

Wellesley College Student Isolation & Quarantine Guide

Wellesley College
wellesley.edu/coronavirus



We understand that COVID-19 is likely to be accompanied by many questions, concerns, and possible feelings of uncertainty.

To help you during this time, we have compiled resources and guidance to help you focus on resting, taking care of yourself, and feeling better before returning to your regular routine.



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Important phone numbers

Health Services, 781-283-2810

Campus Police, 781-283-5555

Wellesley Fresh Dining, 781-283-2297

Residential Life, 781-283-2679

Class Deans/Advising, 781-283-2325



**What do I need to know
before leaving my room?**

Wellesley College
wellesley.edu/coronavirus

Before leaving your room

- We know that having to move into isolation/quarantine housing is not necessarily convenient and you may be feeling overwhelmed about what the next ~2 weeks will look like.
- To help you with this, your Community Director will connect with you **virtually** to go through the steps you need to take to safely prepare and move into your assigned isolation/quarantine housing.
- This includes a checklist of items to consider before your move, including your meals while in isolation/quarantine housing.
 - To set up your meals during this time:
 - Go to Star Rez and place order under "Quarantine Meals"
 - More information about food drop-off/pick-up is included in the next section.



Moving to isolation/quarantine housing

- When students are in isolation/quarantine housing, they should expect to be there for several days and perhaps weeks. As such, students should bring with them essentials, such as:
 - Change of clothes for 2 weeks (especially something comfy)
 - Pillows (the College will be providing linens)
 - Medication (daily and as needed, such as inhalers, epi-pen, etc.)
 - Toiletries (shampoo, soap, lotion, menstrual products)
 - Books (for classes and personal reading)
 - Computer and other electronics (and chargers!)
 - Comfort items (extra snacks, tea, puzzles)
- Students will be expected to transport their own belongings on their person, so please keep this in mind as you pack the belongings you may need.
 - If you need a cart to move your items, please ask your Community Director for assistance.



Emotional Support Animals (ESAs)

- When students with ESAs need to quarantine, efforts will be made to allow owners to quarantine with their animals in the limited space identified for this purpose.
- However, in cases where there is no appropriate space to accommodate the owner and meet the care needs of the animal, the student must arrange with their emergency contact named on the ESA form to care for the animal during the quarantine period.
- When a student needs to isolate due to a positive test, in addition to assessing whether appropriate space is available, if the owner is not able to care for the animal or the animal such as a dog needs to be walked outside of the isolation space, the student must arrange with their emergency contact to remove the animal from campus to ensure that others do not get exposed and for the safety of the animal.



What next steps should I expect?

Office of Residential Life and Housing
781-283-2679
wellesley.edu/reslife

AVI Wellesley Fresh
781-283-2297
wellesleyfresh.com

Isolation/quarantine protocols

- **An isolation or quarantine room will be set up for you through Health Services and Residential Life.**
 - Should you have questions or concerns, please contact them at:
 - **Office of Residential Life and Housing**
 - 781-283-2679, wellesley.edu/reslife
 - **Wellesley College Health Services**
 - 781-283-2810, wellesley.edu/healthservices
- **To maintain the health and safety of yourself and others, there are some important protocols for you to observe while in isolation/quarantine housing:**
 - Do not leave campus and do not leave your assigned room except for urgent medical care
 - For non-urgent medical issues: call Health Services for further instruction (781-283-2810)
 - For **urgent** medical issues: call campus police emergency line (781-283-5555)
 - Use your assigned bathroom.
 - Do not have visitors to your room (including outside deliveries like UberEats, Dominoes, etc.)

Food and technology

- Health Services, Residential Life and Dining Services will be in touch with you to coordinate your different needs while in quarantine/isolation.
- **Food**
 - Food will be dropped off and food garbage will be picked up at:
 - Location: _____
 - Times: _____
- **Technology**
 - If you experience any issues with technology, please contact the helpdesk at:
 - 781-283-7777
 - helpdesk@wellesley.edu



Contact tracing

- **Answer the call!**
 - **781-474-0383**
 - **ContactTracing@wellesley.edu**
- If you test positive for COVID, a contact tracer/interviewer will contact you.
 - You may also be contacted by a local Board of Health for the same reason.
 - The interviewer will help you understand what to do next and what support is available.
 - They will also ask for the names and contact information of people you have had close contact with recently.
 - They ask for this information so they can notify people who may have been exposed.
 - The interviewer will not share your name with your close contacts.
 - Close contacts include individuals you have been within 6 feet of for over 15 minutes (with or without a mask)



Protecting others

- **In the event of an emergency (i.e. fire alarm):**
 - Put on a mask.
 - Follow normal evacuation procedures.
 - Maintain 6 feet of physical distancing from others, if possible.
 - If a first responder or facilities person needs to come to your room, you need to disclose your status and advise that they wear personal protective equipment (PPE).
- **Anyone you come in contact with during this period should:**
 - Wash hands thoroughly for 20 seconds with soap and water.
 - Wear a mask and gloves if touching dirty laundry or body fluids.
 - Maintain a distance of 6 feet and limit contact time to less than 5 minutes.



