

# RESIDENTIAL STUDENT GUIDE TO ISOLATION, QUARANTINE & CONTACT TRACING

Preventing the spread of COVID19 at TCNJ will require the entire community to make considerable changes to protect public health and to protect the in-person, on-campus experience. This guide details the protocols and supports TCNJ has in place and the expectations for students as we start the spring semester. This guide will also help you prepare for the potential that you might need to be in quarantine or isolation housing.

## DEFINITIONS:

- **Quarantine:** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.
- **Isolation:** separates sick people with a contagious disease from people who are not sick.
- **Close Contact:** someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to specimen collection) until the time someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period\* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

All residential students will be required to participate in weekly COVID testing in order to remain on campus. By identifying cases early, we will be able to reduce asymptomatic or pre-symptomatic spread and keep our COVID infection rates low.

*We strongly encourage residents to get tested in the morning if possible, as that will allow you to get your results during business hours and thus provide you with access to more resources if you need to move to an isolation space.*

# PREPARING FOR QUARANTINE OR ISOLATION

**All residential students should come to campus prepared** in the event that they need to be moved to isolation or quarantine. Pack a bag with the following items, keeping in mind that you will need up to two weeks of supplies as you will not be able to leave your space.

## PACKING LIST

- Medications. This includes any regular medications you take (prescriptions, allergy medicine, etc.) plus the types of medications you might need if you become sick (decongestants, pain reliever, fever reducer)
- Thermometer
- Toiletries. Shampoo, soap, lotion, deodorant, toothpaste, toothbrush, floss, razor, nail clipper, hairbrush, comb, etc.
- Self-care items. Tissues, hand sanitizer, face masks or coverings, hand soap.
- School supplies. Your digital devices, notebooks, writing supplies, text books, plus any chargers you need, etc.
- Disinfectant wipes.
- Glasses, contacts or contact lens supplies, if you use them.
- Healthy non-perishable drinks and snacks. (Gatorade, granola bars, cereal, pretzels, dried fruit, nuts, applesauce pouches, etc.)
- Clothing
- Sheets, blankets, pillow
- Towels and washcloths

*Your quarantine and isolation space will be stocked with water and toilet paper.*

**If you are moved into quarantine or isolation housing, you will NOT be able to return to your room until you are cleared by COVIDComply or Student Health Services.**

## TRAVEL QUARANTINE

We strongly discourage unnecessary travel while COVID rates continue to be elevated.

Any student who travels outside of the immediate region (NJ, PA, NY, CT and DE) for non-work-related reasons will need to quarantine in NJ, PA or NY for 7 days with proof of a negative test result from day 5, 6 or 7 of your travel quarantine. Please note that day 1 of your travel quarantine is the day after you arrive to NJ, PA or NY. If you travel out of state, you should report this in the ROAR app and make accommodations to quarantine appropriately.

If you travel, please email housing with proof of quarantine or any questions you may have about following the guidelines.

# CONTACT TRACING

Contact tracing allows us to identify who has been exposed to COVID19 and quarantine them, thus preventing the individual from spreading the virus further while asymptomatic or presymptomatic. COVID19 is similar to colds and flus in that it's spread through respiratory droplets. But unlike the common cold or influenza:

- We haven't developed antibodies to protect us from severe infection
- It's more transmissible
- It's contagious during the two days prior to developing symptoms. (With the flu, one might realize they are sick and voluntarily isolate because they don't feel well and don't want to get others sick. With COVID, one may not be able to do that because they aren't aware they ARE sick yet.)
- It's also contagious in people that are asymptomatic.

**If you test positive for COVID19, a contact tracer will reach out to you to direct you to isolate and to identify potential close contacts. It is ESSENTIAL that you honestly and actively participate in this process. By doing so, it limits the spread of COVID on campus and protects the in-person, on-site educational experience.**

We understand that some students who test positive may have recently participated in a gathering in which they or others were not following appropriate protective measures and may wish not to "get in trouble". The College expanded their medical amnesty policy to cover these scenarios. Please read the following infographic to understand the policy and why honest and thorough participation in the contact tracing process is essential. Please understand the purpose of contact tracing is not to get anyone in trouble for participating in a large gathering but to help mitigate the spread of COVID19 and keep our community safe.

