

Isolation and Quarantine Protocol

University Housing

Western Oregon University

Updated September 23, 2020

Western Oregon University will use the key public health tools known as isolation and quarantine to prevent the spread of COVID-19 among the campus community. In preparation for the fall 2020 quarter, this protocol is a detailed outline of how we will care for students who are presumed to have COVID-19 or have been diagnosed with COVID-19 based on a positive test result and require isolation as well as for students who have been exposed to COVID-19 and require quarantine.

Report Symptoms to the Student Health and Counseling Center

- **If you are a student who believes you have [symptoms in line with COVID-19](#), please call the Student Health and Counseling Center (SHCC) at 503-838-8313.** The SHCC will assist with determining if you need to be relocated to on-campus isolation housing and the provisions for how you will receive care and support during the time you are isolating.
- Students who test positive for COVID-19, including those living off-campus, must self-isolate for a minimum of 10 days ([note the difference between quarantine and isolation](#)). [See additional details from the CDC about when you can be around other people \(end isolation\)](#). >
- In addition, once you have tested positive, you will be contacted by the local public health authority (LPHA). In the case of Western Oregon University, our LPHA is:

[Polk County Public Health](#)

- Polk County Public Health will be managing contact tracing and notification and they will follow up with you, along with the SHCC, until you recover.

Isolation

Isolation is required for on-campus students who have tested positive for COVID-19 and are unable to leave campus. Isolation is the separation of someone who is ill with or has tested positive for COVID-19 from people who are not sick. Individuals who test positive for COVID-19 typically isolate for at least 10 days (the duration of the infective period) from the time symptoms first appear or, in the case of an individual who has a positive test but has not had any symptoms, 10 days from the date that they were tested. Isolation may be required for longer periods depending on the course of symptoms.

CDC Isolation Guidelines

Isolation separates sick people with a contagious disease from people who are not sick.

Read more from [the CDC about how to "Isolate If You Are Sick,"](#) including information about how long you should isolate.

I think or know I had COVID-19, and I had symptoms

You can be with others after

- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without fever-reducing medication **and**
- Symptoms have improved

[Read more.](#)

Western Oregon University Required Isolation

WOU-required isolation involves assignment to a residence hall with zero public contact due to a COVID-19 diagnosis with or without active symptoms.

In this circumstance, the individual shall receive meals delivered to their door, cleaning supplies for their restroom and living space, bed linens, and check-ins with healthcare provider. The amount of time spent in isolation will be dependent on the presence of and duration of symptoms and medical provider's guidance. At minimum, isolation is required for 10 days since the onset of symptoms. In the case of an individual who has a positive test but has not had any symptoms, isolation is required 10 days from the date of the test. If students develop symptoms, they will have a longer duration of isolation.

Students will be given the opportunity to arrange for relocation home during the length of their illness:

- Students who would require public transportation including ride sharing, bus, train, or plane to get home should not leave campus.
- It is recommended that students who leave campus follow CDC guidelines for isolation as noted above. SHCC or their local health authority in the county in which they are isolating will follow-up with students as clinically indicated, and in accordance with CDC and Oregon Health Authority recommendations. Faculty will readily accommodate students and help with a plan for continuing their studies during this time.

On-going Care of Students in Required Isolation Who Do Not Require Hospitalization

For students living on campus:

- Students are encouraged to follow the same CDC guidelines as noted above.
- Students may not have visitors and may not leave their room except to receive medical care. If a student is having a medical emergency, they should call Campus Public Safety (503-838-9000) or 911 **immediately**. Students should let dispatch know they are in isolation for exposure to COVID-19. For non-emergency medical concerns, students should call the SHCC.
- The SHCC will communicate with the appropriate offices that a student has been diagnosed as a positive COVID-19 case and the student will be assigned a room for isolation.
- Students will remain in the temporary space until the date cleared by the SHCC.
- Sheets, pillow, blankets, and towels will be placed in isolation spaces prior to a student's arrival by Residential Custodial Services.
- Students must order meals using the Campus Dining online system. Campus Dining will prepare food and beverages which will be left outside of the door to the room. For special dietary needs, please call Campus Dining at 503-838-9265.
- Students will be required to wear a face covering when accessing services and/or tested at the SHCC.
- Tissues, cleaning and sanitizing solution, hand soap, toilet paper, and paper towels will be available in isolation spaces.
- Students assigned to isolation spaces should be cleaning the space regularly, once per day, using cleaning supplies that have been provided.
- Once an isolation room is vacated, the room will be fully cleaned using best-practice cleaning protocols related to COVID-19.
- SHCC staff will be in regular contact with all students living in isolation spaces.
- Students with symptoms who are presumed to have COVID-19 who are awaiting test results need to be isolated, but will not be isolated with students who have a known positive COVID-19 test.

