

Quarantine/Isolation Packing List

You are moving to a quarantine or isolation dorm for a period of time to be determined by your situation.

If you're being **tested for symptoms**, you'll quarantine until negative test results are received in 36-48 hours. However, if your test result comes back positive, you'll be moved to an isolation dorm for 10 full days from the day you were tested (Day 0).

If you're a **COVID contact**, you'll be quarantined until results from testing on day 7 are received (36-48 hours later). If day 0 or day 7 testing is positive, you'll move to an isolation dorm for 10 full days from the date of your positive test.

If you've **had COVID in the past 90 days** and have been newly identified as a COVID contact:

- If you do not have any symptoms of illness, quarantine is not required.
- If you do have symptoms of illness, you will be isolated for 10 days.
- If you have received both doses of the COVID vaccine, and a full 14 days have passed since your second dose, you are not considered a contact and quarantine is not required, unless you are experiencing symptoms of COVID.

If more than 90 days have passed since your COVID diagnosis, the usual testing/quarantine rules apply.

Your entire SMC community is relying on your honesty in providing accurate information to protect us all.

If you have been **diagnosed with COVID**, you will be isolated for a full 10 days with day 0 being your test date. You may end quarantine if you have isolated for a full 10 days (the morning of day 11), all symptoms are improved and you have had no fever for 24 hours (without using fever lowering medicines). If you develop symptoms during isolation (when previously not symptomatic) you must inform Bergeron Wellness staff immediately. In this situation, your *isolation clock* will be reset, with day 0 of isolation being the first day that symptoms began.

Suggested Items:

- Clothing: pajamas, underwear, comfortable clothes, sneakers, flip flops, slippers, etc.
- Bedding: sheets, pillow, blanket or sleeping bag
- Towels: bath/hand towels and face cloth
- Toiletries: toothbrush, toothpaste, floss, face wash, moisturizer, deodorant, contact lenses/solutions, glasses, shampoo/conditioner, body wash/soap, brush/comb, hair ties, lotion, feminine products
- Medical supplies/medicines: digital thermometer, Acetaminophen (Tylenol) or Ibuprofen (Motrin), cough drops, prescription medicines, cough and cold medicines, allergy medicines, vitamins, etc.
- Course work: books, class work, planner, pens/pencils, calculator, notebooks
- Electronics: laptop/charger, cell phone/charger
- KnightCard, medical insurance card, credit card
- Additional facemasks
- Water bottle
- General supplies: Tissues, hand sanitizer

Important: Laundry facilities are not available in quarantine/isolation dorms. Please pack accordingly.