## **How will I know the person calling me is a contact tracer?**

1. The person will never ask for your social security number.
2. The contact tracer will identify themselves and their role as a TCNJ COVID Outreach Team member.
3. The College of New Jersey should appear on the caller ID.
4. If you do not answer because you don't recognize the number, they will leave a voicemail AND follow up with a text. Please respond immediately.

# QUARANTINE

Quarantine separates people who have been exposed to COVID19 from those who have not been exposed. If you have been identified as a close contact of someone who has developed COVID, you will be expected to quarantine.

Quarantine rooms are normal single occupancy residence hall rooms (although some may have been doubles previously and may have two sets of furniture) with a private bathroom in New Res. Students in quarantine will have access to a fridge and microwave in their room.

In some cases, students may be quarantined in Townhouses West or remain in their room in Eickhoff. Students who are placed in quarantine housing in Townhouses West will also have a fridge and microwave on the floor for the student to use.

## What happens if I am quarantined?

- A professional staff member from Residential Education & Housing will reach out to you with instructions for moving into a quarantine space. You will have **90 minutes** to move everything you need to quarantine for **14 days**. If needed, a cart will be provided to you to assist with the move.
- If you develop symptoms or test positive for COVID, you will most likely be able to remain in your quarantine space (instead of moving to isolation); however, your stay may be adjusted.
- Meals will be delivered to your quarantine space. In New Res and Eickhoff, they will be dropped off outside your room. In Townhouses, they will be dropped off in a bin right outside your house. You will need to complete the sick tray form to get meals delivered. TCNJ will not complete this for you. See meal information below.
- Once you are done moving, please wipe down the cart (if you used one) with disinfectant wipes and place it in the main lounge. (Please note that in Townhouses, the main lounge is the first door at the front of the complex. You will need to swipe in.)

## What about my classes?

You may want to notify your professors that you will need to shift to online learning during your quarantine period. You may return to hybrid learning once your quarantine period ends, as determined by SHS or COVIDComply. If you have an on-site experience (clinicals, student teaching, etc.), please see guidance from the coordinator of that program.

## Meals

As part of your dining plan, Sodexo will deliver meals three times a day while you are in quarantine or isolation. This will not include any snacks or extra beverages that students might generally consume between meals, so please pack accordingly.

Pre-placed in your room will be a case of bottled water to use as needed during your quarantine or isolation time. If you run out of water, you may request an additional case on your Sick Tray Order Form.

## **PLEASE FOLLOW THE INSTRUCTIONS PROVIDED TO YOU WHEN YOU WERE MOVED TO YOUR QUARANTINE OR ISOLATION SPACE.**

There is no additional charge for sick trays. Dining will simply use the swipes available on your meal plan. If the student does not have swipes available to use Dining Services will charge the Atrium at Eickhoff door rate.

Meal deliveries will be made during the time periods below. Deliveries to the Townhouses will be placed in the brown boxes outside your Townhouse door and your meal will be labeled with your name. Deliveries to Eickhoff or New Residence Hall will be left outside your room door.

#### Meal Delivery Times:

- Breakfast (Mon – Fri) – 7:30am – 9:30am
- Lunch – 11:30am – 1:30pm
- Dinner – 5pm – 7pm
- Brunch (Sat – Sun) – 11am – 12:30pm

#### **What if I want to order DoorDash or delivery or have groceries delivered?**

Only students quarantining or isolating in Townhouses West have this option due to the design of the environments. New Res and Eickhoff quarantined or isolated residents would be in violation of quarantine/isolation guidelines if they ordered food delivery because receiving it requires them to leave their living space. An alternative for Eickhoff or New Res residents is ordering snacks online and having them shipped. (See package information below.)

