

What to Expect During: **ISOLATION** Fall 2022 Guide

WE ARE HERE FOR YOU

Dear Zag,

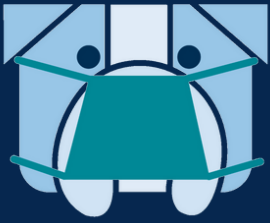
This Student Isolation Guide will walk you through all the things you need to know during your time in isolation. Even though we have tried to think of everything possible, there will be questions on your or your families' minds that you deserve to have answered. Throughout this Guide are many contacts to reach out to if you need something specific or you just want to connect with someone.

We understand that this process is inconvenient for you. The world that we find ourselves in is stressful and full of anxiety. But we also know that by holding to processes like isolation, we will lessen the chances of you or your peers becoming sick. And keeping you healthy and cared for is what matters most to us.

The only way we will get through this is if we commit to these processes because even though they are challenging, they are proven to be the most effective way to keep you safe.

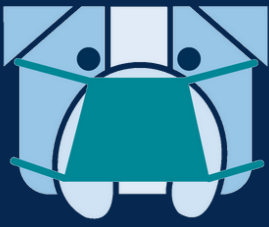
Most importantly, please remember:

**You are not alone,
and we are all in this together.**



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Isolation

CAMPUS RESOURCES

COVID-19 Hotline

509-313-7070 ext 1

Staff are available to support you while in isolation. Let them know if you have any issues or unresolved needs.

Room Support

509-313-5656

For on-campus students: If you have a maintenance or cleaning issue, Plant Services can be of assistance. If you contact Plant Services, please let them know you are calling from an isolation room.

Health & Counseling Services

509-313-4066

Students continue to have access to our health care providers and counseling staff at Health and Counseling Services. These experts can provide telehealth visits for medical and mental health concerns. Students can reach out to Health & Counseling Services (509-313-4066) if they need COVID-19 testing, are having concerns about symptoms, need support during this stressful time, or have other health-related concerns.

Center for Cura Personalis

509-313-2227 | ccp@gonzaga.edu

We understand that isolation can be stressful. Tapping into good coping skills is essential but some may need a hand. CCP staff are here to support you through challenges and connect you with campus and community resources. If you are needing extra support at this time, please feel free to connect with our staff, or go to StudentLinc for 24/7 telehealth appointments.

<https://studentlinc.mysupportportal.com/>
Enter code: zagsupport

Academic Support

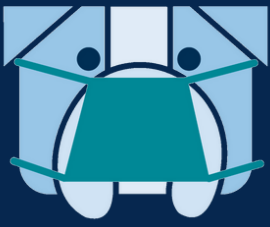
509-313-4072 | advise@gonzaga.edu

Managing classes remotely may be different during isolation. There are many virtual resources available to support your academic success. After following the steps in the Academic Support section on page 8, please feel free to connect with our staff.

Library

509-313-5931

Many publishers are making their licensed, electronic content freely available. Contact Foley Library for assistance in getting temporary access to electronic content. <https://researchguides.gonzaga.edu/covid19>



Isolation

GENERAL INFORMATION

What Does Isolation Mean?

Isolation Timeline

You have been asked to isolate in place because you have recently received a positive COVID-19 test or you have reported symptoms of COVID-19. Isolating helps to prevent more people from getting sick and helps Gonzaga University make sure that you are effectively supported in all of your needs.

If you think or know you have COVID-19 and have symptoms, you will need to:

- Isolate for 5 full days following the onset of your symptoms, and
- Be fever free for 24 hours without fever-reducing medication, and
- Have improving symptoms of COVID-19

If you tested positive for COVID-19 *but have no symptoms* you will need to:

- Isolate for 5 full days past the date you had your positive test

Your timeline may be extended if new symptoms develop during your timeline or if symptoms worsen. Call the COVID-19 Hotline at (509) 313-7070 (option 1) to discuss new symptoms with a staff member.



Regardless of symptoms, you will need to strictly mask in all indoor and public settings for an additional 5 days after your release from isolation.

