

Stetson Student Isolation Guide for COVID-19

This guide is intended for all students who:

- Are COVID-19 Positive
- Have symptoms consistent with COVID-19

REPORTING TO STETSON

WHAT DO I DO IF I HAVE SICK SYMPTOMS?

Any member of the Stetson community who has been to campus in the last 10 days and tested positive for Covid-19 and/or is experiencing flu-like symptoms (fever over 100.4 F, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or possible hearing loss) should alert Stetson immediately.

1. **Fill out this online form:** COVID-19 Health Report a Concern Form (<https://stetson.edu/reportit>).
2. **Stetson staff will contact you as soon as possible.**

WHAT IF I HAVE BEEN VACCINATED AGAINST COVID-19?

Vaccinated members of the Stetson community should still report sick symptoms and positive test results, and will be expected to isolate if they test positive for Covid-19.

COVID-19 vaccination remains the best option to lower your risk of severe illness, hospitalization, and death if you get infected. Everyone ages 5 years and older are eligible to receive one booster after receiving their COVID-19 vaccine primary series. Some people are eligible to receive a second booster. Even if you have had COVID-19 in the past, it is still recommended you get vaccinated and receive a booster! Find a COVID-19 vaccine and/or booster at [COVID-19 vaccine locator](#). Once you are [up to date](#) with your vaccines, you can resume activities that you did prior to the pandemic.

If you already have been vaccinated, letting us know will help us to make better decisions for everyone. Voluntarily report your COVID-19 vaccination status to Stetson as soon as possible by using [this online form](#). This data is a vital component of our decision-making process and helps to safeguard our community.

YOU'VE BEEN INSTRUCTED TO ISOLATE

Once you learn that you need to isolate, you have several decisions to make about how you will spend the next handful of days (as decided by Health Service in consultation from the Florida DOH).

WHERE SHOULD I ISOLATE?



Return to your Family Residence – If you have family that lives within driving distance of campus, you may believe it is best to stay 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 at a family home:
 - Clothing for at least 5 days
 - Academic needs – textbooks, notes, writing utensils
 - Electronic devices, chargers, and any technology needed for academic course work



Remain in your On-Campus Housing Assignment – If you remain in your on-campus housing assignment and isolate in place, it is important to be respectful and courteous of other individuals who share the same space during the period of isolation: purposefully cleaning shared spaces after each use, minimizing the time in the same room as roommates when possible, limiting visitors into the space unless absolutely necessary.

- **MASKING** | Residents who are isolating may leave their room and must be masked to:
 - Use community restrooms
 - Leave for medical services
 - Leave to isolate elsewhere
 - Obtain food delivery at the nearest entry point to a building
 - Go outside for independent outdoor exercise
- **TRASH** | Residents with minor symptoms in isolation should dispose of their own trash at an exterior trash receptacle location. Please wear a mask when leaving your isolation location.
- **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 to not create an error.



Remain in your Local Off-Campus Residence – If you remain in your local off-campus residence and isolate in place, it is important to be respectful and courteous of other individuals who share the same space during the period of isolation: purposefully cleaning shared spaces after each use, minimizing the time in the same room as roommates when possible; limiting visitors into the space unless absolutely necessary.

WHAT IS ISOLATION

Isolation | Symptomatic/Asymptomatic with Positive Test Result

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 face covering when around other people.
- 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).
- Current Florida Department of Health guidelines require isolation for 5 days from positive COVID test or start of symptoms. You must be fever-free for 24 hours without the use of fever-reducing medications, along with major symptoms resolved or resolving, in order to be cleared from isolation on day 5.
- Being tested on day 5 is highly recommended.
- If symptoms are resolving or have resolved on day 5, wear a mask for 5 days after clearance.
- If symptoms persist or you test positive on day 5, isolation will be extended until day 10.

- Follow all directions from Stetson Health Service and/or members of the contact tracer team.

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. As much as possible, you should stay in a different room or space from other people. You should also use a separate bathroom, if available.

- Acceptable things to do **inside** your home during isolation:
 - Go to work or class virtually (if possible)
 - Exercise in your own room or backyard, when others are not around
 - Virtually maintain connections with friends, family and intimate partners
- Acceptable things to do **outside** of your home during isolation:
 - Going to the doctor, urgent care, or emergency room to address your health concerns
 - COVID-19 Testing location (call first prior to leaving your isolation space)
 - Go outside for individual exercise or for a walk in large open spaces away from other people
- 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 isolation space or have someone else pick it up for you)
 - Invite visitors into your home, including friends, family or partners even for a quick moment
 - 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 avoid being in the same room, if possible.



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 bathroom.
- Clean and disinfect frequently touched surfaces (doorknobs, 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.
- If you must share a bathroom, the isolating person should clean and disinfect after every use.
- 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](#)



ISOLATION PERIOD NECESSITIES

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 roommates/apartment-mates/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 isolation space.
- **Hatterbucks**
 - There are 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, and your card must be present when receiving your orders.
- **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
 - You can also utilize food and take out delivery services which include Instacart, Grubhub, DeLand Delivery, UberEats, etc.
- **Stetson Dining**
 - While Stetson Dining cannot provide meal delivery service for residential students at this time, they are opening up the restriction, to allow a friend to come pick up meals for you if you have a meal plan. The Stetson Dining team will have a list of students isolating at each register with your name on it until you are cleared. Your friend will need to let the cashier know they are there to pick up a to-go meal for you, provide their own 800 number and sign for the meal. (Please do not share your Student ID with another student, this is against the Code of Community Standards.) Your friend will then obtain food to your preferences from the various lines and options available in the Commons. If you have any questions or concerns, please email Dining Services stetsondining@stetson.edu, or call at (386) 822- 8780. If you have additional meal plan questions, contact Jana Cotta at jcotta@stetson.edu.
 - If you have additional meal plan questions, contact Jana Cotta at jcotta@stetson.edu.

