



Housing



Health & Wellness

COVID-19 – QUARANTINE INFORMATION

According to the CDC and State of New Hampshire Department of Health and Human Services, a *close contact is someone who was within 6 feet of an infected person for at least 10-15 minutes starting from 48 hours before illness onset.*

Close contacts need to be quarantined. Quarantine keeps someone who may have been exposed to COVID-19 away from others.

Housing

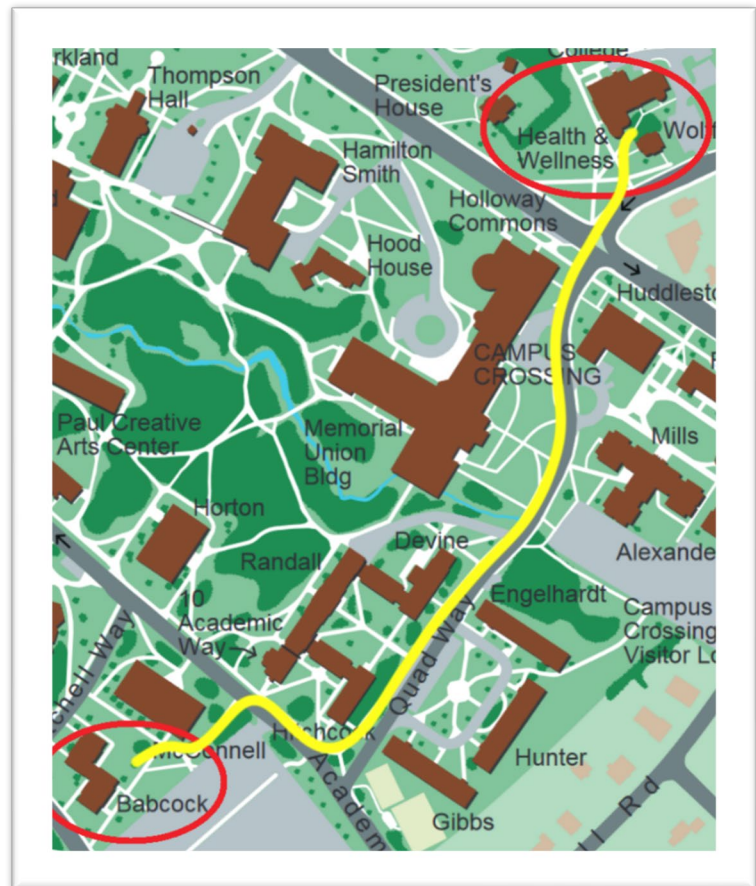
If you live on-campus and are an identified close contact, you will be housed in Babcock Hall in a single occupancy room. You will share a bathroom which will be cleaned regularly. You will have no contact with other people for a period of 14 days after last exposure to someone who has been determined to have COVID-19 illness. During your time in quarantine, if you are determined to have COVID-19 illness, you will be moved to Adams Tower West (ATW) for isolation.

Babcock Hall is mainly for on-campus students. Off-campus students will be considered on a case-by-case basis. If Babcock space is not available to you, it is recommended you be in a designated room alone, have access to your own bathroom, and have no contact with others for a period of 14 days after their last COVID-19 exposure.

Upon Notification of Need for Quarantine

After your appointment with Health & Wellness or after being identified as a close contact, you will go directly to Babcock Hall (14 McDaniel Drive) with your To-Go bag. There you will receive a move-in packet with the key to your room in a mailbox by the B-lot entrance. 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 Babcock Hall, please call 603-862-1427.

What will be provided for you during quarantine in Babcock

- **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 Babcock’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 you room daily for pick up.

Monitoring Symptoms/Health

While you are in quarantine your health will be monitored by the State of New Hampshire Department of Health and Human Services. You will monitor your health as instructed (handout provided that reviews potential COVID-19 symptoms and contact information for Health & Wellness, if symptoms develop) and use voice and electronic means to share your health information.

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.

Testing for COVID-19

An asymptomatic close contact in quarantine should resume testing via self-swab immediately following the end of their 14-day quarantine.

Expectations of quarantine

- 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 can only leave your room to go to the bathroom. 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 quarantine 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 quarantine.
- You may choose to leave quarantine but if you do you cannot return to Babcock Hall.

Academics

Please email your faculty to let them know you are ill and anticipated time when you will return to the classroom. Discuss with them how you can maintain your academics during this time. If you request it, the Dean of Students Office will also send a letter to faculty without detail that will verify you will not be present in classroom.

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, 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 quarantine you can move your body inside your quarantine room. Check out Campus Recreation online offerings and other online resources.
- Though you have to maintain physical distance, you don't need to be socially isolated – stay connected with 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 quarantine/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. Call (603) 862-2090.

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 quarantine.

Release from Quarantine

You will remain in quarantine for 14 days (per current CDC guidance). A staff member from Health & Wellness will clear you to return to your place of residence.

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.