



QUARANTINE & ISOLATION SURVIVAL GUIDE

GOSHEN  COLLEGE

pandemic@goshen.edu • goshen.edu/coronavirus

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WELCOME

Welcome, thank you for agreeing to restrict your movements to prevent the spread of Covid-19!

All of the GC staff have come together to make this guide in an effort to support you now and in the coming weeks.

You likely received this pamphlet from your GC Advocate. They are here to help you get connected to anything you need!

Reminders & Positive Words of Encouragement!

- It may help to frame this experience as a chance to focus and catch up or even get ahead on your school work.
- Some feelings of loneliness and boredom are natural. Stay strong! You are capable of getting through this. Stay on top of things with your daily self-checklist.
- Remember that your peers, professors and those who care about you are thinking of you during this stressful time.
- It helps to talk with others, reach out to anyone you trust who has experienced quarantine or isolation.
- Whenever you feel lonely or disconnected, reach out to someone. Text a friend, call a family member, contact a GC support person. It may take a little courage to ask for help, but it's part of taking good care of yourself.
- Your experience in Quarantine or Isolation is your own. Don't worry if someone else had an easier time than you. Just do your best and remember, there are many people to support you. You are not alone in this. Take care of yourself and we'll see you back in classes soon!

DO

- **Wear your mask at all times**, except in your room and in the shower, and maintain 6 feet of distance from others.
- Enter and leave the floor out of the north exterior door (driveway side) only.
- Go outdoors for walks and exercise. You may exercise outdoors with a friend, but remember to wear a mask and stay 6 feet apart.
- Email your professors and let them know that you will be attending remotely from quarantine.
- **Attend class** and keep up with assignments.
- 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** on this floor.
- **Don't ignore symptoms** if they develop. Contact Kevin Miller at 574.535.7536 or kwmiller@goshen.edu.

MEALS

- It is **your responsibility to email** the AVI Fresh team with specific meal requests by 10am. Include dietary restrictions, or if you have a limited meal plan (dcook@avifoodsystems.com, scottchesrown@gmail.com, jcorson@avifoodsystems.com).
- **Requested meals** will be delivered at 12 p.m. and 5:15 p.m. daily. Breakfast for the next day will be provided at the dinner time.

Quarantine Refuel Station:

- located in the hallway outside the 1st floor entrance of Miller (Miller 2nd guests are allowed to use the south stairwell to pick up their meals).
- Do not linger

Isolation Meals:

- Dropped off at the door of isolation housing

DAILY SELF CHECKLIST

Academic:

- What do I want to get accomplished today?
- What classes do I have today? Do I have the correct Zoom link to participate in class? Have I set an alarm to remind me when class is about to start?
- Do I have access to the materials I need to get my work done? If not, I should reach out to someone.
- Have I checked my Email at least twice today? Do I have any emails to respond to or Professors to reply to?
- Have I checked my Moodle course pages at least once today?
- Have I made a list of assignments that are due today and that are coming up this week?
- Have I checked on my homework and classes before the day an assignment is due?
- If I am confused about how to get work done properly, who can I reach out to?

Self-Care:

- Have I talked with someone in my support network today (friends, family, a counselor, or GC staff)?
- Have I eaten enough and drunk enough fluids today?
- Have I developed any new symptoms? if yes, report this to Kevin Miller — kwmiller@goshen.edu.
- How would I rate my success today on a scale of 1-5? What are my goals for tomorrow?
- What do I need or who do I need to talk to to make tomorrow the best it can be?

RESOURCES

Hospitality Hour:

- Wednesdays, 7 p.m. | Saturdays, 7 p.m.
- GC RAs invite anyone who is in or has been in quarantine or isolation to hop on! People currently in quarantine or isolation will be entered in a drawing for pizza. Winners chosen every Saturday.
- zoom.us/j/93088997069



Academic Success Center:

- Sign up for Tutoring & Writing help here: [Tutorcal.goshen.edu](https://tutorcal.goshen.edu)
- **For other kinds of academic support, contact:**
 - Judy Weaver: jweaver@goshen.edu (Director)
 - Jesse Loewen jessel3@goshen.edu (Academic Counselor)
 - Kyle Schlabach kylesbs@goshen.edu (Academic Coach)
- Academic Success Center: goshen.edu/campuslife/asc

Library Support:

- Good Library: Link to Library Services & COVID-19: libraryguides.goshen.edu/coronavirus

Tech Support:

