



QUARANTINE AND ISOLATION FAQS AND RESOURCES

11/13/20



THE OHIO STATE UNIVERSITY
OFFICE OF STUDENT LIFE

Quarantine and Isolation FAQ

Quarantine (as defined by the CDC) is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

At Ohio State, students will be required to quarantine for specific reasons, including:

- Quarantine due to coming into close contact with someone who tested positive for COVID-19
- Quarantine due to travel (Ex: They are traveling to Ohio from a state reporting positive testing rates of 15% or higher for COVID-19.)

Isolation (as defined by the CDC) keeps people who are sick or tested positive for COVID-19 without symptoms away from others.

GENERAL QUARANTINE FAQs

Why do I have to quarantine or isolate?

Quarantine is used to keep someone who has been exposed to COVID-19 and may develop the disease away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. Students who have been knowingly exposed to someone with COVID-19 and identified by public health officials as needing a quarantine period are required to quarantine for up to 14 days. Quarantine can occur at home or at an off-campus location. [Ohio State is working with local hotels](#) to secure rates and other information for students who may need somewhere to quarantine or isolate. Please email offcampus@osu.edu for further information.

What if I am selected for surveillance COVID-19 testing while in quarantine or isolation?

You will need to file for a weekly or random sample COVID-19 testing exemption while you are in quarantine or isolation. You can complete the form at go.osu.edu/SHSexemption.

I just found out my roommate or a close contact tested positive, what should I do next?

Please reach out to ContactTracing@osu.edu or 614-688-CASE (614-688-2273).



When am I done with my quarantine or isolation?

Members of our Case Investigation and Contact Tracing Team (CICTT) will work closely with Student Life Student Health Services and public health officials to follow guidelines as it relates to quarantine and isolation. Generally, the quarantine period lasts 14 days from the last date of exposure and the isolation period lasts 10 days from the date of testing, but many factors can influence these timelines. You will be notified by the Case Investigation and Contract Tracing Team on the release date from quarantine or isolation.

Once I have finished my quarantine or isolation, what do I need to do?

Representatives from the Case Investigation and Contact Tracing Team (CICTT) will contact you regarding your release date from quarantine or isolation. Students will receive an email from CICTT 24-48 hours prior to their expected release date to confirm their status. Students must respond to this email in order to receive your release letter from the CICTT. Your BuckID access will become active on your release date. It is recommended that students follow the Center for Disease Control's guidelines on cleaning and disinfecting your home. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>

Who should I contact if I have questions/concerns while in quarantine/isolation?

You can email the shs-covidtesting@osu.edu or call the return-to-campus phone line (614-292-7587) for information about off-campus living, health and safety guides, COVID testing and academics. Hours of operation are M-W 8 a.m. - 5 p.m. Th-Sun 8 a.m - 5 p.m. and 9 p.m. - midnight.

For health-related concerns, call your primary care physician or Student Health Services at 614-292-4321, Monday - Friday 8 a.m. - 5 p.m. For after-hours care, visit the [SHS website](#).

To reach Student Health Services, you can send a secure message [via My BuckMD](#) (select "questions for COVID-19" from the dropdown menu); call 614-292-4321 (option 1 to leave a voicemail); or email sl-covid19.shs@osu.edu. If you are reporting personal health information, you should not email the information, but instead use [via My BuckMD](#).

For questions related to contact tracing, you can reach out to us by email at ContactTracing@osu.edu or by phone at 614-688-CASE (614-688-2273).

Is it ok to leave my bedroom while in quarantine or isolation?

It is recommended that students follow the CDC's guidelines on what to do when living in close quarters with others. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html>



Am I able to go home to quarantine or isolate?

Yes. Students can travel home to be with friends or family to complete isolation or quarantine if desired. Students should follow CDC guidance for travel if they plan to completed quarantine or isolation at home. We advise students and families to [follow guidance from public health officials](#) on how to quarantine or isolate at home.

What do I do if I run out of a personal item, food or supplies while in quarantine and isolation?

It is recommended that students reach out to a roommate or friend to assist with acquiring food and personal items. Another option is to utilize third party delivery services for food and groceries; some grocery stores currently offer delivery service (i.e. Kroger or Amazon Fresh). The on-campus food pantry, [Buckeye Food Alliance](#), is permitting proxy students to pick up items from the pantry on behalf of other students. Please email Nick Fowler (.318) to arrange a pickup.

