COVID-19 – ISOLATION INFORMATION

Isolation is used to separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected.

Those with COVID-19 illness need to be in isolation for 10 days after symptoms appear, and at least 24 hours since resolution of fever (without fever-reducing medication), and improvement in respiration symptoms (e.g., cough, shortness of breath).

Housing
You have been identified with COVID-19 illness and will be housed in Adams Tower West (ATW) in a designated room with your own bathroom. You are to have no direct contact with other people during your isolation period.

Off-campus students will have the option to access this space if they are unable to isolate within their off-campus residence and cannot return to their permanent address.

Upon Notification of Need for Isolation

After your appointment with Health & Wellness or after being tested positive for COVID-19, you will go directly to Adams Tower West (21 Strafford Ave) with your To-Go bag. You will be granted access to your building and your room on your UNH ID card. There will be a 24/7 officer at the entrance.

If you forget your To-Go bag someone can pick items that you need up for you after your on-campus room has been cleaned.

If you are unable to walk over to Adams Tower West, please call 603-862-1427.
What will be provided for you during isolation in Adams Tower West:

- **Linens** – You should have packed a blanket and pillow in your To-Go Bag. You will receive a pillowcase, sheets, and towels for the duration of your stay.

- **Food** - Dining will bring three conventional meals, including available drinks. There will also be additional snacks and water provided. Your food will be delivered to your door. Our kind Dining employees will knock on your door to let you know when they have dropped it off. Please, keep our employees safe by making sure **NOT to come out until they are gone**. Wait a couple of minutes to pick up your food. When you open your door, **WEAR YOUR MASK** in case they are still around.

- **Cleaning** – A professional cleaning company will be taking care of Adams Tower West’s common spaces. You will be responsible for cleaning your space while residing there. Remember, before moving out, remove all personal possessions and any trash from the room. You will be charged for additional cleaning, removal of personal property, or for any damage or loss of University property (normal wear and tear excepted), which will be billed to the student.

- **Trash** - You will need to put any trash outside your room daily for pick up.

**Expectations of Isolation**

- No visitors.
- Wear a mask whenever you step out of your room.
- Do not leave your room to go to work, classes, public events, church/worship, dining hall, etc. You are to have no contact with others.
- Do not use public transportation, such as the bus, train, Uber, or Lyft, etc.
- Monitor your health as instructed
- Emotional Support Animals are not allowed in the quarantine/isolation halls. Please contact your emergency contact immediately.
- You will not be able to leave isolation unless cleared to return to your residence by Health & Wellness
- Expectations and policies outlined in the Housing’s Room and Board Agreement and the Student Rights, Rules, and Responsibilities are still in effect while in isolation.
- You can choose to leave isolation in Adams Tower West, but you will not be able to return.

**Monitoring Symptoms/Health**

While you are in isolation, your health will be monitored by the State of New Hampshire Department of Health and Human Services who will check in with daily via electronic means.

There will be no additional testing for the virus.

You do not need to do self-swab testing through UNH during isolation.
Medical Needs

If you experience a medical emergency, call 911.

For all other medical needs call Health & Wellness, (603) 862-9355. During business hours, press 2 to talk with a Health Resource Nurse. After-hours, call Health & Wellness, (603) 862-9355 and press 2 for the nurse call service.

Academics

Please email your faculty members to let them know you will not be attending class and the anticipated time when you will return to the classroom. Please let them know if you are well enough to maintain your academics. If so, discuss with them how you can maintain your academics during this time. If not, let them know you will reach out to them once you are feeling well enough. If you request it, the Dean of Students Office will also send a letter to faculty without detail that will verify impact on academics.

Work

Contact your University Supervisor or Outside Employer and inform them you will be unable to report to work until cleared to return.

Other Needs - Who to Contact

Please email Solimar Collado: solimar.collado@unh.edu or call (603) 817-9316, during work hours (8am to 4:30pm), if you have any questions about Babcock Hall or the services being provided during your stay.

Self-Care Tips:

- Get at least 8 hours of sleep each night.
- Eat nutritious food and stay hydrated.
- Move your body daily. Even in isolation, you can move your body inside your isolation room. Check out Campus Recreation online offerings and other online resources.
- Though you need to maintain physical distance, you don’t need to be socially isolated – stay connected to family and friends through Zoom, texting, phone calls, etc.
- No alcohol or recreational drugs.
- No smoking or vaping.
- Limit your intake of information on COVID-19 (either through news or social media) and ensure you use reliable sources (Health & Wellness, CDC, World Health Organization).
- Be kind to yourself – being in isolation from others can be a challenge.

Emotional Wellness

Being in isolation and separated from others can cause a wide variety of feelings including loneliness, anxiousness, fear, sadness, and concerns about health and academics. You may find it helpful to reach out to campus resources for assistance.
Living Well Services at Health & Wellness provides education, counseling, wellness coaching, support, and resources to maintain and improve emotional wellness. Go online to make a telehealth appointment with a Wellness Educator/Counselor or Wellness Coach.

Psychological and Counseling Services (PACS) provides students with support and education for personal and academic success through a brief, solution-focused counseling model. Common concerns addressed include stress management, adjustment to college life, anxiety, depression, grief & loss, crisis support, identity development, mild/moderate alcohol/substance use concerns, mild/moderate eating behaviors and body image concerns, and relationship difficulties.

Crisis Counseling and Urgent Consultation is available 24/7 by calling 603-862-2090.

WellTrack is a self-guided and interactive resource to support your mental health and well-being. It’s easy to use and free-of-charge to UNH students. Based on cognitive-behavioral approaches, the app can help you identify, understand and address Anxiety, Depression, Resiliency and Public Speaking. WellTrack can be used alone or in conjunction with psychotherapy.

Remember these resources are also available to you once you leave isolation.

Release of Students Back into Their Residence

Per CDC guidelines, isolation will be discontinued when at least 24 hours have passed since recovery, which is defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and, at least 10 days have passed since symptoms first appeared. Clearance will be given by a Health & Wellness clinical staff member.

Also, please do not forget to continue to practice preventive measures to protect yourself and others:

- **Wear a mask.** Protect, respect, always! Do it for UNH.
- **Stay apart — together.** Safe physical distancing = six feet apart.
- **Health is in your hands.** Wash them—often. Soap. Water. Scrub for at least 20 seconds.
- **Spread health, not germs.** Keep it clean. Cover your coughs. Stay home when sick.
- **When in doubt, get checked out** – if you experience any symptoms, please reach out to Health & Wellness at (603) 862-9355.
- **Wildcats care.** Practice self-care. Reach out for support.