

Stetson Commuter Guide for COVID-19

This guide is intended for commuting students:

- COVID-19 Positive
- Have symptoms consistent with COVID-19
- Have been exposed to an individual who is COVID-19 positive

REPORTING TO STETSON

WHAT DO I DO IF I HAVE SICK SYMPTOMS OR HAVE HAD CONTACT WITH SOMEONE WITH COVID-19?

Any member of the Stetson community who has been to campus in the last 14 days and feels they may have come into direct contact with the virus causing COVID-19 or is experiencing flu-like symptoms (fever over 100.3 F, cough, shortness of breath, possible nausea/diarrhea, possible loss of taste/smell) should alert Stetson immediately.

1. **Fill out this online form:** COVID-19 Health Report a Concern Form (<https://stetson.edu/reportit>).
2. **Contact Stetson staff for next steps:** During business hours, call Health Service at (386) 822-8150 or After business hours, call Public Safety at (386) 822-7300.

If you are concerned about someone else's exposure, also let Stetson know - don't just tell them to do so.

YOU'VE BEEN INSTRUCTED TO ISOLATE/QUARANTINE

Once you learn that you need to isolate/quarantine. You have several decisions to make about how you will spend the next 10 – 14 days (as decided by Health Service in consultation from the Florida DOH).

WHERE SHOULD I ISOLATE?



Remain in your local off-campus residence – If you do remain in your local off campus residence, it is important to isolate by never being in the same room as your housemates, purposefully cleaning shared spaces after each use, not allowing visitors into the home unless absolutely necessary, and if possible, have the housemate who tested positive use a different bathroom from everyone else.



Return to your family residence– If you and your housemate(s)* have a shared bathroom, it may be best for one or more of you to return to a family residence to increase distancing and isolation. We know that not all students are from close driving distance and may not have the ability for this to be an option.

WHAT IS THE DIFFERENCE BETWEEN ISOLATION AND QUARANTINE?

According to the [CDC](https://www.cdc.gov), isolation is used for people who have been infected with the virus, and quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Either way, the ultimate goal is to **keep our community safe** by removing any additional exposure to others until you receive clearance. Below are the steps you should take for each:

[Isolation](#) | Symptomatic/Asymptomatic

Isolation is used to separate people infected with SARS-CoV-2, the virus that causes COVID-19, from people who are not infected. People who are in isolation should stay home until it's safe for them to be around others.

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately
- Stay in a separate room from other household members, if possible
- Use a separate bathroom, if possible



- Avoid contact with other members of the household and pets
- Don't share personal household items, like cups, towels and utensils
- Wear a cloth face covering when around other people
- Follow all directions from Stetson Health Service

Quarantine | Direct Exposure/Close Contact

Quarantine 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. Those in quarantine are identified to have been in close contact (closer than six feet to a positive person for over 15 minutes, with or without facial covering) with a person who has COVID-19.

- Stay at home for 14 days after your last contact with a person who has COVID-19
- Take temperature twice daily, watch for a fever (100.4 F or higher), cough, shortness of breath or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19
- Follow all directions from Stetson Health Service

You may also hear that some students have been asked to self-monitor.

Self-Monitoring | Community Exposure

Self-monitoring is used to increase individual awareness and prevention for COVID-19 for those who might have possible exposure in a known community in which they may have had indirect exposure to COVID-19.

- It is not possible for Stetson to tell you where or when this potential exposure may have occurred
- Monitor your symptoms for 14 days from the last day you had community exposure.
- Take temperature daily, watch for a fever (100.4 F or higher), cough, shortness of breath or other symptoms of COVID-19
- Practice physical distancing and personal prevention strategies
- Avoid contact with people at a higher risk for severe illness from COVID-19
- Follow university guidance should symptoms develop
- If you are already isolating, a notice of community exposure does NOT clear you from isolation

Note: For the remainder of this document we will use isolation to provide unified language since both isolation and quarantine require individuals to remain at home and away from others during a specified period of time.