#### **What do I do while in quarantine?**

- Continue submitting the daily self check up form in the ROAR app to help monitor your symptoms. If you develop symptoms consistent with COVID-19 illness schedule a telemedicine visit with Student Health Services through the online wellness link (OWL) at [tcnj.medicatconnect.com](http://tcnj.medicatconnect.com)
- Please make sure you are following the appropriate restrictions to quarantine and remaining in your room until you are cleared from SHS or COVIDComply.
- You may participate in your classes virtually
- You may participate in virtual programming offered through different student organizations, campus offices and departments. Follow @ThisWeekAtTCNJ on Instagram or check out the virtual opportunities calendar (<https://sa.tcnj.edu/virtual-opportunities/>)
- You may also access campus resources virtually. See the Campus Resources section of this guide for more information.

#### **I am expecting a package that I need while in quarantine (for example: class supplies, snacks)**

Complete [this form](https://forms.gle/RFLYUaAgKPYxHFE3A) (<https://forms.gle/RFLYUaAgKPYxHFE3A>) and someone from our staff will deliver the package outside your door during normal business hours.

#### **What do I do if I forgot something in my room or I need something that I did not pack?**

If it's something in your room: email [housing@tcnj.edu](mailto:housing@tcnj.edu) with a list of what you need and where it is. If we are able, we will get it for you, but it will not be until at least 24 hours after you left the room for health and safety reasons. Due to staffing limitations, we may only be able to collect prescription medications and course materials.

If it's something NOT in your room: you may have a friend or family member bring it to the Central Office in Eickhoff 114 during business hours (Mon through Fri 9a-noon and 1p-4p) and we will deliver it outside your door. If you are in the Townhouses, you may have your friend or family member leave it outside your Townhouse main door.

#### **I need to pick up a prescription.**

If you need to pick up a prescription, you should coordinate to have a friend or family member pick it up or get your prescription through a place like CVS that does delivery and coordinate a contactless delivery. For students in the Townhouses, you can have them leave it outside your house. In New Res or Eickhoff, this is one reason you

would be able to leave your room (masked) to get a prescription at the front door. Unfortunately, employees at the College are not able to deliver prescription medications to students.

## **Laundry**

Unfortunately, laundry services are not available in isolation or quarantine housing.

## **Trash Disposal**

Building Services will come around in the evenings to pick up and remove trash. Please bag up your trash and leave it outside of your room door (New Res or Eickhoff) or outside your house door (Townhouses) by 8pm.

## **What if I want to return home instead?**

The CDC strongly discourages students returning home during a quarantine or isolation period due to the risk of spreading the virus to others.

If you choose to do this:

- Let ResEd and Housing know when they reach out to you to coordinate your move to quarantine/isolation housing.
- If you are not driving yourself home, you must self-isolate in your room until your support person picks you up.
- Your swipe access will be turned off until you are cleared to return to campus. You will be unable to return to get supplies, so make sure you pack accordingly.
- Please be very mindful of following all of the CDC precautions to avoid spreading to others, such as staying in a separate “sick room” and using a separate bathroom from the rest of the household.

## **What happens when I’m released from Quarantine?**

Only SHS and COVIDComply may release students from quarantine. Once they do, you may return back to your normal residential location, move about campus and attend hybrid classes. If you need a cart to facilitate that move, please reach out to Residential Education and Housing during business hours (Mon through Fri, 9a-noon and 1p-4p) and we will facilitate getting you a clean cart.

Please make sure you remove all personal belongings and trash from your quarantine space. Once you have moved out of your quarantine space, you will return your key to the silver keybox outside the Eickhoff main entrance, on the C-Store side. Please make sure the key is in the envelope you received it in.



# ISOLATION

Isolation separates people who have tested positive for COVID19 from those who do not have COVID. If you have been tested positive for COVID, you will be expected to isolate.

Isolation rooms are normal single occupancy residence hall rooms in Townhouses West. There may be 1-3 other students in isolation on your floor. All students on the floor will share a bathroom, refrigerator and microwave. (In some cases, a student may be quarantined in New Res, but may develop COVID requiring isolation. Those students will be permitted to remain in their quarantine space in New Res instead of moving.)

## What happens if I find out I have tested positive for COVID?

- You should update your status immediately in the ROAR app.
- A contact tracer from the College will reach out to you.
- A professional staff member from Residential Education and Housing will reach out to you with instructions for moving into an isolation space. You will have **90 minutes** to move everything you need to isolate for approximately 10 days. If needed, a cart will be provided to you to assist with the move.