- helpdesk@goshen.edu
- GC Student Technology FAQ for COVID-19: docs.google.com/document/d/1evov04TCkIIHGnE9EUePzvgW2W4jOf7bW3XjrhgHrTY/edit?usp=sharing

Moodle Help:

- Contact: moodle@goshen.edu (Kelsey McLane)
- Information: *Log into Moodle — My Courses — Online & Hybrid Learning: Info for Students*

Mental Health & Counseling Services:

- Wyse Building, Student Life, 1st Floor (appointments are currently by Zoom)
- Make an appointment here: goshen.edu/campuslife/counseling
- Or call the Student Life Office at: 574.535.7543
- Support Groups: goshen.edu/campuslife/counseling/support

Goshen College Confidential Resources:

- *Confidential Advocates:*
Regina Shands Stoltzfus, Emily Osborne, Kate Tipton
- *Campus Counselors:*
Jeniffer Miller, Rick Eby, Rachel DeFrancesco
- *Campus Pastor:*
Joanne Gallardo

Need to purchase your textbooks? (Buy, Rent, Sell)

- Goshen College bookstore:
bkstr.com/goshenstore/shop/textbooks-and-course-materials
- Many students look for used books or book rentals at sites such as: amazon.com and chegg.com.
- If you can't afford some of your books or course materials, contact someone in the Academic Success Center. Sometimes there are other options available.

Problem in or with your campus housing?

- **Contact:**
 - Zach Frank (Kratz/Miller/Yoder Dorms): ztfank@goshen.edu
 - Phil Brown (Romero Apartments, Kulp, Coffeman, Intentional Living Spaces): pbrown@goshen.edu
 - Your floor RA's

QUARANTINE

Notify RLC Zach Frank if you want to quarantine at home. If you decide to quarantine at home, please stay home until the end of your quarantine.

Medical support

- If you develop fever, loss of smell or taste, persistent cough, difficulty breathing, unusual fatigue, nausea or vomiting, you may be coming down with the illness. We'll help you get tested, preferably at a rapid-testing site, and will help you move into an isolation room at Kenwood (if a residential student).
- You may get tested day 6 or 7 post-exposure, and then end quarantine early if you have a negative test result

Academic Participation

- The Academic Success Center will set up access to temporary remote learning and will notify your professors that you won't be physically in class for the coming two weeks. Please keep communicating with your professors as you are able.
- Class attendance expected every day unless you develop symptoms.
- If you are having trouble keeping up in any of your classes, please reach out to the Academic Success Center for help.

Exits

- Enter and leave the floor out of the north exterior door (driveway side) only.

Outdoor guidelines

- Exercise is permitted
- Conversations are permitted outside, more than six feet apart, with masks on

ISOLATION

Medical support

- If you are having symptoms that are concerning you, contact Goshen Family Physicians at **574.534.8200** to speak with a nurse or doctor. If you are having serious symptoms such as difficulty breathing, call **911** or have someone drive you to the Emergency Room.
- Residential students should call campus security for immediate assistance. They can help you get to the hospital in an emergency.
 - Administrator On Call: **574.326.5663**
 - After hours Campus Security office: **574.535.7599**.
- We hope you will recover quickly from your symptoms. You'll be able to leave isolation after a minimum of 10 days from the time your symptoms started as long as you have been fever-free for 24 hours (without the use of fever-reducing medication) and your other symptoms are improving. At this time you will need to contact Goshen Family Physicians to set up a telemedicine appointment to receive medical clearance. Please call **574.534.8200** to schedule your appointment. Goshen Family Physicians will confirm that you are ready to leave isolation and they will send a medical clearance notice to the Dean of Students. Once the medical clearance is received the Residence Life Coordinator will let you know you can move back to your room. The dean of students will contact ASC to notify that you have been medically cleared to return to your room and classes.

Academic Participation

- The Academic Success Center will set up access to temporary remote learning and will notify your professors that you won't be physically in class for the coming two weeks. Please keep communicating with your professors as you are able.
- Class attendance is encouraged on days you are feeling well, but not expected if you are experiencing symptoms

Exits

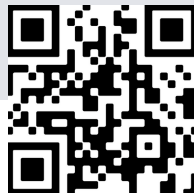
- Romero: enter and exit through the closest stairwell and closest exit, do not use the elevators
- Kenwood: you may go on walks for exercise but otherwise do not leave the property

Outdoor guidelines

- Exercise is permitted as tolerated, but prioritize your recovery!
- Conversations are permitted outside, more than six feet apart, with masks on

FEEDBACK FORM

Feel free to fill this out any time!





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