DOs & DON'Ts OF ISOLATION

Students who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others. As much as possible, you should stay in a different room from other people in your home. You should also use a separate bathroom, if available. The purpose of isolation and quarantine is to reduce additional exposure of COVID-19, and the only way to do that is to stay inside and away from others.

- Acceptable things to do **inside** your home during isolation:
 - Stay contained to your own bedroom & bathroom area
 - Go to work or class virtually (if possible)
 - Exercise in your own room or backyard, when others are not around
 - Maintain connection with friends, family and intimate partners virtually
- Acceptable things to do **outside** of your home during isolation:
 - Going to Doctor, urgent care, or emergency room to address your health concerns
 - COVID-19 Testing location (call first prior to leaving your home)
- Things you should **NOT** do during your isolation period:
 - Go to work, Stetson University or other public places

- Go out for food, medicine, or essentials (order by phone or online and ship to your house or have someone else pick it up for you)
- Invite visitors into your home, including friends, family or partners even for a quick moment
- Go outside to exercise or for a walk
- Utilize public transportation of any kind

HOW TO ISOLATE IN A SHARED SPACE

DESIGNATE SEPARATE SPACES

- If possible, designate a bedroom and bathroom for the individual(s) that tested positive
- When self-isolating, you and your housemates* should never be in the same room



COMMON SPACES

- The isolating person should stay out of shared spaces like living rooms and kitchens
- Don't use any shared items in the kitchen or bathroom
- Clean and disinfect frequently, touched surfaces (door knobs, light switches, remotes, etc.) daily

CLEANING

- Cleaning and disinfecting while in the home are extremely important.
- Wear disposable gloves and a mask to clean and disinfect.
- Cleaning with soap and water reduces number of germs, dirt and impurities on the surface. Disinfecting kills germs on surfaces.
- If you must share a bathroom, the isolating person should clean and disinfect after every use.
 - If this is not possible, the bathroom must be cleaned and disinfected before use of another person. Others should wait as long as possible after use to clean and disinfect the high-touch surfaces. <https://www.health.com/condition/infectious-diseases/coronavirus/how-to-self-isolate-in-a-shared-house>
- Bathrooms and kitchens need to be cleaned after every use by the person who used it.
- Important cleaning supplies for each housemate to have include paper towels, cleaners and disinfectants.
 - [List of EPA registered Disinfectants](#)



FOOD

For some, identifying how to manage meals could be a challenge. Below you will find several options you can explore when managing how to get meals during your isolation period. We encourage you to make an on-line purchase of disposable plates, cups, utensils and gloves to minimize contact between housemates and make items that are used by those isolating easily disposable.

- **Friends or Family**
 - Can a friend deliver food to you? Yes, just be sure they leave it at your door and don't come inside your home.
- **Food Delivery Options**
 - Utilize a food delivery service through a store like Publix. Get delivery from Publix through Instacart (<https://delivery.publix.com/>) or Shipt (<https://www.shipt.com/>). Below is information about the local Publix in DeLand:
 - **North of Campus** (near Walmart): Publix Super Market at Northgate Shopping Center – 299 E International Speedway Blvd, DeLand, FL 32724 – (386) 734-7112
 - **South of Campus** (near Chick-Fil-A and Starbucks): Public Super Market at Country Club Corners – 2431 S Woodland Blvd, DeLand, FL 32720 – (386) 740-0014
- **Stetson Dining**
 - Stetson Dining understands that there may be students who are quarantining or have tested positive for COVID-19 in the Deland area, but not living on campus. While Stetson Dining cannot provide meal delivery service at this time, they are opening up the restriction, to allow a friend to

come pick up meals for you, using your ID card if you have a meal plan. The Stetson Dining team simply asks that you email Taylor Mills (temills@stetson.edu) when you plan to utilize this program, so they can be sure to relay the proper information to their teams, and ensure that their teams are able to provide you the meals. If you have any questions or concerns, please email Taylor, or call her at (386) 822-8780.

