

# ISOLATION EXPECTATIONS

In case of an emergency, call: Campus safety: **574.535.7599** or the on-call administrator: **574.326.5663**

**Welcome to Isolation Housing in Romero and Kenwood. You'll probably be here for 10 days. We want to help you make the best of it. The following expectations will keep everyone as safe as possible.**

## DO

- Wear your **mask at all times**, except in your room and in the shower, and maintain 6 feet of distance from others.
- **Prioritize your recovery.** If you're having unusual fatigue, sleep is more important than Zooming into your class. Your profs will work with you to catch up as you recover.
- Go outdoors for walks and exercise when you feel up for it. You may exercise outdoors and put your mask on if you encounter anyone—6 feet away and briefly!
- In Romero, exit through the closest stairwell and closest exit.
- Email your professors and let them know that you will be attending remotely when you are well enough to do so.
- **Stay connected.** Talk with friends and family. Ask for help if you need it.

## DON'T

- **Don't enter any other campus building**, including your regularly assigned residence hall.
- Don't go off campus, except to exercise outdoors.
- You are **not allowed to have visitors.**
- **Do not use the elevator in Romero.**
- **Don't ignore your symptoms.** Call Goshen Family Physicians at **574-534-8200** to speak to a nurse or doctor. In an emergency call **911**. You can also call or email Kevin Miller with any questions or concerns: **574-535-7536** or **kwmiller@goshen.edu**.

## When does isolation end?

- A minimum of 10 days from the start of symptoms (or test date if asymptomatic)
- No fever for 24 hours (without the use of fever-reducing medication)
- Your other symptoms are improving
- You don't have to be completely symptom-free. Kevin Miller will check in with you at day 9 or 10 to clear you to end isolation. If you meet these three criteria you are no longer infectious to others and will likely be immune from Covid for the next 90 days.
- If you are an athlete, you will need to have a medical clearance from Goshen Family Physicians (**574-534-8200**) and follow a protocol of gradually returning to competition.

