



## **HOW TO MAKE A QUARANTINE AND ISOLATION PLAN**

All residential students are required to have an isolation and quarantine plan. Please be sure to have a plan to quarantine or isolate away from campus **should** the need arise. Students who have been unable to return home for their isolation or quarantine have stayed with friends or family who live locally, and some have rented spaces or stayed in a hotel room nearby to complete isolation or quarantine away from campus.

**Please note:** Pace University has extremely limited isolation and quarantine spaces available on campus. These spaces are reserved on a limited basis for on-campus students who have underlying conditions. Students who have received the primary series of the COVID-19 vaccine as well as the booster shot do not need to quarantine, provided they remain asymptomatic, are not positive for COVID-19, and comply with masking guidelines.

If you are not fully vaccinated, you will be required to quarantine when you are exposed.

### **Your quarantine and isolation plan must consider**

Discuss the following with your family before coming to campus:

- Where can you isolate or quarantine?
- How will you get to the location where you will isolate or quarantine? Can a friend or family member pick you up if you cannot travel on any public transportation (bus, train, plane, Uber, Lyft, taxi, etc.) as you may expose others?
- If someone plans to pick you up from campus to take you home to isolate or quarantine, how much time will they need to arrive (hours or even a day or two)?
- Are you able to distance yourself from others in your home to keep other family members safe?
- If you cannot isolate or quarantine at home, do you have an alternate location where you can conduct isolation/quarantine? This may include staying in place in your room with your roommate(s).
- Do you have a thorough working knowledge of your health insurance policy, coverage, and how to access care locally while at Pace?
- What are your arrangements for necessary support such as food and medication?

### **Assemble a COVID-19 kit before you arrive on campus**

Supplies for your kit should include:

- **A thermometer:** Pack a digital thermometer that works under your tongue.
- **Self-care medications:** Pack fever/pain reducers such as acetaminophen (Tylenol) or ibuprofen (Motrin). Do not use multi-symptom medications in combination with these, as it can be easy to take too much. You may also want lozenges for sore throats, cough medications, and Allegra or Claritin.

- **Prescription medications:** 10 days' worth of any prescription medications you need.
- **Cleaning supplies:** Pack disinfecting wipes to use in your living spaces before, during, and after any possible isolation or quarantine. Be sure to thoroughly clean any common areas of your residence while you are in isolation or quarantine, or anytime you are not feeling well.
- **Face coverings:** Pack multiple face coverings so that you can wear a fresh one each day and at least one N95 or K-N95 mask.

## What should I do while in isolation?

1. STAY away from others and REST.
2. *DO NOT* go to class, work, public events, dining halls or group gatherings.
3. REACH OUT to let your faculty members know if you are not able to fully engage in your courses.
4. *DO NOT* go out for walks.
5. *DO NOT* have visitors. Family and friends may not come to visit as this puts them and other residents at risk.
6. If you *MUST* be around other people in or outside of your space, **keep a physical distance of at least six feet, wear a well-fitting mask** (N95 or K-N95 are recommended), **wash your hands often, and clean up after yourself with a disinfectant wipe or cleaner.**

## If you have symptoms or have tested positive:

**Contact Pace's COVID-19 Coordinator at (646) 957-6847.** The COVID-19 Coordinator is available Monday–Friday, from 8:30 a.m.–5:00 p.m., to address any questions or concerns related to COVID-19. Please leave a voicemail for after-hours or weekend response, or email [covidcoordinator@pace.edu](mailto:covidcoordinator@pace.edu).

1. Notify the coordinator that you are COVID-19 positive and in isolation.
2. Describe your symptoms.
3. If you do not reach someone directly, anticipate that you will receive a call back. **Please be sure to answer your phone after you report that you've tested positive.**