Lodge and then bring the food to you.
- You may have groceries delivered to you by family, friends, or other support persons. If you do this, please work with RLH to meet these individuals at the front of Grove Lodge to pick up the groceries.

**Work order**

- During Business Hours – Call the housing office, 812-941-2115
- After Business Hours – Call the professional staff on call, 502-398-1725

**Assistance/RLH Contact**

RLH will contact you through phone calls and text messages with the following number 502-398-1725 to check in on you to see how you are doing during this time. If there is an emergency, please call the university police, 812-941-2400.

**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: [cdc.gov](http://cdc.gov)
- Indiana State Department of Health Resources on COVID-19: [coronavirus.in.gov](http://coronavirus.in.gov)
- Protect IU – Coronavirus COVID-19 Information: [go.iu.edu/32qj](http://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) 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 contact the Dean of Students Office (schaleun@ius.edu)

**Personal Counseling**

Personal Counseling currently offering counseling services by phone/ video only. Please email or call Personal Counseling to set up an appointment, 812-941-2244 or sepersco@ius.edu.
ISOLATION INFORMATION

What does isolation mean?
Isolation is the separation of a person who is awaiting test results or has a positive test result for COVID-19. Isolating those awaiting results or with positive test results of COVID-19 helps prevent the spread of infection to others.

What should I do while I wait for my result?
• Isolate in the assigned space in Grove Lodge
• Do not go out for food, class, or work. If you are in an online class and are feeling well enough to attend, please do so.
• Cover your cough, avoid touching your face, wash your hands or use hand sanitizer frequently.
• Make a list of people who have been within 6 feet of you for a period of 15 minutes or more from two days before you became sick until you isolated. If you have no symptoms you count two days before date you were swabbed. This is your list of close contacts.
• Wear a mask and stay 6 feet away from others if you have to have any brief interaction. Interact with others as little as possible.

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.

What should I do if my test is positive?
Remain in your isolation room 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 left 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 (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.
• 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.

What should I do if my test is negative?
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).
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?
- Remain in the room assigned to you by IU and do not allow others into your room.
- Do not go out for food, class, or work. You may continue online classes.
- 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 – 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?
- 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.
- 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).

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.

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.