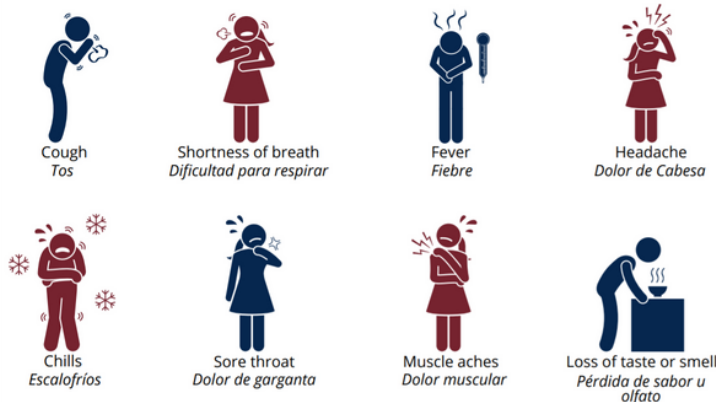
- ✗ - Symptom onset/positive test date
- - 5 day isolation period
- - Release from isolation
- - Release from strict masking

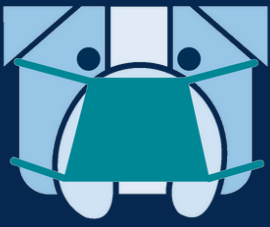
Getting a Test

When you are asked to isolate in place because of COVID-19 symptoms, you will need to be tested for COVID-19 if you have not been tested already.

Symptoms to Monitor For

While in isolation, please monitor yourself for any of the following:





HOW TO ISOLATE AND NOTIFY CONTACTS

Isolating-in-Place

During your isolation, you will be able to isolate in place in your assigned room.

You should remain in your room unless you need to use the shared facilities (kitchen, bathroom, etc). While outside of your isolation space, you should maintain physical distance, wear a mask, and disinfect shared spaces after using them.

Avoid contact with others in your room/suite/apartment, as much as possible. You and your roommates should not invite visitors to your space until your isolation period is over.

Close Contacts

You would have been infectious for 48 hours prior to the start of symptoms or the start of your positive test date. Your contact tracer will work with you to determine the start of your infectious period.

You will need to contact anyone who you saw within close contact during your infectious period. Quarantining is no longer required, but exposed community members are expected to wear a mask for 10 days and test no earlier than 5 days after their most recent contact with you.

If you have a direct roommate who is considered to be medically high-risk or medically fragile, please direct them to call the contact tracing team at x7070.

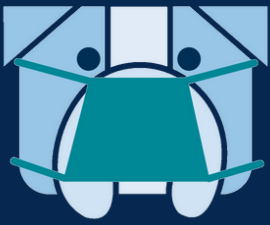


Follow this link for up-to-date guidance for close contacts

Can I Go Outside or See Friends When I'm in Isolation?

To limit the spread of COVID-19, students placed in isolation are not permitted to leave their room or host visitors until the end of their isolation period. You are still permitted to leave your room to receive medical care, or to pick up meals or food delivered to the building exterior.

NOTE: Alcohol, cannabis, and tobacco use are not permitted in any on-campus facilities. Students who are found in violation of this rule will be subject to severe conduct outcomes.



Isolation

ROOMMATE TIPS

General Guidance

We understand you may have questions about living with someone who tested positive for COVID-19. It's important to remember that residential students who become sick with many different illnesses, such as the flu, a cold, mono, a stomach virus, usually remain in shared rooms/suites with their roommates while recovering.

Today, thanks to highly effective vaccines, changes in the virus that are associated with milder illness, higher population-level immunity, and more widely available medication (when clinically indicated), students are rarely getting severely ill from COVID-19. These reasons — coupled with GU's very high rates of vaccination— makes GU especially well-positioned to use an isolate-in-place protocol.

Medically High-Risk Students

GU will continue to provide accommodations for students who are high risk for severe illness. See the CDC Guidance on who qualifies as high risk:

If you are a medically high risk student and need a room accommodation, please call into the COVID-19 hotline at 509-313-7070 ext 1 during business hours Monday - Friday.

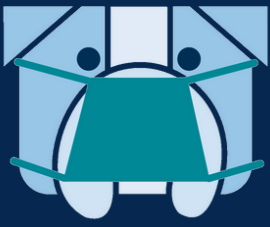


If your roommate tests positive over the weekend outside of business hours or over the weekend, please call Campus Security at 509-313-2222 and ask to speak to the RD On-Call.

Can I See Friends or Go Outside if My Roommate Tests Positive?

If you are symptom free and have tested negative, you do not need to quarantine away from any of your friends while your roommate is in isolation. Please check out the QR code on the previous page so that you know how long to mask up and when to test based off of the latest CDC guidance.

