

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.
- **COVID Symptoms:**
 - Fever or chills
 - New onset of or worsening of a chronic cough
 - New onset of or worsening of chronic shortness of breath or difficulty breathing
 - New onset sore throat
 - Nausea, vomiting or diarrhea
 - New onset of loss of taste or smell
 - New onset of a headache without a past history of headaches

At this point, residential students will not be expected to participate in regular testing; however, if you develop symptoms of COVID or a COVID-like illness and you have **no known exposure** to someone with COVID, please do the following:

1. Start wearing your mask in order to protect the community. Whether it is COVID or another illness, a mask will reduce the likelihood you will infect others in the community.
2. Update the ROAR app with your symptoms.
3. Get tested immediately.
4. During business hours, you should reach out to Student Health Services via the OWL system or by calling 771-2889. After business hours, they may get tested at an off campus privately owned urgent care such as the one in Campus Town or any other testing location available.
5. If tested outside of the TCNJ COVID testing site they must upload a copy of the test result to OWL and email health@tcnj.edu to notify them that they have uploaded a COVID test result.

If you have been identified as a **close contact** to someone who tested positive for COVID and you develop symptoms:

1. Continue wearing your mask or face covering in all areas of the community.
2. Update your status on the ROAR app.
3. Reach out (virtually if possible) to a ResEd staff member to let them know so we can start your move to quarantine/isolation.

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.

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 COVID, 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 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 AND ISOLATION (Q&I)

All of our quarantine and isolation 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 Q&I will have access to a fridge and microwave in their room.

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 need to move to quarantine or isolation housing?

- A professional staff member from Residential Education & Housing will reach out to you with instructions for moving into a Q&I space. You will have **90 minutes** to move everything you need to quarantine for up to **14 days**. If needed, a cart will be provided to you to assist with the move.
- Meals will be delivered to your quarantine space and dropped off outside your room. You will need to complete the sick tray form to get meals delivered. TCNJ will not complete this for you. See meal information attachment. **Generally, meals need to be ordered in advance, so please pay close attention to the instructions and timeline or you may not receive a meal delivery.**
- Once you are done moving, please wipe down the cart (if you used one) with disinfectant wipes and place it in the main lounge.

What about my classes?

You may want to notify your professors that you will need accommodations during your isolation period as you will be prohibited from in-person classes. You may return to in-person 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, you may request to have up to three meals a day delivered on weekdays and up to two meals a day on weekends. 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 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 DINING INSTRUCTIONS PROVIDED TO YOU WHEN YOU WERE MOVED TO YOUR QUARANTINE OR ISOLATION SPACE.

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

This is not permitted due to the fact that ordering food delivery requires the student to leave their living space. An alternative is ordering snacks online and having them shipped. (See package information below.)

What do I do while in quarantine or isolation?

- ❑ Please make sure you are following the appropriate restrictions and remaining in your room until you are cleared from SHS or COVIDComply.
- ❑ You may participate in any 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 some campus resources virtually. See the Campus Resources section of this guide for more information.

I am expecting a package that I need while in Q&I (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 with a list of what you need and where it is. If we are able, we will get it for you. Due to staffing limitations, we may only be able to collect prescription medications and course materials. An alternative would be to have your roommate bring it to Eickhoff 114 during business hours, and we will deliver it outside your door.

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, and we will deliver it outside your 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. In New Res, 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 place your trash can(s) outside of your room door 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 Q&I?

Only SHS and COVIDComply may release students from isolation or quarantine. Once they do, you may return back to your normal residential location, move about campus and attend classes. If you need a cart to facilitate that move, please reach out to Residential Education and Housing during business hours, and we will facilitate getting you a clean cart.

Please make sure you remove all personal belongings and trash from your Q&I space. Once you have moved out of New Res, 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 may have the ability to use teletherapy for individual 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.

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

Follow the link to eTutoring for virtual tutoring opportunities.

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

CRP will continue to be available virtually for consultation and limited teletherapy. AA, NA, SMART Recovery, 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.

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 or (732) 719-7229.

CONTACT INFORMATION

Department of Residential Education & Housing

609-771-2301

housing@tcnj.edu

Business Hours:

- Monday through Friday, 8:30am-4:30pm
- Closed for Labor 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