Leaving at the end of isolation/quarantine

- Health Services and Residential Life will confirm and coordinate with you when your isolation/quarantine is over.
- When you leave the room, please be sure to:
 - Take all your personal belongings with you (pillow, chargers, clothing, books, etc.)
 - Strip the bed and place linens in the dirty linen bag provided with your linens
 - Speak with Residential Life to ensure you are ready to go
- To ensure everyone's health, please do not take linens or other items already in the space.



What do I need to know about my health?

Health Services

781-283-2810

wellesley.edu/healthservice

Health Services on-campus: Caring for you during your illness

- **Health Services will be checking in with you daily during the week, and create a plan with you for the weekend.**
 - This is to help monitor your symptoms, if any, and ensure you are receiving appropriate care.
- Do you have questions or concerns and need to get in contact with a Health Services provider?
 - Call 781-283-2810



Symptomatic treatment

- **Cough, runny nose, fatigue, body aches, and headaches are expected.**
 - However, if your symptoms are worsening or there are any new symptoms, please contact Health Services (781-283-2810).
- **Some things to keep in mind as if you are symptomatic:**
 - You should get plenty of sleep to let your body rest.
 - Try not to overdo any of your activities or studying.
 - Stay well-hydrated with water.
 - Dining services will coordinate to deliver food and water to you, please see previous section for details.



When to go to the emergency room

- If you experience any of the below, contact **campus police emergency line (781-283-5555)** and tell them if you have tested positive for COVID-19.
 - Difficulty breathing
 - Confusion
 - Lethargy
 - Blue tinged lips (cyanosis)
 - Lightheadedness and weakness
 - No urination
 - Chest pain
 - Leg swelling or calf pains
 - You are unable to eat or drink
 - Intractable vomiting or diarrhea
 - Fevers/chills >104 degrees Fahrenheit, not decreasing after taking Acetaminophen
 - Any new or worsening symptoms



What supports exist?

Stone Center Counseling Services

781-283-2839

wellesley.edu/counseling

Class Deans

wellesley.edu/advising/classdeans

**If you've tested positive for COVID-19,
we know you may be experiencing an array of emotions.
To help you cope with the stress that may be related to this experience,
we've put together some supports to help you along the way.**



- Know that your initial reaction might include an array of feelings, such as fear or anxiety, which is all normal during a time of change.
- Connect with your support system; you may consider reaching out to:
 - Trusted family and friends.
 - A spiritual or religious advisor, either at home or through [ORSL](#).
 - A trusted professional to process your feelings.
 - Schedule a session with a [Stone Center](#) clinician via the [online student portal](#).
 - The ProtoCall after hours' service is available 24/7 at 781-283-2839.
 - Reach out to your [local hotline](#) for support if feeling distressed.
- Process your thoughts and feelings by writing in a journal, or use [Welltrack](#).
- Try to maintain a positive, hopeful outlook by meditating on a quote that speaks to you personally and gives you inner peace and strength.
 - This could also be a verse from a song or prayer, [click here for daily inspiration](#).



Coping and social well-being

- Our human nature is to be with others, so being away might be difficult.
 - We encourage you to find other ways to connect, even while apart.
 - Engage in remote social activities with family and friends throughout the day.
 - Keep a fun countdown of the days left that you have for isolation.
 - Start a puzzle, paint-by-numbers, or read...[click for more ideas and resources!](#)
- Try to limit your time on social media or consuming overwhelming news stories. The news can sometimes make us feel down or overwhelmed.
 - This could be a great time to spring-clean your social!
 - Use features like Instagram's mute function to silence accounts that aren't sparking joy or are overwhelming you with stressful news coverage.
 - While you're at it, find more accounts to follow that inspire you, give you practical tips or make you feel more connected.



Coping and academic support

- How you manage your courses will depend on how you're feeling and whether or not you are well enough to continue your coursework during this time.
- Whether you are experiencing symptoms or not, it is important that you:
 - Contact your professors and class dean to let them know that you are in isolation/quarantine housing and that this will impact your ability to attend classes.
 - They will work with you to establish accommodations.
- As your situation develops, plan to update your dean on how you're doing, the dean can then be ready to touch base with your instructors.



We want you to know you are not alone during this time.

We are thinking of you as you rest, and we hope for a swift recovery so you can get back into your daily routine again. But we want you to know that there are a lot of supports and alternatives, and your dean and other campus resources will be available to offer you guidance and support.

- Remember, the most important thing for you to focus on is taking care of yourself and follow **all** medical advice.
 - We appreciate you following protocols to ensure your safety, as well as our larger community's safety.
- Develop a plan of self-care for your holistic well-being during this time.
- Give your body the needed time to rest, and stay in touch with health care providers.
- We are here to help you through this!

