

BE SMART. DO YOUR PART.

COVID-19: QUARANTINE & ISOLATION PLAN

Emergency COVID-19 Symptoms

If you have the following symptoms, seek medical attention right away by contacting 911:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

When communicating with medical professionals or staff, make sure you indicate you are seeking care for someone who may be infected with COVID-19.

COVID-19 Symptom Identification and Monitoring

Everyone in the Michigan Tech community will be asked to monitor symptoms through the MTU Flex Portal Daily Symptom Monitoring Form.

According to the CDC, people with COVID-19 report a wide range of symptoms—ranging from mild symptoms to severe illness, that can include:

- Fever (100.4°F or higher) or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you indicate that you meet one of the following criteria, you may be asked to isolate, quarantine, or take a COVID-19 test:

- Students who exhibit COVID-19 symptoms, but have not yet been tested.
- Students who experience no symptoms, but have come into close contact with individuals who have tested positive for COVID-19. Close contact happens when:
 - the individual is in their most infectious state (two days prior to symptom onset).
 - you are within six feet of the individual for at least 10-15 minutes.
- Students who are returning from international travel.
- Students who test positive for COVID-19 move immediately to Level 2 | Campus Isolation.

While you do your part, we will do ours—every step of the way. Support is available at every level of the isolation plan.

A Residence Education professional staff member will:

- Check on you daily via phone or email.
- Offer additional resources based on student needs, such as Counseling Services and academic support.
- Coordinate meal and mail delivery with student assistance.
- Assist and support you during transitions between levels, including transportation needs.

Social Support:

- While you may have to be physically isolated, you can still participate in activities virtually. You are welcome and encouraged to:
 - Attend classes remotely, stay up to date on homework, and communicate with professors to continue your academic progress.
 - Attend meetings and events remotely.
 - Hang out with friends virtually. Try Zoom, Google Hangouts, or another app!



Michigan Tech
Residence Education
and Housing Services

Level 1 | Quarantine & Self-Isolation: Suspicion of Infection & Exposure

QUARANTINE

WHEN: Student shows no symptoms, but was exposed to COVID-19.

WHAT: Student must quarantine in their own room for 14 days except to use an assigned restroom and visit a health care provider.

Student will be asked to:

- Communicate with REHS staff on their well-being, including changes in symptoms, and request support as needed.
- Follow CDC guidance in maintaining their living space.
- Contact Upper Great Lakes Houghton Family Health Center or a preferred medical provider to seek guidance and be tested for COVID-19 within 24 hours. If a student refuses to be tested, they will be presumed positive.
- IMMEDIATELY report test results to an REHS staff member and on the MTU Flex Portal reporting form.
- Coordinate with Dining Services on the delivery of food to the room.
- Prevent visitors from entering their room during quarantine or self-isolation.

A student will move to Level 2 if they test positive for COVID-19 or show symptoms and refuse a test.

SELF-ISOLATION

WHEN: Student exhibits symptoms and needs to be tested for COVID-19.

WHAT: Student must self-isolate in their own room except to use an assigned restroom and visit a health care provider until they have received a negative test result.

Level 2 | Campus Isolation: Confirmed or Presumed COVID-19 Infection

WHEN: Student has a positive COVID-19 test or shows symptoms and refuses a test.

WHAT: Student will move to Campus Isolation in an assigned location on or near campus, such as a Daniell Heights Apartment, a University shared house, or campus/local hotel rooms. Students in Hillside and Daniell Heights have the necessary amenities and will be able to isolate in their current rooms.

HOW: Once a positive test result is received, it must be immediately shared with your Residence Education professional staff member, who will help coordinate your transition to campus isolation. They will:

- Walk you through the steps of your transition and provide a packing list of what to bring.
- Assign you a campus isolation space based on availability and needs.
- Coordinate contactless delivery of two linen sets, a care kit, and keys to your isolation space.
- Communicate with your roommate about entering quarantine or isolation, as necessary.

During Level 2, you may NOT:

- Go out
- Go to work, school, worship, or dining halls
- Attend public events, or group gatherings
- Go out for walks
- Have visitors

During Level 2, you should and can:

- Remain in your room as much as possible, and wear a face covering when you must visit common areas like the restroom.
- Contact your medical provider by phone rather than going into the office.
- Contact the Center for Student Mental Health and Well-being at counseling@mtu.edu or 906-487-2538 if you need support.
- Contact the Dean of Students Office at deanofstudents@mtu.edu if you need assistance with your academics.

Level 3 | Return to Campus: Recovery and Return

WHEN: Student is permitted by the Western Upper Peninsula Health Department and the University because they have met the CDC definition of recovery, which includes:

- No fever for 24 hours without using fever-reducing medications.
- Has been in isolation at least 10 days from illness onset.
- Progressive improvement and/or resolution of other symptoms.

WHAT: Student will return to their normally assigned residence hall room and resume normal activities

Student will be asked to:

- Continue using the Daily Symptom Monitoring Form to track and report recovery and symptoms.
- Clean the isolation space and restore the room to its original condition.
- Thoroughly clean and pack all belongings and move out of the isolation space.
- Place University linens in a plastic garbage bag, tie it off, and leave it in the space for staff removal.
- Return the key from their isolation space to the Wadsworth Hall front desk.