Quarantine and Isolation
Planning Guide for MRC Housing

How the Virus Is Spread
COVID-19 is a respiratory virus that spreads through droplets of an infected person when they sneeze, cough, sing, etc. The droplets will stay in the air for a few seconds before falling to the ground and the trajectory of the droplets is approximately 6 feet.

Infection primarily occurs when droplets from an infected person come in contact with another’s mucous membranes (eyes, nose, and mouth). Infection is less common, but possible, when droplets are picked up from surfaces by unwashed hands and transferred to eyes, nose, and mouth. Droplets will naturally die on surfaces within hours to days.

Definitions of Isolation and Quarantine

Isolation- Individuals who are experiencing symptoms consistent with the COVID-19 virus or test positive for the virus are required to separate (isolate) themselves from the general population.

COVID-19 Symptoms:
- New or worsening cough
- New or worsening shortness of breath
- Fever/temperature of 100 degrees Fahrenheit or above
- Two or more of the following symptoms:
  - Chills
  - Headache
  - Sore throat
  - Muscle pain
  - Loss of taste or smell
  - Fatigue
  - Congestion
  - Nausea
  - Vomiting
  - Diarrhea

Quarantine- Individuals who have been exposed to a COVID-positive individual should quarantine when that exposure has been for more than 15 minutes and within 6 feet. Generally, most healthcare settings are not testing asymptomatic people unless they are part of a high risk group. Individuals should quarantine for 14 days. Students are expected to contact their advisor and instructors and keep current with their online coursework.

ISOLATION

Who is isolated?
Anyone who has tested positive or is displaying symptoms of COVID-19. (See symptoms list above.)

Where?
Two apartments of MRC Housing (Alpine Village) have been set aside for isolation – Apartments 207 and 208. Residents who need isolation should contact Jon (Director of Residential Life- DRL), who will help them resettle in one of these apartments.
**For how long?**
Students are required to remain in isolation until 1) 10 days have passed since symptoms first appeared, 2) 24 hours have passed with no fever without the use of fever-reducing medication, **AND** 3) symptoms have improve.

**How does individual get food, medicine, etc?**
A student who has to go into isolation should have an Isolation Go Bag prepared with clothes, medications, and essential school materials they may need for the time spent in isolation. Should any other needs arise for the student, he or she should reach out to Jon, (the DRL) and he will accommodate those needs to the best of his abilities. **Residents are encouraged to purchase a pre-paid credit card to cover those costs.**

**Who should be contacted?**
Residents who begin to experience symptoms or test positive for the COVID-19 virus should contact Jon (DRL) at 218-410-0974 so that they can be relocated to isolation. Residents should also contact their advisor and instructors.

**QUARANTINE**

**Who is placed under quarantine?**
Anyone who has been exposed to a COVID-positive individual should quarantine when that exposure has been for more than 15 minutes and within 6 feet. Roommates of any individual who tests positive for the COVID-19 virus or is experiencing symptoms consistent with the virus will quarantine for 14 days.

**Where?**
The students will quarantine in their assigned apartment and bedroom.

**Under what conditions?**
Once roommates are notified of a positive COVID case, they should 1) contact their advisor and instructors, and 2) disinfect common spaces, and 3) continue to self-assess their health.

**For how long?**
Residents should plan to quarantine for 14 days. Students in quarantine are expected to keep in touch with their advisor and instructors and keep current on their coursework.

**How does individual get food, medicine, etc?**
Students who are required to quarantine to take inventory of what they have and what they will need for the immediate future. Items to consider are

- Food
- Over-the-counter medications
- Soap, laundry detergent, etc.
- Technology needs
- Hard copy course materials

Students should communicate these needs to the DRL, and he will accommodate those needs to the best of his abilities.
**Who should be contacted?**

Students who come in contact with a confirmed case of COVID-19 should contact Jon (the DRL) immediately for guidance and support.

Students should also contact their advisor and instructors immediately. Students who are healthy but under quarantine are expected to continue and keep current with any course work.

**RESOURCES**

- Jon Bird, DRL- 218-410-0974
- Essentia Health- 218-305-0201
- MRC Returning to Campus webpage
  - Quarantine and Isolation Plan
  - MRC Preparedness Plan
- Housing Packet
  - Protocols for Commons Spaces
  - Isolation Go Bag Suggestions