

# RESIDENTIAL STUDENT GUIDE TO ISOLATION, QUARANTINE & CONTACT TRACING

Preventing the spread of COVID 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 continue to navigate COVID. This guide will also help you prepare for the potential that you might need to be in quarantine or isolation housing.

## DEFINITIONS:

**Approved Mask:** American Society of Testing and Materials (ASTM) rated surgical mask or N95 or KN95 mask.

**Asymptomatic:** An individual who tests positive for COVID-19 using a viral test (i.e., antigen or PCR/NAAT) but who has no symptoms that are consistent with COVID-19.

**Close Contact:** A close contact is someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes. For purposes of this document, a close contact will be limited to members of the TCNJ community.

**Exposure:** Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

**Isolation:** Relates to behavior and time period for an individual after a confirmed COVID-19 infection.

**Quarantine:** Relates to behavior and time period following exposure to a close contact.

**Social Distancing or Physical Distancing:** Maintaining a safe space between yourself and other people who are not from your household. To maintain Social Distancing, stay at least 6 feet (about 2 arms' length) from other people who are not from your household in both indoor and outdoor spaces.

**Symptomatic:** An individual who has developed signs and symptoms compatible with COVID-19 infection ranging from mild (e.g., fever, cough, sore throat, headache, muscle pain, nausea, vomiting, diarrhea, loss of taste and smell) to critical (e.g., respiratory failure, septic shock, and/or multiple organ dysfunction).

### 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 loss of taste or smell
- New onset headache without a past history of headaches

# ISOLATION & QUARANTINE GUIDELINES: SUMMER 2022

*Residential Education & Housing staff cannot make determinations for when a student should leave isolation. That can only be determined by Student Health Services or COVIDComply staff.*

## COVID-POSITIVE:

- Update the ROAR app.
- Wear a well-fitting surgical mask, N95 or KN95 at all times, including in your room.
- Self-isolate in your room and reach out to ResEd immediately to facilitate a move to isolation (or to let us know that you will be isolating at home). During business hours, you can call the main Res Ed & Housing Office at 609-771-2301. After hours, you can get in touch with the Professional Staff on Duty through your CA, the Hall Office or Campus Police.
- Our Professional Staff will guide you through what you need to do for isolation.

## SYMPTOMATIC, TESTED NEGATIVE

- Update the ROAR app.
- Wear a well-fitting surgical mask, N95 or KN95 at all times, including in your room until symptoms resolve and *even if you test negative for COVID*.
- As of the publication of this guide, you will not need to quarantine.
- Contact tracers will let you know what you need to do.
- You are encouraged to take advantage of take out dining locations. If you wish to use the Eickhoff Atrium, you may also use the sick tray form available on [TCNJSodexoMyWay.com](https://www.tcnjsodexo.com/MyWay).

## CLOSE CONTACT

- Update the ROAR app.
- Wear a well-fitting surgical mask, N95 or KN95 at all times, including in your room for 10 days.
- As of the publication of this guide, you will not need to quarantine.
- Contact tracers will let you know what you need to do.
- You are encouraged to take advantage of take out dining locations. If you wish to use the Eickhoff Atrium, you may also use the sick tray form.

## PREPARING FOR 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 5 days of supplies as you will not be able to leave your room (or apartment, if it's during summer housing).

### PACKINGLIST

- 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.
- Clothing
- Sheets, blankets, pillow
- Towels and washcloths
- Healthy non-perishable drinks and snacks. (Gatorade, granola bars, cereal, pretzels, dried fruit, nuts, applesauce pouches, etc.). During the summer and break periods when dining is closed, you should also pack ready-to-eat meals, additional non-perishable foods that could serve as a meal, silverware, plate, cup, bowl, can opener and other materials you'll need to prep simple meals while in isolation.

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

**If you are moved into isolation housing, you will NOT be able to return to your room until you are cleared by COVIDComply or Student Health Services. If you choose to isolate at home, you are not permitted back to campus 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 pre-symptomatic. 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)**

During the academic year, 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. During the summer, students in isolation will share an apartment with other students in isolation. Students in Q&I will have access to a fridge and microwave in their room or apartment; in the summer, they will also have access to a stove.

### **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.
- You should alert ResEd to coordinate a move to isolation. During business hours, call 609-771-2301. After hours, you may access pro staff on duty via the hall office, your CA or via campus police.

### **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 **5 days**. If needed, a cart will be provided to you to assist with the move.
- 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. Additionally, if you need formal class accommodations, reach out to the [Accessibility Resource Center](#) (ARC). 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 (academic year)**

During the academic year, 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.**

**Meals (summer)**

If you choose to live on campus in the summer, you should also be prepared that you may contract COVID and need to be prepared to move to an isolation space. During the summer, there is no meal plan and students prepare their own meals. We strongly recommend all residents housed on campus this summer be prepared with additional food (freezer meals, non-perishable meal kits, snacks, oatmeal or cereal, etc.) to last at least five days in isolation. If you are moved to isolation, you should pack some food to prepare yourself during your isolation time (and the supplies needed—like a can opener, silverware, etc.). You will also receive a bag of food that includes ready to eat meals, non-perishables and frozen meals. If you are running low on food, please let ResEd staff know at least one business day in advance, and we will deliver more food to your 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](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. 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?

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://tcnjcares.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](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, 8:30am-4:30pm
- Closed for Labor Day and closed when the College is closed due to inclement weather. [Here](#) is a list of days the College is closed for Holidays or Energy Holidays (most Fridays throughout the summer).

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