



IUPUC
OFFICE OF STUDENT AFFAIRS

QUARANTINE AND ISOLATION RESOURCES
FOR STUDENTS LIVING OFF-CAMPUS

OFFICE OF STUDENT AFFAIRS



With students at the center of all that we do, IUPUC 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. IUPUC would like to offer a range of virtual resources to aid you in your time of quarantine and isolation.

The staff of each IUPUC Office are here to offer you support. Remember you are not alone.

Get help for yourself or someone else

You or a fellow person on campus may be going through a challenging time right now and not sure where to get the support you need. The Office of Academic and Student Affairs is here to help. A BCT Referral is an easy way to request help with an issue or concern.

A BCT 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:

<https://www.iupuc.edu/campus-life/dean-of-students/bct-referral.html>

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 BCT Referral (<https://www.iupuc.edu/campus-life/dean-of-students/bct-referral.html>) and a staff member from the Assistant Vice Chancellor's Office will follow-up with you.

Office of Academic and Student Affairs

If you're facing an issue that is affecting your ability to succeed at IUPUC, you can get help from the Student Affairs Office or its designated support resources.

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 IUPUC 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: 812-348-7256.
- Email: jpoulsen@iupuc.edu.
- 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 Health Resources

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

Community Resources

- **PromptMed**, 2502 25th St. in Columbus. 812.372.8883 (PromptMed is part of Columbus Regional Health) This is an urgent care, walk-in clinic.

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."
- The IUPUC home page has a link for more coronavirus information. <https://iupuc.edu>
- The Columbus Regional Health site for COVID-19 information: crh.org

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 university 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 do quarantine and isolation 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.
- Isolation is the separation of a person who has tested positive for a contagious disease. Isolating those who have tested positive also 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.
- 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 100.4F 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

Outreach during quarantine

- If you wish to receive a daily check in from a student support team specialist at IUPUC you will need to opt in to do so. You do not need to provide your name or disclose health information to receive the call.
- Check ins are conducted confidentially by phone and can help with:
 - Pride Pantry contactless pick up orders
 - Academic concerns
 - Referral to health and wellness professionals
- To opt-in, use the BCT form and note this in “Additional Remarks” <https://www.iupuc.edu/campus-life/dean-of-students/bct-referral.html>

Identified as a close contact?

Quarantine

Stay home and avoid all contact with others for 14 days from your last exposure.



Answer the call

Cooperate with IU contact tracers to help stop the spread of the virus.



Monitor your health

Participate in daily COVID-19 symptom checks via IU Health Twistle text messages.

No symptoms?
Stay in quarantine for 14 days from your last exposure.

Symptoms?

Get a virtual screening for COVID-19 through the IU Health Virtual Visits app or website. They will refer you to testing, if needed.

Tested negative for COVID-19?

Remain in quarantine for the full 14 days. You cannot test out of quarantine.

Tested positive for COVID-19?

Enter isolation protocol.

Note: You will receive a text message from IU Health confirming that you can end your quarantine. You must participate in Twistle to receive this message and get official clearance.

Tested positive for COVID-19?

Isolate

Stay home and avoid all contact with others for at least 10 days.



Answer the call

Cooperate with IU contact tracers to share your close contacts.



Monitor your health

Participate in daily COVID-19 symptom checks via IU Health Twistle text messages.

No symptoms?
Stay in isolation for 10 days from the time of your positive test.

Severe symptoms?

Seek emergency medical care immediately.

Mild/moderate symptoms?

Remain in isolation until it has been at least 10 days from the onset of your symptoms AND you have had no fever for 24 hours, with the improvement of any other symptoms.

Note: You will receive a text message from IU Health confirming that you can end your isolation. You must participate in Twistle to receive this message and get official clearance.

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.
- 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).

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.

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.
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Promoting good health, wellness, and personal fitness among students, faculty and staff is important at IUPUC.

Sports and Fitness Initiatives

You can take advantage of recreational sports opportunities like ski trips and the annual student versus faculty/staff flag football game.

Local fitness facilities such as Total Fitness and Columbus Fit offer membership discounts to IUPUC students seeking to pursue fitness goals through exercise and personal training.

Community Health Initiatives

IUPUC is proud to partner with Healthy Communities, an initiative from Columbus Regional Health to promote a healthier lifestyle in Bartholomew County schools, workplaces and homes.

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.



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.

Emotional and Mental Wellness

Counseling resources are available, even if you are quarantined or isolated. Being isolated can be associated with increased feelings of stress, sadness, or other emotions. We encourage you to seek support.

Solutions

<https://www.iupuc.edu/campus-life/counseling-services.html>

800-766-7525

Schoellkopf Center

812.375.7525

Email CO201a@iupuc.edu

Online workshops

The trained, professional staff at Counseling and Psychological Services (CAPS) will give you the confidential support you need. 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.

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.