Quarantine

Quarantine is the separation of someone exposed to a COVID-19-positive individual from others to monitor the exposed person for signs of illness.

CDC Quarantine Guidelines

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Read more from [the CDC about "When to Quarantine,"](#) including a chart with guidance about when to start and end quarantine under various scenarios:

Who needs to quarantine?

People who have recently been in close contact with someone who has COVID-19.

Those who have been in close contact (within 6 feet of an individual for more than 15 minutes) to someone who is diagnosed with COVID-19, tests positive for COVID-19, or has symptoms, will need to self-quarantine. If you have been in contact with someone as noted above, the local health authority (Polk County) will reach out to you by phone to notify you of your exposure. Each day during the self-quarantine process, daily health checks will be conducted by a contact tracer working on behalf of the local health authority.

Western Oregon University Required Quarantine

For COVID-19, quarantine can last 14 days (the duration of the incubation period) or longer if the exposure to a presumed positive COVID case ends up being a true positive case.

Western Oregon required quarantine involves the following:

- Students are quarantined in the designated housing location for 14 days (or longer, see above). Students in quarantine may not attend classes or other campus activities. They may not go to the dining halls and will need to arrange with a hallmate or their RA to have food delivered. They must stay in their rooms or housing location.
- Students living in on-campus housing who have been exposed to a residence hall "hallmate" will maintain housing in their assigned residence hall room during the period of quarantine (single occupancy bedrooms, shared bathroom).
- Students living in on-campus housing who have been exposed to a non-residence hall "hallmate" case (such as exposure to a student from another residence hall or exposure to a staff or community member with COVID-19) will be relocated to separate quarantine housing with a single bedroom and single bathroom.
- Specific recommendations for quarantine of particular individuals based on the nature of their particular exposure to COVID-19 will be determined by the Polk County Public Health and SHCC through investigation and surveillance of current active COVID-19 cases.

The On-going Care of Students in Mandated Quarantine

In mandated quarantine, students are expected to follow the CDC guidelines:

- Students may not have visitors and may not leave their room except to receive medical care or use the community bathroom. If a student is having a medical emergency they should call Campus Public Safety at 503-838-9000 or 911 **immediately**. Students should let dispatch know they are in quarantine for exposure to COVID-19. For non-emergency medical concerns, students should call the SHCC.
- Food and water will be provided and left outside the student's door.
- In the instance of required quarantine on campus, the individuals shall receive meals delivered to their door, cleaning supplies for their restroom and living space, and check-ins with a SHCC healthcare provider. Faculty will readily accommodate students and help with a plan for continuing their studies during this time.
- The SHCC will follow-up with students as needed in accordance with CDC and Oregon Health Authority recommendations.

Additional Resources

Go Kit

It is important to note that if you are asked to isolate, you will not be able to leave your isolation space until released by the Student Health and Counseling Center. It is recommended that all students assemble a "Go Kit" to have available should you need it. Once you are asked to isolate, you will take your Go Kit with you to your isolation space.

The university is providing some items in all isolation rooms including:

- Linens (2 sheets, pillow, pillowcase, 2 blankets, 2 towels, washcloth)
- Paper products (toilet paper, paper towels and tissues)
- Cleaning supplies. Students should use the cleaning supplies regularly during their stay in isolation, including in bedrooms, common areas and bathrooms.
- Change of linens/towels or the need for a refill of cleaning supplies or paper products can be requested by contacting the RSC at 503-838-8363.