## What happens if I am quarantining and find out that I need to isolate?

If you develop symptoms or test positive for COVID, you will most likely be able to remain in your quarantine space (instead of moving to isolation); however, your length of stay may be adjusted.

## What about my classes?

You may want to notify your professors that you will need to shift to online learning during your isolation period. You may return to hybrid learning once your isolation period ends, as determined by SHS or COVIDComply. If you have an on-site experience (clinicals, student teaching, etc.), please see guidance from the coordinator of that program. If you are not feeling well enough to attend classes virtually or need extensions on assignments, please work individually with your instructor. If you think you may need longer term academic accommodations, you may work with the Dean of Students Office to identify your options, which may include assignment extensions, incompletes, withdrawing or a leave of absence, depending on the severity of your illness and symptoms.

## Meals

As part of your dining plan, Sodexo will deliver meals three times a day while you are in quarantine or isolation. This will not include any snacks or extra beverages that students might generally consume between meals, so please pack accordingly.

Pre-placed in your room will be a case of bottled water to use as needed during your quarantine or isolation time. If you run out of water, you may request an additional case on your Sick Tray Order Form.

## **PLEASE FOLLOW THE INSTRUCTIONS PROVIDED TO YOU WHEN YOU WERE MOVED TO YOUR QUARANTINE OR ISOLATION SPACE.**

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### **What do I do while in isolation?**

- Continue doing daily symptom checking and reporting in the ROAR app.
- If your symptoms worsen schedule a telemedicine visit with Student Health Services through the online wellness link (OWL) at [tcnj.medicatconnect.com](https://tcnj.medicatconnect.com)
- Please make sure you are following the appropriate restrictions to isolation and remaining in your room until you are cleared from SHS or COVIDComply.
- You may participate in your classes virtually, if you are feeling well enough.
- You may participate in virtual programming offered through different student organizations, campus offices and departments. Follow @ThisWeekAtTCNJ on Instagram or check out the virtual opportunities calendar (<https://sa.tcnj.edu/virtual-opportunities/>)  
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If you choose to do this:

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- If you are not driving yourself home, you must self-isolate in your room until your support person picks you up.
- Your swipe access will be turned off until you are cleared to return to campus. You will be unable to return to get supplies, so make sure you pack accordingly.
- Please be very mindful of following all of the CDC precautions to avoid spreading to others, such as staying in a separate “sick room” and using a separate bathroom from the rest of the household.

## What happens when I’m released from isolation?

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Please make sure you remove all personal belongings and trash from your quarantine space. Once you have moved out of your quarantine space, you will return your key to the silver keybox outside the Eickhoff main entrance, on the C-Store side. Please make sure the key is in the envelope you received it in.



# CAMPUS RESOURCES

We understand that being in quarantine and isolation is not fun and can be disruptive to a student's semester, but we want to reassure you that you still have access to a number of campus resources to help you during this experience.

**Student Health Services:** <https://health.tcnj.edu/>

Student Health Services provides virtual (telemedicine) and in-person medical appointments. Students can schedule an appointment by logging in to the portal, OWL (Online Wellness Link) at <https://tcnj.medicatconnect.com/>.

**Mental Health Services:** <https://mhs.tcnj.edu/>

MHS will continue to use teletherapy as the primary mode of service delivery for both individual and group sessions. Please call MHS at (609) 771-2247 for initial screening and to determine next steps.

**Dean of Students Office:** <https://deanofstudents.tcnj.edu/>

DOS provides support to students experiencing hardship and helps connect them to the resources they need to support them through that challenge.

**Center for Student Success:** <https://css.tcnj.edu/>

CSS has a number of live and recorded academic success workshops that you can access even while in quarantine or isolation. [Here](#) is their YouTube Channel (<https://tinyurl.com/TCNJCSS>) and [here](#) are their workshops (<https://css.tcnj.edu/academic-success-workshops/>)

**Tutoring:** <https://tutoringcenter.tcnj.edu/>

All tutoring services will be held remotely during Spring 2021.