You should avoid bringing visitors into your roommate's isolation and shared spaces while they are completing their isolation timeline.



Isolation DINING

Overview

There are several food and dining options available to you while in isolation. These include off-campus deliveries from external services, on-campus Kiwi Bot deliveries, and on-campus meals from the COG To-Go.

Off-Campus Options

Students are permitted to use any meal, food, or grocery delivery service during their isolation timeline. Friends and roommates can also drop off food or groceries if you are too ill to leave your isolation space. **All external deliveries must be picked up from the building exterior and a good-quality mask (KN95, N95, double-mask) must be worn properly over your mouth and nose whenever leaving your isolation space.** There are several options for meal delivery including: Instacart, Rosauers, Grubhub, DoorDash, Uber Eats, and Treehouse Deliveries. For a list of off-campus vendors that accept Bulldog Bucks, scan the QR code to the right.

On-Campus Options

On-campus retail operations such as Qdoba and Iggy's are available for Kiwi Bot delivery through the Everyday app.

Download the app at: everyday.sodexo.com



Locations that accept Bulldog Bucks

While in isolation you can also sign up for the COG To-Go program. **You must opt into this program.** Once you have signed up for the program you may go to the COG, tell the cashier that you are on the To-Go program, and they will supply you with a to-go box. You may also get meals to-go from any Pick-3 location.

When traveling to the COG you must go at low attendance times. A good-quality mask (KN95, N95, double-mask) must be worn properly over your mouth and nose whenever leaving your isolation space. Friends and roommates can also deliver food for you from the COG. To opt into the COG To-Go Program, scan the QR code to the right.

Low Attendance COG Hours

Breakfast	Lunch	Dinner
Mon-Fri 7:00am-7:45am	Mon-Fri 11:00am-11:30am	Mon-Fri 4:30pm-5:00pm
Sat-Sun 9:00am-9:30am	Sat-Sun 11:00am-11:30am	Sat-Sun 4:30pm-5:00pm

Opt-in for COG To-Go



What if I Need Something?

If you have any questions or concerns about receiving food while in isolation, please contact your Contact Tracing team at:

contacttracing@gonzaga.edu



Isolation

ACADEMIC SUPPORT

General Guidance

It is very important to us that you have the tools and resources you need to stay caught up academically while in isolation. Unless you are currently experiencing symptoms that inhibit your ability to attend classes online, you are expected to remotely participate in your classes via Zoom.

Should I Contact My Professors?

Yes, please email your instructors to let them know you will be attending your classes remotely. Be sure to include:

- Your first and last name
- The course in which you are enrolled - with course name and section if possible
- Why you will be absent. Simply stating that you are in isolation will suffice - you do NOT need to give specific health information
- State that you will be in touch regarding missed coursework/exams

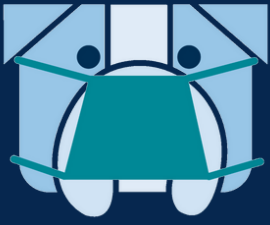
Tips & Follow Up

- Make arrangements for someone else in class to help with notes (if possible)
- Discuss options (via email or virtual appointment) with your instructors for staying on track in the course while you are not able to attend
- Once you are able to return to class (whether online or in-person, make sure to follow up with your instructors and let them know
- If you are behind, make a plan to meet with your instructor to discuss getting back on track

We're Here to Help

Academic Advising & Assistance (AAA) is here to support you. If you are unsure of what to do regarding attending class or need help with notifications or advocacy, make an appointment with a professional advisor:

(509) 313-4072
advise@gonzaga.edu



Isolation

MAIL SERVICES

General Guidance

Mail Services will be notified that you are in isolation. Mail will be held in Mail Services until you have been cleared and released from isolation and can pick it up.

Essential Items

Essential item(s) can be picked up by a designated community member if necessary.

Essentials include:

- Legal documents
- Medicine
- Required academic materials

How Do I Request Pick Up?

Requests for pick up of **essential items only** must be received by Mail Services prior to 1:30pm for pick up that day. Any requests received after 1:30pm will be available for pick up the following day.