- If you have additional meal plan questions, contact Carol Littlefield at clittlef@stetson.edu.
- **Temporary Home Cooked Meal Option**
 - Stetson has some faculty and staff willing to cook and deliver a few meals to off campus students in isolation. If you would like to be added as a possible recipient, email jcerto@stetson.edu with your full name(s), contact number and residential address.

LAUNDRY

If you do not have an in-unit laundry unit, below are some services you can use for laundry:

- **King's Kleaners** - 636 W New York Ave, DeLand, FL - (386) 747-3360 – Tara is the suggested contact
 - This company offers wash, dry, and fold services, with pick up and drop off service at no additional cost at \$1.50 per pound. They can supply laundry bags. If picked up in the morning, they will have it back before 6:00 same day. If picked up after 2:00pm they will deliver next day by noon.
- **Mitchell's Cleaners** – 309 N Woodland Blvd, DeLand, FL - (386) 734-3497 – Brad is the suggested contact
 - This company offers wash, dry, and fold services, with pick up and drop off service at no additional cost at \$1.50 per pound. They can supply laundry bags. They only deliver on Mondays and Wednesdays.
- **Support from Friends or Family** - Should you reach out to friends or family to help you with laundering clothing, towels, linens and other items, please follow the below guidelines as outlined by the [CDC](https://www.cdc.gov).
 - Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.
 - Wear disposable gloves when handling dirty laundry from a person who is sick.
 - Dirty laundry from a person who is sick can be washed with other people's items.
 - Do not shake dirty laundry.
 - Clean and disinfect clothes hampers according to guidance above for surfaces.
 - Remove gloves, and wash hands right away.

YOUR HEALTH

If you believe your health is worsening or you develop symptoms you previously did not have, call Health Service during the day or Public Safety after hours (contact info below):

If you are having trouble breathing, go to the Emergency Room.

WELLCONNECT

- WellConnect, a tele-counseling service paid for by Stetson University, provides 24/7 crisis support to students. When utilizing WellConnect, students are able to speak to a Licensed Clinician from any location at any time. WellConnect coordinates with Student Counseling Services to ensure that proper follow-up is provided.
- Call WellConnect 24/7 at (833) 848-1765

VIRTUAL COUNSELING

- Stetson's Student Counseling Services is currently offering virtual counseling. Students who are interested in setting up an appointment must personally call or email Student Counseling Services during regular office hours.
- Student Counseling Services phone – (386)822-8900
- Student Counseling Services email – counseling@stetson.edu
- Student Counseling Services website - <https://www.stetson.edu/administration/student-counseling/>

GETTING TESTED FOR COVID-19

PRECAUTIONS FOR LEAVING ISOLATION FOR TESTING

Students who have never tested positive but are in isolation can and should get tested taking the appropriate precautions. When they leave their designated isolation location to go to a testing site, students should do the following:

- Wear face coverings,
- Practice physically distancing,
- Sanitize all frequently touches surfaces, and
- Do not use this time to run any additional errands

ON-CAMPUS OPTION:

Appointments for symptomatic testing are available at Stetson Health Service (self-pay or use insurance)

Through our partnership with AdventHealth and CentraCare, Stetson will be offering **free** rapid antigen COVID-19 testing every other week on-campus. Testing will take place from 8 a.m.- 4 p.m. in the Rinker Field House in the Hollis Center and is available to all members of the Stetson community. This testing is not mandatory, but highly encouraged for the safety and wellbeing of the entire Stetson Community.

Appointments are scheduled one testing date at a time. Testing dates are Tuesdays, Sept. 8, Sept. 22, Oct. 6 and Oct. 20; and Wednesdays, Nov. 4 and Nov. 18. Check out the [Safer Stetson](#) webpage for appointment sign-ups.

If you have already tested positive, please do not participate in an on-campus testing event for 3 months. You will continue to test positive for at least this amount of time.