LAUNDRY

- **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](#):
 - 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.

- **King's Kleeners** - 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.

YOUR HEALTH

If you believe your health is worsening or you develop new symptoms, call Health Service during the day or Public Safety after hours.

If you are having trouble breathing, go to the Emergency Room. If you need immediate medical attention, always call 911.

VOLUSIA COUNTY CRISIS RESPONSE TEAM

- Volusia County Crisis Response Team is partnering with Stetson University to provide 24/7 crisis support to students. Students are able to speak to a support person from any location at any time.
- Call the Volusia County Crisis Response Team 24/7 at 386-822-8740
 - If you are having thoughts of harming yourself or others, select option 1.
 - For all other mental health needs, select option 7.

VIRTUAL COUNSELING

- Stetson's Student Counseling Services offers 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

When leaving a designated isolation location for testing, students should do the following:

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

ON-CAMPUS OPTIONS

- **Stetson Health Service:** All patients must have an appointment. Rapid Antigen test will be administered for symptomatic patients and a PCR test may be ordered at the provider's discretion. The provider's visit and the PCR test are charged through insurance. Referrals to an off-campus option are available for those without insurance. Call 386-822-8150 for appointments.
- **On-Campus Free At-Home Tests Available:** To increase testing availability for our community members, Stetson University is offering free at-home test kits for students and employees while supplies last. Tests can be picked up at Stetson Health Service and the CUB South Info Desk by the coffee shop during business hours (8 a.m.-4:30 p.m. Monday through Friday) and at Public Safety after hours and on

weekends. Please bring your Stetson ID. Please report your positive test results by using the COVID-19 Health Report a Concern Form (<https://stetson.edu/reportit>)

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) – Engage is the primary resource for finding out about activities and events sponsored by our student organizations! Check out many of the events and student organizations that you can participate in. Many groups are hosting virtual events and meetings to continue to connect with their virtual members. If you have additional questions or needs you may also email the Student Development and Campus Vibrancy team at vibrancy@stetson.edu.
- **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.
- **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.
- **WELL Team Instagram** (<https://www.instagram.com/thewellteam/>) – Peer Educators helping Stetson Hatters live their best lives on campus and beyond.
- **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 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.

ON-CAMPUS RESIDENTIAL STAFF SUPPORT

RESIDENT ASSISTANT

- Your current RA will be a great resource for you even while in isolation! 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.

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

Your Direct Connect Residential Life Coordinators				
Name		Jackson Dennis	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	Hatter Hall University Village Apartments Stetson Oaks Apartments Stetson Palms Apartments Stetson Cove Apartments	Conrad Hall Sororities 1, 3-7 House 2 – Living Well Fraternities A-F Community Catalyst Houses
Office Line	386.740.2368	386.822.7201	386.740.2365	386.740.2364
Email	Rlc-west@stetson.edu	Rlc-firstyear@stetson.edu	Smcminn@stetson.edu	Rlc-central@stetson.edu
Photo				

ENDING ISOLATION



A university contact tracer will be in touch 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. If you can be cleared, staff will let you know during the clearance call, and you will be released from isolation after 3 p.m. that day.

Please note, you must remain in isolation until 3 p.m. on the day of your clearance. Please be sure to discuss leaving isolation or returning to campus with a Stetson contact tracer or Stetson Health Services before doing so.

For some generally helpful information on clearance:

- COVID-19 Positive test = 5 days isolation from positive test date or onset of symptoms, followed by 5 days of mask wearing, as long as symptoms are resolving/have resolved on day 5

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

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 or venture out on campus, continue to practice physical distancing and wear a face covering for 5 days following your clearance day. 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 isolation. Because of this, please do not participate in an on-campus testing events for 90 days unless required to do so as part of Stetson's mandatory testing program.

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, 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.

VACCINATION

Even if you have had COVID-19 in the past, it is still recommended you get vaccinated and receive a booster!

COVID-19 vaccination remains the best option to lower your risk of severe illness, hospitalization, and death if you get infected. Everyone ages 5 years and older are eligible to receive one booster after receiving their COVID-19 vaccine primary series. Some people are eligible to receive a second booster. Find a COVID-19 vaccine and/or booster at [COVID-19 vaccine locator](#). Once you are up to date with your vaccines, you can resume activities that you did prior to the pandemic.

If you already have been vaccinated, letting us know will help us to make better decisions for everyone. Voluntarily report your COVID-19 vaccination status to Stetson as soon as possible by using this [online form](#). This data is a vital component of our decision-making process and helps to safeguard our community.

COVID-19 QUICK RESOURCES

STETSON HEALTH SERVICE

- Contact Stetson Health Service at (386) 822-8150
- 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>

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!