For additional tips, the CDC has shared [best practices for providing support for sick individuals](#).

What guidance is provided to those in quarantine or isolation?

The CDC recommends the following for those in quarantine to monitor your health and practice physical distancing:

1. Stay home for 14 days after your last contact with a person who has COVID-19
2. Take your temperature with a thermometer two times a day and monitor for fever (temperature above 100.4). Also watch for cough, shortness of breath, or [other symptoms of COVID-19](#)
3. If possible, stay away others, especially people who are at higher risk for getting very sick from COVID-19

Other guidance will be provided by public health officials.

Who can I talk to about the financial impacts of quarantine or isolation?

Student Advocacy can assist you with any concerns regarding potential impacts. They can be reached at 614-292-1111 or advocacy@osu.edu. Students can apply for the Together As Buckeyes emergency grants program. [Learn more](#)

Who should I call if I need medical attention or I start to have symptoms?

Call your primary care physician or Student Health Services at 614-292-4321, Monday – Friday, 8 a.m. - 5 p.m. For after-hours care, visit the [SHS website](#). If you are experiencing severe coronavirus symptoms or experiencing a medical emergency, call 911. Please let them know you have been exposed to COVID-19.

What if there's a fire and I need to evacuate?

If you hear the fire alarm system sound, please evacuate the building immediately, wear a mask properly and be sure to maintain appropriate physical.



My landlord wants to come into my apartment/house to conduct maintenance or my landlord wants to come into my apartment/house to provide a tour of the property to prospective future tenants. What are my rights?

To understand your rights and responsibilities in your particular situation, contact [Student Legal Services](#).

What mental health resources are available to me while I'm in quarantine or isolation?

The Counseling and Consultation Service Office is offering tele-therapy and other remote opportunities for engaging in conversations. Please go to ccs.osu.edu or call 614-292-5766. The Buckeye Peer Access Line (PAL) is a non-emergency talk line that provides a space for students to engage in brief phone conversations in order to gain support and learn about campus resources. Student volunteers are available to provide peer-to-peer assistance that promotes and enhances student development and wellbeing. Buckeye PAL operates Monday through Friday from 8 p.m. to midnight and can be reached by calling 614-514-3333 when classes are in session during fall and spring semesters.

I'm concerned about my privacy, who will know I'm in quarantine and isolation?

Student information is protected by FERPA and medical information is protected by HIPAA. However, during a public health emergency, information may be shared with public health agencies on a need-to-know basis only. Family members, resident advisors, faculty, staff, friends or other parties may not be notified of your health status.

Does a negative test mean I can leave quarantine or isolation sooner?

No. At this time, students are required to complete the 14-day quarantine period or 10 day isolation period based upon the original exposure or positive test.

If I need accommodations while I'm in quarantine or isolation, what should I do?

Students should complete the accommodation request form for any needs while in quarantine or isolation housing. Additional information can be found on the Student Life Disability Services [website](#).

How should I handle mail and packages?

We recommend following the [CDC's guidelines](#) around mail, package deliveries and meal kits that are sent to your residence.

What do I do in case of a tornado warning?

You should proceed to the lowest level of your house or apartment to an area away from windows and glass. Often times, bathrooms are the best option as a severe weather shelter. Attempt to maintain 6 feet of distance from others while in your mask, but remember that your safety is most important. Don't hesitate to act to get yourself to a safe area.



I'm in quarantine. Should I get tested to determine if I'm positive for COVID-19?

It is strongly recommended that you be tested while in quarantine to determine if you are positive for COVID-19. Even if you are asymptomatic, you could be infected with the virus. Testing also allows for our Case Investigation and Contact Tracing Team (CICTT) to conduct additional follow-up and for the university to adjust your testing requirements should you test positive (<https://shs.osu.edu/covid-19/covid-19-surveillance-testing-program>). Students quarantining should visit Student Health Services on the fifth day after their last date of exposure for testing. An email with specifics about the testing plan was provided from the CICTT in a prior message. If you are quarantining away from Ohio State, and cannot return to campus for testing, you may choose to either forego testing during quarantine or seek testing elsewhere at your own cost.