OFF-CAMPUS CENTRACARE OPTION:

During the fall semester, Stetson students can get free rapid Antigen testing at any CentraCare location.

- You must provide both of these required forms ([https://www.stetson.edu/administration/wellness-and-recreation/media/Required%20Centra%20Care%20Forms%20Combined%20\(1\).pdf](https://www.stetson.edu/administration/wellness-and-recreation/media/Required%20Centra%20Care%20Forms%20Combined%20(1).pdf)) in order to get tested.
- You can make an appointment online at <https://centracare.adventhealth.com/urgent-care/central-florida> (select the option for COVID-19 Testing).
- If you receive a positive result, you must contact Stetson immediately to begin your isolation period. Complete report at: www.stetson.edu/reportit or contact Health Service at (386) 822-8150 during business hours, or Public Safety after hours: (386)822-7300.
- If you have already tested positive, please do not participate in a Stetson supported testing event for 3 months. You will continue to test positive for at least this amount of time.

RESOURCES FOR STAYING ENGAGED

VIRTUAL OPPORTUNITIES TO STAY CONNECTED AND ENGAGED



There are still many opportunities to stay involved while in isolation, check out some of the following:

- **Engage** (www.stetson.edu/engage) – Check out many of the events and student organization that you can participate in this fall. Many groups are hosting virtual events and meetings to continue to connect with their virtual members.
- **Stetson Calendar** (<https://calendar.stetson.edu>) – Some of the events being marketed on this calendar are also virtual. Explore this calendar each week to see opportunities available.
- **Stetson ULead** (www.stetson.edu/ulead) – Learn about various leadership applications and leadership development opportunities currently available. All leadership development opportunities are being offered virtually this fall and many of the leadership positions are also recruiting virtual student leaders.

- **Virtual Wellness** (<https://www.stetson.edu/administration/wellness-and-recreation/virtual-wellness.php>) – Learn about the many wellness programs, online workouts, and personal tips to help you prioritize your wellness.
- **Career Readiness** (<https://www.stetson.edu/portal/career/>) - Learn about the many virtual resources and opportunities to still development your career readiness what in isolation or quarantine.

STAYING ENGAGED IN ACADEMICS & STUDENT EMPLOYMENT



The Dean of Students will be notifying your academic Associate Dean so they can help coordinate academic support.

Please continue to virtually engage with your classes if you are well enough to do so.

CONTINUE TO UTILIZE STETSON'S VIRTUAL ACADEMIC SUCCESS RESOURCES INCLUDING:

- Virtual Tutoring – Explore the various virtual resources and tutoring available through Stetson's Academic Success (<https://www.stetson.edu/administration/academic-success/>)
- Writing Center – Schedule an online appointment with a Writing Center Tutor (<https://www.stetson.edu/other/writing-center/index.php>)

IF YOU HAVE TECHNOLOGY NEEDS

- Contact the Stetson Helpdesk at support@stetson.edu or (386)822-7217
- If you need a loaner laptop during your isolation period to support your technology needs to access to academic classes, contact the Stetson Helpdesk

STUDENT EMPLOYEES

- If you are a student employee at Stetson University and would like the Dean of Students to message your supervisor, please let Dean of Students, Lynn Schoenberg know at lschoenb@stetson.edu

ON CAMPUS PACKAGES, MAIL, or BOOKS

Isolating students can email the Stetson University on campus Post Office location at poffice@stetson.edu and give authorization for another student or staff member to pick up packages or mail for them. If you also have items pre-paid at the bookstore, we can help get you those.

LIBRARY MATERIALS

Students who are in isolation and who need physical library materials may use the library's Proxy Check-out Form for Students to authorize another member of the Stetson community to check out materials for you: <https://stetson.libwizard.com/f/covid-proxy>.

This form can also be found on the library's COVID-19 page. Click on COVID-19 Library Services & Resources at the top of the library's home page: stetson.edu/library. Please contact library staff at 386-822-7183 with questions.

