

# Stetson Resident Guide for COVID-19

This guide is intended for residential students who:

- Are COVID-19 Positive
- Have symptoms consistent with COVID-19
- Have had close contact with 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, cough, shortness of breath, possible nausea/diarrhea, possible loss of taste/smell) should alert Stetson immediately and remain in their residential space until they receive further guidance.

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 university staff will assist you in determining how you will spend the next 10 – 14 days (as decided by Health Service in consultation from the Florida DOH). The goal will be to identify a designated isolation space that reduces further exposure.

### WHERE DO I ISOLATE?



**Remain in your Fall Assignment** – If it is determined that you will remain in your fall assignment, it is important to isolate by never being in the same shared space as your apartmentmates. University staff will work with you and those who live in your apartment/suite to designate separate bathrooms for you and everyone else. It is possible your apartmentmate/suitemate can be relocated to a temporary assignment if it is not possible for you to use separate bathrooms.

- **TRASH** | Trash disposal requests must first be submitted in the School Dude request system. Requests for trash pickup can be made Monday – Friday 8:00 a.m. – 3:00 p.m. Trash can then be left in a sealed trash bag neatly outside of your room door. You can request additional trash bags through the School Dude system. Should you have trash that urgently needs to be disposed of outside of the above hours, contact Public Safety.
- **PERSONAL ITEMS** | Please make sure that all personal items are kept in your own room. Items left in the hallway will be considered abandoned and disposed of. This will help the staff keep trash and your personal items separate and not create an error.



**Relocate to a Temporary On-Campus Relocation Assignment** – If you reside in a residential space on campus that is community style or only shares a bathroom with others, you will likely be relocated to a temporary assignment for your designated isolation space. The university staff will work with you to identify if an on-campus location will best suit your needs.

- **PACKING LIST** | Below is a list of items we suggest that you bring with you should you be isolating outside of your Fall assignment.
  - Clothing for at least 14 days
  - XL twin sheets, bedding and pillows,
  - Bath towels, toiletries and hand soap

- Academic needs – textbooks, notes, writing elements
- Electronic devices, chargers and any technology needed for virtual academic course work
- Snacks and Beverages
- Any items in your sick kit (thermometers, medication, tissues, etc.)
- Cleaning items (paper towels, disinfectant wipes)
- Lighting/lamp,
- Toilet paper (should you not have any contact Public Safety or Campus Life On-Call)
- **TRASH** | Trash disposal requests must first be submitted in the School Dude request system. Requests for trash pickup can be made Monday – Friday 8:00 a.m. – 3:00 p.m. Trash can then be left in a sealed trash bag neatly outside of your room door. You can request additional trash bags through the School Dude system. Should you have trash that urgently needs to be disposed of outside of the above hours, contact Public Safety.
- **PERSONAL ITEMS** | Please make sure that all personal items are kept in your own room. Items left in the hallway will be considered abandon and disposed of. This will help the staff keep trash and your personal items separate and not create an error.



**Relocate to a Temporary Hotel Assignment** – If you reside in a residential space on campus that is community style or only shares a bathroom with others, you will likely be relocated to a temporary assignment for your designated isolation location. The university staff will work with you to identify if a hotel location will best suit your needs.

- **PACKING LIST** | Below is a list of items we suggest that you bring with you should you be isolating outside of your Fall assignment.
  - Clothing for at least 14 days
  - Towels, toiletries and hand soap
  - Academic needs – textbooks, notes, writing elements
  - Electronic devices, chargers and any technology needed for virtual academic course work
  - Snacks and Beverages
  - Any items in your sick kit (thermometers, medication, tissues, etc.)
  - Cleaning items (paper towels, disinfectant wipes)
- **LIVING IN A HOTEL** | Below are details to assist you in navigating isolation at a hotel location. If you are isolating at a hotel, to ensure the safety of the staff, you will not receive in room service. Anytime you need something from the hotel, contact the Front Desk using your room phone.
- **TRASH** | Trash can be left in a sealed trash bag neatly outside of the room door, during business hours. For any trash needed to be disposed of after-hours, requests must first be called into the front desk. Then neatly place the trash outside of your room door.
  - You can request additional trash bags from the hotel.
- **TOWELS/LINENS** | You will be provided with fresh towels/linens upon request outside of your room. Should you need to request more towels/linens, contact the front desk.
  - All used towels/linens must be placed into a trash bag, sealed and left neatly outside of the room door during business hours for pick up. You should never put any used towels or linens out in the hallway not in a sealed trash bag.
  - This expectation was established to ensure the safety of the hotel staff and your fellow hallmates.
- **BREAKFAST** | Breakfast is provided daily by the hotel. To order breakfast, contact the front desk the evening before or morning of before breakfast hours are over. The hotel will then deliver it to your room.
- **PERSONAL ITEMS** | Please make sure that all personal items are kept in your own room. Items left in the hallway will be consider abandon and disposed of. This will help the staff keep trash and your personal items separate and not create an error.



**Return to your Family Residence** – If you have family that lives within driving distance of campus, you may believe it is best to live with them for increased support, distancing and isolation. We know that not all students have family nearby, so we understand this will not be an option for everyone.