To request pick up of essential item(s), send an email to:

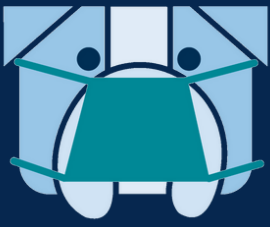
mailservices@gonzaga.edu

Please include:

- Your name
- MSC#
- Isolation location (including room number)
- Detailed description of the item(s)
- Name of the person you designate to pick up your mail (your designee will need their ID to pick up your items)

But Don't Forget!

You must email Mail Services (mailservices@gonzaga.edu) after you received your package(s) for confirmation of delivery.



Isolation

END OF TIMELINE

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Symptoms Gone After 5-Day Timeline

You do not need to isolate in place as long as:

- You have been fever-free for 24 hours without the use of fever-reducing medication
- Symptoms that have developed are improving, not getting worse

Continue with Return to Campus guidance below.

Still Symptomatic

Please contact the COVID-19 Hotline at 509-313-7070 ext. 1 to speak to a staff member about your next steps and when you can end your isolation in place.

Return to Campus

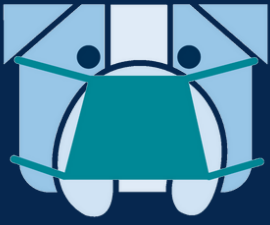
Please email your instructors to let them know that you can return to your in-person classes, if applicable. As you return to campus, please remember our general guidelines:

- **Wear a good quality mask (KN95, N95, or double mask) for an additional five days** in all indoor and public settings
- Avoid large gatherings
- Maintain 6 feet of physical distancing
- Practice good hand hygiene

From the CDC:

"Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least day 11. Remember to wear a high-quality mask when indoors around others at home and in public and not go places where you are unable to wear a mask until you are able to discontinue masking, including public transportation and travel settings."

Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation."



Isolation CONTACT LIST

COVID-19 Hotline

509-313-7070 (option 1)

**Health & Counseling
Services**

509-313-4066

Center for Cura Personalis

509-313-2227 | ccp@gonzaga.edu

Mail Services

mailservices@gonzaga.edu

**Academic Advising &
Assistance**

509-313-4072 | advise@gonzaga.edu

**Campus Security & Public
Safety**

509-313-2222

Call CSPA after calling 911 in the case of an emergency. To reach the Residence Director On-Call please call CSPA and request that you connect with the RDOC.

**Plant Services
(On campus students only)**

509-313-5656

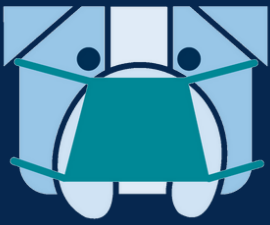
Let them know you are calling from an isolation room.

**Office of Health
Promotion**

509-313-5923

Housing & Res Life

509-313-4103



STUDENT CODE OF CONDUCT

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We need your assistance in following these requirements. These processes are necessary to keep members of our community safe and healthy and to restrict the spread of COVID-19.

At Gonzaga University, the health, safety, and welfare of every member of our community is our first and most important priority, and taking steps to minimize the risk of COVID-19 infections is a shared responsibility that all of us must embrace. Everyone in the Zag community must work together to protect our community, comply with University directives, and adhere to national, state, and local public health guidelines and requirements.

In order to protect the health and well-being of our community, we simply cannot permit students asked to isolate in place to engage in behaviors that are incongruent with these expectations. **Leaving your isolation space without permission, or inviting/providing entry into a designated isolation room to others who have not been assigned there by the University, are serious infractions for which there must be significant consequences which can include removal from campus housing and possible separation from the University.** Students who are in violation of these expectations will be held accountable consistent with the provisions in GU's Student Code of Conduct.

It is a requirement that you remain in your isolation space until your designated time of isolation has concluded. The only time you should exit is for approved medical reasons, including medical emergencies or COVID-19 testing.

The vast majority of GU students directed to isolate have been cooperative and are working hard to make the best of a difficult situation. Thank you. This experience has not always been smooth or easy, but we have been able to keep the number of COVID-19 positive cases on our campus to a manageable level, due in very large part to Zags' acknowledgement of their role in keeping themselves and others safe.

Let's keep that Zag spirit going!



THANK YOU

Dear Zag,

We know this time in isolation may have been challenging and we cannot begin to thank you enough for your understanding, grace and support throughout this process.

When we started this process, we said that the only way we will get through this is if we work together. From the bottom of our hearts, thank you for your help in these critically important efforts.

Because of you, we will ZAG ON.