CAMPUS RESOURCES

Academic Success

- Planning for Academic Success (<https://advising.osu.edu/autumn-2020-planning>)
- Regional Campus Resources
 - Lima <https://lima.osu.edu/ohio-state-lima-coronavirus-information-and-updates.html>
 - Newark <https://newark.osu.edu/students/support-services.html>
 - Mansfield <https://mansfield.osu.edu/ohio-state-mansfield-coronavirus-information-and-updates.html>
 - Marion <https://osumarion.osu.edu/features/corona-virus-information.html>
 - Wooster/ATI <https://ati.osu.edu/currentstudents/academics/learning-lab>

Academic Learning Support

- Technical Support - great place to get assistance if you need help with a university app or repair for a broken screen. <https://digitalflagship.osu.edu/get-help>
- Flagship Resources <https://digitalflagship.osu.edu/students/resources>
- Tutoring Resources
 - Dennis Learning Center <https://dennislearningcenter.osu.edu>
 - ODI Tutoring & Supplemental Instruction <https://odi.osu.edu/tutoring-university-tutoring>

Disability & Accessibility

- Student Life Disability Services - Utilize SLDS to submit any COVID-Related Accommodation Requests <https://slds.osu.edu>
- ADA (Americans with Disabilities Act) Coordinator's Office <https://ada.osu.edu/students>
- Paratransit Services Request Form https://ttm.osu.edu/sites/default/files/paratransit_services.pdf



Financial Support

- Scarlet & Gray Financial - Scarlet and Gray Financial program assists students by providing educational resources around financial wellness.
<https://swc.osu.edu/services/financial-education/financial-coaching/>
- Together As Buckeyes (CARES Act) Financial Assistance <https://sfa.osu.edu/contact-us/consumer-disclosure/COVID-19-aid>
- Student Advocacy Center Student Emergency Fund <https://advocacy.osu.edu/emergency-financial-assistance/>
- Buckeye Careers <https://careers.osu.edu>

Health & Wellness

- Peer Access Line (PAL) <https://swc.osu.edu/services/buckeye-peer-access-line/>
- OSU Wellness Apps <https://www.osu.edu/downloads/apps/>
- Daily Coping Tips <https://wexnermedical.osu.edu/features/coronavirus/patient-care/coping-tips>
- CCS <https://ccs.osu.edu/ccs-covid-19-updates/for-students/>
 - COVID+ student in isolation or in recovery: A Support group option led by Morgan Blumenfeld, LPCC (embedded care manager with SHS) and Shawn Lucas, MSW, LSW (care manager). Referrals through CCS and SHS. This is an open-ended group and students can participate via telehealth in isolation or quarantine or in recovery
 - For individualized information mental health services please <https://ccs.osu.edu/schedule-a-phone-screening/>
 - <https://ccs.osu.edu/about-us-and-our-services/lets-talk> is available daily to talk to a clinician in a confidential video space
- SMART Lab – learning modules <https://u.osu.edu/smartlab/modules/>
- Collegiate Recovery Community <https://swc.osu.edu/services/collegiate-recovery-community/>
- Student Health Insurance <http://shi.osu.edu>
- Wilce Student Health Center <https://shs.osu.edu/>
- Harding Hospital <https://wexnermedical.osu.edu/mental-behavioral>
- Student Wellness Center <https://swc.osu.edu>

Campus Resources

- Buckeye Food Alliance <https://www.buckeyefoodalliance.org>
- Off Campus & Commuter Student Services <https://offcampus.osu.edu/>

Student Safety & Conduct

- Student Conduct <https://studentconduct.osu.edu>
- Office of Institutional Equity <https://equity.osu.edu>
- Department of Public Safety - <https://dps.osu.edu/>



General Support

- Veterans Affairs <http://veterans.osu.edu/current-students/where-to-turn-for-everyday-needs>
- Student Legal Services <https://studentlegal.osu.edu>
- Student Advocacy Center <https://advocacy.osu.edu>
- Multicultural Center <http://mcc.osu.edu>
- Office of International Affairs <https://oia.osu.edu>