**Collegiate Recovery Program (CRP):** <https://recovery.tcnj.edu/>

CRP will continue to be available virtually for consultation and limited teletherapy. AA, NA, SMART Recovery, and All Recovery support groups can be accessed remotely here: <https://recovery.tcnj.edu/support-meetings/>. Students in need of support may also be connected electronically (i.e. email, groupme) to other students in the recovery community.

**Religious & Spiritual Life (RSP)**

The Center for Mindfulness and Compassion offers weekly virtual opportunities related to mindfulness, meditation, and compassion. Interested in participating? Email Lisa Caton at [mindfulness@tcnj.edu](mailto:mindfulness@tcnj.edu) or visit: <https://religiousandspirituallife.tcnj.edu/center-for-mindfulness-and-compassion/offerings/>

## EVENTS, PROGRAMS & ENTERTAINMENT RESOURCES

- Most CA programming will be virtual, which means you will still be able to engage with your community while in quarantine or isolation.
- You may participate in virtual programming offered through different student organizations, campus offices and departments. Follow @ThisWeekAtTCNJ on Instagram or check out the virtual opportunities calendar (<https://sa.tcnj.edu/virtual-opportunities/>)
- You can participate in fitness classes through the Atleto app (see <https://recreation.tcnj.edu/virtual-recwell/> for details). This will include content from TCNJ's own group fitness instructors!
- Download the F45 Challenge App through Apple or Google Play Store and sign in using your @tcnj.edu email for a free subscription and you will have access to F45. The app provides a variety of fitness workouts with or without equipment, wellness and nutrition information, and guides. For more information, please visit the [F45 website](#).
- Virtual gaming! Go to TCNJ's RecWell site for more details on phone app game brackets, eSports, RECreate Your Night at Home events and other resources to support your recreation and wellness.

- Also, don't forget you have cable TV access via your laptop, digital device or TV by logging onto Philo. For directions: <https://housing.tcnj.edu/philo-tv/how-to-use-philo/>

## MEDICAL TRANSPORT SERVICES

In some cases, a student who is in quarantine or isolation may require medical treatment off campus and may need transportation. The following are medical transport services students may access if that is a need. Please note that these are not services provided by the College. This is simply a list available for students who may need it:

### **On Time Medical Transport**

Onetimetransport.com  
908-298-9500

### **Able Medical Transport**

ablemedicaltransportation.com  
(800) 323-ABLE

### **Superior Medical Response SMR**

smrambulance.com  
609-949-2700

### **MTT Medical Transportation**

609-689-0555

\*Medical Transport Association of NJ listing Medical transportation services in Mercer County who can provide services to TCNJ students include On Time Medical Transportation Services, Able Medical Transportation, MTT, and SMR Ambulance Services Inc. The listed companies report that all transportation employees are CPR and HIPAA trained and have background checks on hire. Services include transportation to and from the local hospitals in Mercer County with an appointment made in advance. They are all capable of transporting positive COVID-19 students to and from the local hospitals. In the event that a student is positive for COVID-19, they ask to be informed at the time of the appointment. The services are billed to the student's medical insurance; students may be responsible for associated co-pays depending on their individual insurance plan. Many of these companies belong to the New Jersey Medical Transportation Association (MTANJ). This association gives a voice to the medical transportation services and covers approximately forty-five percent of all licensed vehicles in the state. The MTANJ represents the interest and concerns of the industry relative to regulations, legislative and reimbursement issues. If you would like more information about the MTANJ, please contact Stephanie Summers at [stephanie@amg101.com](mailto:stephanie@amg101.com) or (732) 719-7229.

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## CONTACT INFORMATION

### **Department of Residential Education & Housing**

609-771-2301  
[housing@tcnj.edu](mailto:housing@tcnj.edu)

#### Business Hours:

- Monday through Friday, 9am-noon, 1pm-4pm
- Closed January 18, 2021 for Martin Luther King, Jr. Day and closed when the College is closed due to inclement weather.

For after hours emergencies, call Campus Police, via 911 or 609-771-2345