

# WELCOME

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# Isolation vs. Quarantine Spaces

## (Know the difference)

### Isolation Space:

- Separates people with COVID-19 from people who do not.
- **Duration of stay:**
  - (Asymptomatic) 10 days from your positive test collection date
  - (Symptomatic) 10 days from the date of onset of symptoms

### Quarantine Space:

- Separates people who were exposed to COVID-19 to see if they contract COVID-19.
- **Duration of stay:**
  - Approximately 9 days – On day 7, you will go get retested. Results typically come back within 2 days. If your results come back negative, you will resume to your regular housing assignment
  - \*If your results come back positive, you will be moved into isolation housing (see above)

## Why is it important?

**Isolation** and **quarantine** spaces help protect the public by creating a closed loop by preventing exposure to people who have or may have COVID-19.

This is known as the **Box It In** strategy.

# Staffing Hours

**Sunday: 9:00A-9:00P**

**Monday: 9:00A-9:00P**

**Tuesday: 9:00A-9:00P**

**Wednesday: 9:00A-9:00P**

**Thursday: 9:00A-9:00P**

**Friday: 10:00A-10:00P**

**Saturday: 10:00A – 10:00P**

## Who should I look for?

Jeanne Mance will have a Student Health Services staff member available from 8A-4:30P, M-F.

We are excited to have student staff join our crew to help ensure the overall safety for our students.

All members of our crew can be easily identified because they'll all be wearing a "JM CREW" name tag.

We're here to help, so give us a shout.

An SHS staff member will be in the building overnight.  
**Assistance after 10:00P is reserved for life, limb or fire emergencies ONLY.**

# HELP – Who Do I Call?

**Emergencies:** 911

**Jeanne Mance Front Desk:** 802.656.2598

**Locked out of the building:**

- **During staff hours: (JM Crew Member)** 802.557.2505
- **After Staffing Hours: (UVM Police Services)** 802.656.3473

**New development of symptoms while in quarantine or isolation:** Call Student Health Services between 8am-4:30pm (closed between 12pm-1pm) 802-656-3350

**Discuss 7 day retest or end of isolation date:** Call Student Health Services at 802.656.3350 and ask to speak with a nurse.

**I locked myself out of my room:** Please visit the front desk to have a staff member let you in. If it's after 10pm, you will need to knock loudly on resident staff member's door in the lobby.

**Something is broken in my room or on my floor-** [https://www.uvm.edu/reslife/maintenance\\_request](https://www.uvm.edu/reslife/maintenance_request). For urgent needs visit the front desk.

**CAT Card Services:** 802.656.4509

## **UVM Dining Quarantine Meals**

### **Spring 2021**

UVM Dining will deliver your meals to a table in the lobby of the isolation quarantine residence hall. You will receive two meal deliveries per day: a cold lunch & a hot dinner/cold breakfast for the next morning. **To ensure food safety and limit food waste, please pick up meals at the specified times below.**

To view the quarantine menu visit [go.uvm.edu/diningupdates](http://go.uvm.edu/diningupdates).

#### **Meal Pick-Ups at Jeanne Mance:**

- **Lunch Pick-up: 12:15-1:15P | Dinner Pick-up: 5:15-6:15P**
- Meals will be placed on designated tables. Please ensure you are picking up your meal from the correct area.
  - Regular/No Dietary Restrictions
  - Special Dietary Needs (Vegetarian, Vegan, Food Allergies). Will be labeled with full name and dietary need on bag/package.
- If you do not pick up your meal during the meal period, it will be placed in the common area fridge and be considered “extra” so another student may take if needed (breakfast/lunch only)

#### **Meal Pick-Ups at Slade:**

- **Lunch Pick-up: 12:30-1:30P | Dinner Pick-up: 5:30-6:30P**
- Special Dietary Meals will have dietary needs and full name listed on the bag/package. “Regular” meals are unlabeled, please only take one.

#### **Meal Pick-Ups at Trinity Cottages:**

- **Lunch Pick-up: 12:45-1:45P | Dinner Pick-up: 5:45-6:45P**
- Meals will be delivered to the common area laundry room.
- Special Dietary Meals will have dietary needs and full name listed on the bag/package. “Regular” meals are unlabeled, please only take one.

#### **Safety Information**

- Do NOT enter meal area if any Dining Services staff member is present.
- Please be sure to place perishable breakfast items in a refrigerator overnight.

#### **Special Dietary Needs**

You should have informed Student Health Services if you have any special dietary needs (i.e. vegetarian, vegan or food allergies/intolerances). This information is shared with UVM Dining. If you have questions or concerns about special dietary needs, portion sizes, or the menu please contact our Registered Dietitian at [Nicole.Reilly@uvm.edu](mailto:Nicole.Reilly@uvm.edu).

# Snacks & Extras:

**Snacks:** We've got you covered. Please let our staff know if you have allergies when selecting goodies. Brands may shift depending on availability but we typically have the following:

- Chips
- Gluten free cracker or chip
- Gummies
- Nutrigrain bars
- Mac and cheese
- Cookies

**Additional Supplies: (if not listed below, please ask)**

- Towels
- Sheets
- Pillows
- Shampoo/conditioner and lotion
- Toothbrushes and tooth paste.
- Pads and Tampons
- Plastic utensils, paper plates and napkins.
- Zip lock baggies
- Extra trash bags.