- **PACKING LIST** | Below is a list of items we suggest that you bring with you should you be isolating outside of your Fall assignment.
  - Clothing for at least 14 days
  - Academic needs – textbooks, notes, writing elements
  - Electronic devices, chargers and any technology needed for virtual academic course work

## WHAT IS THE DIFFERENCE BETWEEN ISOLATION AND QUARANTINE?

According to the [CDC](#), isolation is used to keep people who have been infected with COVID-19 away from others, 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. The place where you will be staying is referred to as your isolation space or isolation location. 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
- Do not leave your isolation space unless there is a medical need to do so (such as testing, an appointment with a physician or a need to seek urgent medical attention, or at the direction of a fire alarm or emergency management personnel)
- 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), cough, shortness of breath or other symptoms of COVID-19
- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately
- Do not leave your isolation space unless there is a medical need to do so (such as testing, an appointment with a physician or a need to seek urgent medical attention) or at the direction of a fire alarm or emergency management personnel
- 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), 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 must remain in their designated isolation space until it's safe for them to be around others and they are cleared. The university will work with each individual situation to ensure that, as much as possible, residents are able to stay in a different room or space to reduce exposure to other people. The purpose of isolation and quarantine is to reduce additional exposure of COVID-19, and the only way to do that is to stay in your isolation space and away from others.

- Acceptable things to do **inside** your designated isolation space during isolation:
  - Stay contained to your own bedroom & bathroom area
  - Virtually go to work or class (if possible)
  - Exercise in your own room
  - Virtually maintain connection with friends, family and intimate partners
- Acceptable things to do **outside** of your designated space 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, or 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 designated isolation space, including friends, family, partners even for a quick moment
  - Go outside to exercise or for a walk
  - Utilize public transportation of any kind

## ISOLATION PERIOD NECESSITIES

### MEAL DELIVERY

For some, identifying how to manage meals during isolation could be a challenge. Below you will find how the university will support you with Stetson Dining meal delivery and several other options you can explore when you desire some variety during your isolation period.

- **Stetson Dining Meals**
  - We have established a system for you to receive meals daily. Meals are delivered once daily between Noon – 2 PM. Your daily delivery will include lunch, dinner and the next day's breakfast (unless you are isolated at the Hampton Inn/Holiday Inn in which case the hotel will deliver breakfast and Stetson will provide lunch and dinner). There is no extra financial charge to the student.
  - Missed Meals? Please know that meal delivery may not start your first evening in isolation, it is depending on the time of day in which you were moved into isolation. The Campus Life on Call staff will work with you to secure a plan for your first evening meal.
    - If we have missed you in our daily meal delivery time, please let Dining know as early as possible, to ensure that we are able to help you get meals for the evening. If you realize after Stetson Dining business hours contact Public Safety.
    - If your meal delivery is missing something or incorrect contact Stetson Dining.

- For questions or concerns about your meals:
  - Weekdays from 8:30 a.m. - 5:30 p.m. via email Candra Reid [candra.reid@stetson.edu](mailto:candra.reid@stetson.edu) or call Stetson Dining at 386-822-8780.
  - After hours and weekend please contact Public Safety to connect with a Campus Life on Call staff member who can contact Stetson Dining after hours team.
- **Other Options**
  - **Friends or Family**
    - Can a friend deliver food to you? Just be sure they leave it at your door and don't come inside your designated isolation space.
  - **Hatterbucks**
    - We have two retail locations off campus we are contracted with for use of this card. Jimmy John's (386) 337-7902 and Domino's (386) 738-1500 will accept Hatterbucks only, and your card must be present when receiving your orders.
  - **Food Delivery Options for External Residential Facilities** *(should card access be required to get into your residential building, this will not be an option)*
    - Utilize a grocery 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
    - You can also utilize food and take out delivery services which include Instacart, Grubhub, DeLand Delivery, Ubereats, etc.

## LAUNDRY

Residential students should not leave their designated isolation space to use the community laundry facilities during their period of isolation.

- **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.

**For External Residential Facilities** *(should card access be required to get into your residential building, this will not be an option at this time)*

- **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.

## HOW TO ISOLATE IN A SHARED APARTMENT SPACE

## DESIGNATION OF SEPARATE BATHROOMS

- Should you be isolating in your permanent fall assignment, a Stetson on Call staff member will work with and your apartmentmates to designate a bathroom for the individual(s) that tested positive
- When self-isolating, you and your apartmentmates should never be in the same room



## COMMON SPACES

- As an isolating person you should stay out of shared spaces like living rooms and kitchens
- Don't use any shared items in the kitchen or other bathroom
- It is expected that you clean and disinfect frequently, touched surfaces (door knobs, light switches, remotes, etc.) daily

## CLEANING

- Cleaning and disinfecting 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.
- Bathrooms and kitchens need to be cleaned after every use by the person who used it.
- Important cleaning supplies for each roommate/suitemate/apartmentmate to have include paper towels, cleaners, and disinfectants.
  - [List of EPA registered Disinfectants](#)



## 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 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](mailto: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 and need to take appropriate precautions when they leave their designated isolation location to go to a testing site.