ENDING ISOLATION



Stetson Health Service will be able to help you identify if and when you are able to end your isolation period. On your first possible day of clearance, staff will call to assess your current symptoms before 5 p.m. that day. If you can be cleared, they will let you know then, that this clearance will begin after 5 p.m. that day to return to your regular activities. Please be sure to discuss leaving isolation or returning to campus with a Stetson staff member before doing so.

For some generally helpful information on clearance:

- Direct exposure = quarantining for 14 days from exposure- even if you get a negative test back
- COVID-19 Positive test = 10 days isolation from positive test date
- COVID-19 Symptoms = Must be 24 hours symptom free plus 10 days from onset

Following your clearance, we encourage isolating students to take some time in that next 24 hours to do a “spring clean” of their home. Taking time to refresh your living environment will help you return back to a healthy and balanced routine. Here is a list of things you can do:

- Wash all worn clothing
- Wash bath towels, bedding & linens;
- Clean and disinfect any shared spaces (bathroom, kitchen)
- Clean and disinfect frequently touch spaces like light switches, door handles, TV remotes
- Clean and disinfect your electronics (laptop, tablets, and cell phones)
- Replace your toothbrush (especially if you experienced symptoms)

As you begin to come back to campus continue to practice physical distancing and wear a face covering. Even when isolating because of a positive test for COVID-19, continue to protect yourself by practicing prevention strategies. Here is a great resource: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Clearance notification will go to your faculty. If you would like any other office on campus to know you are cleared (example: supervisor, ROTC or student organization), please forward them your clearance email.

MAINTAINING YOUR HEALTH AFTER A POSITIVE RESULT

If you have had a positive test, know that you may test COVID positive for approximately the next 3 months. This does not mean you are not cleared or need to perform an additional quarantine. Because of this, please do not use the free testing provided at Stetson until 90 days after the original negative test date.

Remember, other illnesses are still out there. If you have tested positive for COVID-19 and have been cleared but become symptomatic for influenza-like illness (ILI), you should again refrain from work or class until asymptomatic for 24 hours. A clearance for COVID is not a free pass against all other illnesses or a reason to stop doing basic infection prevention, source control and hygiene strategies. If you are sick, you should not go to work or school.

MAKE SURE TO USE THE EVERBRIDGE APP

- **Download Everbridge App** - After you download the app, search for Stetson and you will find "Stetson University." After you select "Stetson University," you will be able to login with your Stetson email credentials. Everbridge will provide you with an opportunity to send us a daily "Wellness Check" before you come to or move about campus.
- **Continue to Complete Daily Wellness Checks** - Please use the Everbridge app to tell Stetson University how you are doing. Click the red shield in the lower right part of the screen - click “report your symptoms.” You can report your symptoms daily there. This will help Stetson check up on you.
 - **If you are positive: Also click, “self-report positive.” This helps us with tracing.**



COVID-19 QUICK RESOURCES

STETSON HEALTH SERVICE

- Contact Stetson Health Service at (386) 822-8150 or (386) 822-7057
- For more information about Stetson Health Service visit: <https://www.stetson.edu/administration/health-service/>

STETSON PUBLIC SAFETY

- For life threatening emergencies, call 911
- Contact Stetson Public Safety at (386) 822-7300

SAFER STETSON WEBSITE

- Explore the Safer Stetson Website at: <https://www.stetson.edu/saferstetson>
- There are many resources available on this website including:
 - Current Stetson Updates
 - Policies & Protocols
 - Testing Information
 - FAQ

CDC WEBSITE ON COVID-19

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

STETSON REPORT IT

- To report concerns related to COVID-19, visit <https://www.stetson.edu/reportit> and select which form you will use based on the concern

STETSON CODE OF COMMUNITY STANDARDS & COVID ADDENDUM

- Explore current community standard and COVID-19 Policies at <https://www.stetson.edu/administration/community-standards/code-of-community-standards.php>

Stay Healthy, Hatters!