**Although we are not a medical facility, we can get you through until your grocery/pharmacy order arrives with these...**

**Over the Counter Medical Supplies:**

- Starter packs of Tylenol and Ibuprofen
- Access to have temperature taken
- Cough drops
- Tissues
- Tea and honey

# PARENT/SUPPORT SYSTEM QUESTIONS:

- Due to patient confidentiality, staff at Student Health Services cannot speak to anyone else about your care unless you have given prior authorization.
- Students are highly encouraged to communicate directly with their parent(s) or family members who might be concerned and have questions about their experience in isolation or quarantine.
- Students are welcome to take photos of the information in this packet and send them to their family/support system(s) and/or call them during any informational conversation with a staff member so that they can be included and ask questions in real time.
- All care packages to students in quarantine or isolation housing should be sent to:  
**Jeanne Mance Hall**  
**Care of: <insert student name>**  
**394 Pearl Street**  
**Burlington, VT 05401**
- All remaining (non-urgent) questions can be submitted to [chwbsnotifications@uvm.edu](mailto:chwbsnotifications@uvm.edu). Student Health Services will do their best to respond as quickly as possible to each inquiry, in the order in which it was received.

# Things to Do:

Dear student,

It's likely this is the last place you'd like to be. However, we are here to welcome you and support you the best we can during your stay.

Here are some low-key things you can do to stay engaged while you're here:

1. Create and share your pandemic playlist (introduce yourself to music from around the world)
2. Create and record a Pandemic Parody
3. Declutter your phone or your laptop
4. Take a [virtual tour](#) of some of the world's most prestigious cultural institutions
5. Write a letter to your future self
6. Plan your next vacation
7. Inspire yourself with some [Ted-Talk](#) videos
8. Stay sharp, download a new brain games app
9. Learn a new recipe (or several) with [Sam the cooking guy](#) on YouTube (He's hilarious)
10. Send a Quarantine or Isolation review to [chwbshsnotifications@uvm.edu](mailto:chwbshsnotifications@uvm.edu) and let us know what's working well and where we might be able to improve on this experience.



# Rules & Responsibilities: (Recap)

## **Safety and Hygiene:**

- Medical grade face masks must be worn in common spaces of the building at all times. Masks must be worn properly, covering both nose and mouth. You will be provided with 10 medical grade masks with your welcome packet.
- You are not allowed to enter any room in the building not assigned to you.
- You must use the bathroom on your floor unless otherwise directed by a staff member.
- You may get food delivered to the building. This must be contactless and ONLY for you. Joint orders cannot be placed. It is hazardous to have multiple people sharing from the same order and is not considered appropriate social distancing.
- Meals must be eaten in your assigned room.
- Window Screens must be left in the windows. Removal of these for any reason is not allowed. You may not remove them to store anything on the windowsill.
- Congregating or lingering in the common areas is NOT permitted. These spaces are strictly to pick up meals or use the microwave on your floor and return to your room.
- Upon check-in, CAT Cards to current residential halls are de-activated during a student's stay. Students may not return to routine Res. Hall for any reason until check out. CATCards will be activated for assigned quarantine and isolation building. (CAT scratch remains active.)
- Students should report via the residential "fix it" procedure regarding any issues with their room or the building they are in just as they would in their usual residential hall.
- Students are responsible for letting front desk staff know if the sanitizing wipes need to be refilled by bringing the white bucket in the room down to the front desk during operational hours.
- Students are allowed to leave the building for medical appointments and re-testing as directed by Student Health/case-manager.

## **You Cannot:**

- Enter any room that is not yours

- Visit in the doorway of another student in the building
- Be on a floor of the building that was not assigned to you
- Have visitors inside or outside of the buildings even if maintaining social distance.

## **Re-testing/Isolation End Dates:**

- Students in Quarantine:
  - Day 7 exposure testing is done at the Davis Center if you are ASYMPTOMATIC.
    - If at any time you develop symptoms, report this to your case manager at Student Health ASAP for further instruction. (see page two for contact info)
- Students in Isolation:
  - Isolation end date is pre-determined by the student's case manager. Additional questions regarding end dates should be discussed with case managers by calling Student Health Services at 802.656.3350 or sending a secure message via the mywellbeing portal.

## **Check-out process:**

- Check-out times are IMPORTANT and should be made a priority. A Dean's Notification has already been placed on your behalf. If you find yourself missing a class due to check-out time, you can email your professor in addition to the Dean's notification.
- If you miss your specified move out time, you will be moved at the next available time staffing permits.
- All Check-outs typically take place in the morning. Evening move-outs are contingent on staffing and volume of students needing to check-out. This may mean your test result arrives in the evening and you will stay until morning.

# **Discharge Checklist**

***\*\*\*A staff member MUST be present at discharge unless specifically instructed\*\*\****

- \_\_\_ Room must be restored to original set up if furniture has been moved.
- \_\_\_ Lights must be off and shades open.
- \_\_\_ ALL food needs to be removed from the refrigerator and freezer.
- \_\_\_ The refrigerator should be unplugged, wiped clean with sanitizing wipes and left open.
- \_\_\_ All surfaces (mattresses, dresser tops, and desk tops) must be wiped with disinfectant wipes provided in your rooms.
- \_\_\_ Floor must be swept and free of excess hair, large debris and crumbs.
- \_\_\_ ALL trash must be removed from your room and placed in the trash cans located near the common area in the center of your hall.
- \_\_\_ If you have remaining snacks or food that is packaged this must be taken with you are thrown away.
- \_\_\_ Please check all outlets for electronic chargers.
- \_\_\_ Your room must be left unlocked with the door open.
- \_\_\_ The key must be handed to a staff member at the front desk along with your checkout list (depending on the level of checkouts at one time a room check may be conducted by a staff member prior to you departure, otherwise your initialed checkout list will serve as the room check and all items not addressed will be billed to your student account).
- \_\_\_ You must show the staff member that is facilitating your check out your negative test on your covered.