- Wear face coverings
- Practice physically distancing
- Sanitize all frequently touches surfaces
- Should 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](http://www.stetson.edu/reportit) or contact Health Service at 386-822-8150 during business hours, or Public Safety after hours: (386) 822-7300, immediately and begin your isolation period.
- 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](http://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](http://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.

## YOUR RESIDENTIAL STAFF SUPPORT

### RESIDENT ASSISTANT

- Your current RA, even while in isolation, will be a great resource for you! They will work to help you navigate staying connected to your residential community while being physically separated. Know that your RA will be available in virtual ways: send them an email, or message them through Microsoft Teams, video chat over phone. Even while you are away you should expect to have deep conversations

with your Resident Assistant. No matter the length of time, your RA's goal is to be there where you need them.

## RESIDENTIAL LIFE COORDINATOR

- Your Residential Life Coordinator, the professional staff member who oversees your permanent room assignment/building, is there to help you navigate any challenges you may have while living in isolation. If you need support with getting your postal mail, books from the bookstore, or someone to talk with about how you are managing while in isolation, they are here to connect you to the right resources to make sure you remain connected while away from the campus. You can find their information below. Feel free to email or message them through Microsoft Teams!

### Your Direct Connect | Residential Life Coordinators

Name	Manal Ammagui	Lauren Sewell	Yasas Vithanage	Sommer McMinn
Area	West Area	First Year Area	Apartments Area	Central Area
Buildings	Emily Hall Chaudoin Hall University Hall	Carson Hall Hollis Hall Smith Hall Gordis Hall Nemec Hall  Courtyard Marriott <i>(Permanent Residents Only)</i>	Hatter Hall University Village Apartments Stetson Oaks Apartments Stetson Palms Apartments Stetson Cove Apartments  Plymouth Apartments <i>(Permanent Residents Only)</i>	Conrad Hall Sororities 1, 3-7 House 2 - Living Well Fraternities A-F Community Catalyst Houses  Comfort Inn, Hampton Inn, & Holiday Inn Hotels <i>(Permanent Residents Only)</i>
Office Line	3867402368	3867402363	3867402365	3867402364
Email	Mammagui@stetson.edu	Lsewell1@stetson.edu	yvithanage@stetson.edu	Smcminn@stetson.edu
Photo				

## 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 and would like the Dean of Students to message your supervisor, please let Dean of Students, Lynn Schoenberg know at [lschoenb@stetson.edu](mailto: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](mailto: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](http://stetson.edu/library). Please contact library staff at 386-822-7183 with questions.

## THINGS TO DO DURING ISOLATION

When you are looking for things to do in isolation, or for activities to keep yourself from getting bored in quarantine? Check out the below tips from the WELL Team and more by going to IG @thewellteam



## WHAT IS CONTACT TRACING?



[Contact tracing](#) is a process used by health departments to identify people who have an infectious disease (cases) and all the people they came in contact with (contacts). Contact tracing is used to both track and interrupt the spread of infectious diseases by having both cases and contacts quarantine and self-isolate.

**What does contact tracing for COVID-19 typically involve?**

- Interviewing people who have tested positive for COVID-19 to identify everyone they have had close contact with during the time they may have been infectious
- Notifying contacts of potential exposure
- Referring contacts for testing
- Monitoring contacts for signs and symptoms of COVID-19
- Connecting contacts with services they might need during self-isolation

This process is broken down into four steps:

1. Case investigation – Public health staff work with patient to identify contacts
2. Contact tracing – Public health staff notify contacts of potential exposure WITHOUT identifying the COVID-19 patient
3. Contact support – Contacts are provided with information and support to help them understand their risk and understand that they should isolate themselves as they may potentially be able to spread the infection
4. Self-quarantine for contacts – Contacts are encouraged to stay home to isolate themselves from others and monitor their health for 14 days after the date of potential exposure

At Stetson, the Florida Department of Health assists Health Service in contact tracing in the Stetson community and other people the community member may have interacted with.

## ENDING ISOLATION



You will receive contact from a university contact tracer to discuss your isolation end date. It is not until a university contact tracer has cleared you in the system that you are able to leave your isolation space. 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. Residential Living & Learning must then also let you know when you can return to your residential space. It is not until you receive an official notice of clearance through email from Residential Living & Learning that you are able to return to your residential assignment to resume your regular activities.

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

**Receive a negative COVID test?** This is good news. However, going for COVID testing and receiving a negative test during isolation does not end or reduce your required isolation period.

**Decide to go home?** If you decided that you would like to go home to complete your isolation, contact Public Safety so they can get you connected with the Campus Life On-Call team.

### 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.

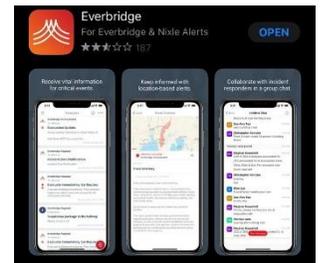
## MAINTAINING YOUR HEALTH AFTER A POSITIVE RESULT

If you have had a positive test, know that you may test COVID-19 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. Don't go to work or school if you are sick.

## 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!**