Supplies you may want to include in your Go Kit:

- **Academic Materials:** All class materials, including academic books, notebooks, laptop and other necessary supplies.
- **Personal Medications:** Prescribed medications you need for at least 10 days (the duration of the infective period).
- **Hygiene Supplies:** Shampoo, soap, toothbrush, toothpaste, feminine products, etc.
- **Technology Supplies:** Phone charger, laptop charger and a back-up battery.

- **Comfort Food:** Consider packing your favorite comfort snacks and drinks as well as a reusable water bottle. The university will be providing bagged/pre-prepared meals for you throughout your stay, but you may wish to bring along your own favorite snacks.
- **Self-Care Items to support your well-being:** Art supplies, puzzles, crafts, playing cards, books

SELF-CARE

Students in isolation should follow these guidelines

Items to pack if moving to isolation space:

Remember, you should pack everything you might need to live in a new apartment for 10 days. This could include:

- Clothes, shoes, personal hygiene products and anything needed for academics.
- Sheet, blanket, pillows. A linen pack including sheets, pillow, blankets will be on the bed in the isolation room, however, you may want to bring your personal sheets for your own comfort.
- Bath and hand towels. Towels/washcloths will be in the room, but you may want to bring your own towels for your own comfort.
- Any items needed for preparing food, including cups, plates and snacks. There will be a refrigerator/freezer, microwave. You will be able to order meals from the Dining Hall on-line program each day.
- COVID-19 recommended items such as personal thermometer, disinfectant to clean surfaces in your room, additional cloth face coverings.
- You will be provided with a linen pack, toilet paper, and general cleaning supplies.

Caring for Others:

- Do not attend class, events or enter campus buildings, including dining halls.
- Guests will not be allowed in any part of the quarantine area.
- Wear a facial covering and maintain physical distance if leaving your room for any reason.
- Meals will be delivered, but they will be left outside of the room door for you to collect. Please do your best to limit trips out of your room to collect items.
- Do not share a bathroom with others.

Caring for your Physical well-being:

- If moving to an alternate residence, take items needed for 10 days, including clothing, personal hygiene items, cleaning products, medication, academic work, etc.
- Monitor yourself for any [potential symptoms](#) of the virus (i.e, coughing, fever, chills or muscle aches, shortness of breath) and if available to you, check your temperature in the morning and evening. Be prepared to report any symptoms to Student Health and Counseling Center at 503-838-8313.
- Contact the Student Health and Counseling Center if symptoms worsen or call 9-1-1 in a medical emergency
- Eat regular, healthy meals
- Get at least 8 hours of sleep
- Avoid alcohol, recreational drugs, smoking, and vaping.

Caring for your Mental well-being:

- Find a way to keep active, even if it's in your room.
- Open your windows and get fresh air when you can.
- Stay in contact with friends and family via phone, Facetime, Skype, etc.
- If additional support is needed, contact [the Counseling Center](#).

Caring for your Academic well-being:

- Contact faculty to say you are unable to attend your in-person classes if you are taking hybrid or in-person classes. Ask for remote access and assignments. If you need further assistance, contact [Student Success and Advising](#).
- If applicable, contact your employer/supervisor and inform them you will be unable to report to work until cleared to return.
- Take advantage of additional virtual resources, such as office hours, the Student Success and Advising Office.
- If your physical health prevents you from completing your academics, please work with [Student Health and Counseling Center](#) and [Student Success and Advising](#) to notify faculty and create a plan for completion when your health is stronger.

Release from Isolation

We will follow the [CDC's recommendations](#) regarding a release from isolation:

- Isolation and precautions may be discontinued 10 days after symptom onset as long as the patient has no fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms.

- A limited number of people with severe illness may continue symptoms beyond 10 days that may warrant extending duration of isolation for up to 20 days after symptom onset.
- For those who never develop symptoms, isolation and other precautions can be discontinued 10 days after the date of their first positive test.

CDC Resources

- [CDC Guidance for What to Do If You Are Sick](#)
- [CDC Guidance for When to Quarantine](#)
- [CDC Guidance for Home Care](#)
- [CDC Guidance for Caring for Sick Individuals](#)