

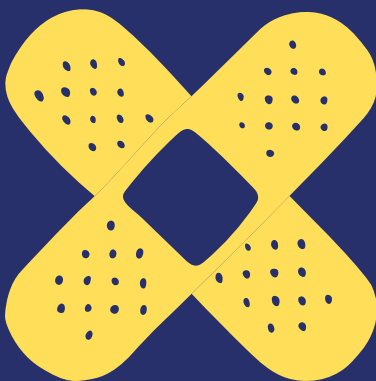
# CUH RESIDENCE LIFE

Guide to living on-campus during the COVID-19 Pandemic

## WHAT IS THE DIFFERENCE BETWEEN ISOLATION AND QUARANTINE?

### Isolation

The separation of someone who is ill with or has tested positive for COVID-19 from people who are not sick. Individuals who test positive for COVID-19 typically isolate for at least 10 days (the duration of the infective period) from the time they are tested or symptoms first appear but could be isolated for longer periods if symptoms persist. Students in on-campus housing must be relocated from their assigned room during isolation to minimize the risk of spread to peers in their hall.



### Quarantine

The separation of someone exposed to a COVID-positive individual from those who are not sick or exposed, in case the exposed person becomes sick or tests positive for COVID-19. A typical quarantine period lasts 14 days (the duration of the incubation period). Students in on-campus housing may maintain housing in their assigned dorm room during a period of quarantine.

## WHAT DO I DO IF I START TO FEEL SICK?

Let any Chaminade University employee know and they will get you in contact with our contact tracers. All further instructions will be relayed through phone call and email.

# DO I NEED A PLAN FOR ISOLATION AND QUARANTINE?

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- In the event of a resident needing to be isolated or quarantined we have a limited amount of spaces available that will be used as temporary housing. Based on the circumstance you will be instructed by our staff to relocate.
- During quarantine for students living in campus residence halls with a meal plan, meals will be delivered for lunch and dinner every day of the week. Those who do not have a meal plan will not be eligible to receive meals and must order food through outside vendors such as Uber Eats, Door Dash etc.
- Students in quarantine residing in campus halls with meal plans may also email the Director of Dining Services to pre-order items from the POD using your Debit Dollars. Items will then be delivered to your room within 24 hours.
- All students living off-campus (not in a CUH residence hall) are strongly encouraged to have an isolation and quarantine plan. Chaminade University will not provide isolation or quarantine housing or meal service for commuter students or those who have remained in their permanent residence.



# HOW WILL I BE SUPPORTED IF I AM IN ISOLATION OR QUARANTINE?

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Students should call 911 for any life-threatening emergencies; when calling, please inform the dispatcher that you are in isolation or quarantine.

- The [Chaminade Counseling Center](#) is available to provide mental health resources and counseling services via telehealth. Students may request an appointment by calling (808) 735-4845 during business hours or email [counselingcenter@chaminade.edu](mailto:counselingcenter@chaminade.edu).

- [Campus Ministry](#) provides religious guidance. Please contact staff at (808) 735-4774 or email [cuhministry@chaminade.edu](mailto:cuhministry@chaminade.edu).

- [Residence Life](#) - The Residence Life staff will offer daily check-ins with students in quarantine or isolation. In addition, Residence Life has a Resident Director on duty 24 hours/7 days a week available for support. Students may contact the RA between 7pm-7am or Campus Safety at (808) 735-4792 to get in contact with the on-call team.

- Office of the Vice President for Student Affairs/Dean of Students. If the student wishes to have professors notified of their absence or that they are in need of support with courses, please email the Office of the Vice President for Student Affairs/Dean of Students ([deanofstudents@chaminade.edu](mailto:deanofstudents@chaminade.edu)).

- The [Kokua Ike Learning Center](#) provides tutoring services free of charge to students. Please contact staff at (808) 739-8305 or [tutoring@chaminade.edu](mailto:tutoring@chaminade.edu).

# HOW DO I PREPARE FOR ISOLATION OR QUARANTINE?

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## Communicate With Your Family/Support System

Discuss the following with your family before coming to campus:

- With consideration to known health and mental health factors, have you considered the impact of potential on-campus isolation/quarantine on your physical and emotional wellness?
- In anticipation of possible quarantine/isolation, or potential campus closure, have you considered packing light for the spring 2021 semester?
- If you must quarantine/isolate on campus (or the location designated by the University), how will you maintain your emotional and physical wellness?
- Do you have a thorough working knowledge of your health insurance policy, coverage in Hawaii, and how to access care locally while at Chaminade?
- Have you fully considered all spring 2021 alternatives and implications associated with each as they relate to isolation/quarantine (i.e., remaining home to study online, commuting, on-campus housing)? Assemble a Go-Kit. If you are asked to isolate by the Chaminade Contact Tracers or the HI Department of Health, you will not be able to leave your isolation or quarantine space during isolation/quarantine.

# ASSEMBLE A GO-KIT

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If you are asked to isolate by the Chaminade Contact Tracers or the HI Department of Health, you will not be able to leave your isolation or quarantine space during isolation/quarantine. To prepare for this, assemble a Go-Kit before you arrive on campus. Someone can easily pick it up and drop it off to you when you are in isolation or quarantine.

## SUPPLIES FOR YOUR GO-KIT:

- **Cleaning supplies:** Pack EPA-approved disinfecting wipes to use in your living spaces before, during, and after any possible isolation or quarantine. You will need to use these in any common areas of your residence while you are in isolation, quarantine, or anytime you are not feeling well.
- **Self-care medications:** Pack fever/pain reducers such as acetaminophen (Tylenol) or ibuprofen (Motrin). Do not use multi-symptom medications in combination with these, as it can be easy to take too much. You may want lozenges for sore throats or cough medications.
- **Prescription Medications:** Pack several days' worth of any prescription medications you need. Speak with your provider about how you would access medications if you are in isolation/quarantine.
- **Thermometer:** Pack a digital thermometer that works under your tongue, is easy to use, and is not expensive to purchase. Make sure you have one with new batteries.
- **Face Coverings:** Pack multiple face coverings so you can wear a fresh one each day.
- **Comfort Food:** Pack your favorite comfort snacks and drinks, along with a reusable water bottle. Although the college will ensure meals are delivered to those isolating or quarantining on campus, your favorite snacks can sometimes provide comfort. Off-campus students should maintain a supply of food at home and be knowledgeable about ordering food delivery from their local grocery store.
- **Comfortable Clothes:** Pack a few days' worth of comfortable clothes, including two weeks' worth of undergarments.
- **Hygiene Supplies:** Pack shampoo, soap, toothbrush, toothpaste, feminine products, etc.
- **Towels**
- **Spare Set of Twin XL Sheets:** You can use your pillow and blanket from your current bed.
- **Phone Charger**
- **Self-care items to support your overall well-being:** art supplies, puzzles, crafts, playing cards, portable exercise equipment (like fitness bands, hand weights, or yoga mat), books, etc.

In addition to your Go-Kit, you should ensure your academic materials (laptop, books, etc.) should be readily accessible to be brought to you. If you forget anything, the RA's may have some supplies for those in need, such as toilet paper and laundry detergent.

Upon check-in to the isolation/quarantine room, residents will receive additional information about services, supplies (toilet paper, thermometer, hand sanitizer and trash bags).

## ENDING QUARANTINE/ISOLATION

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A student who has spent the required time in isolation or quarantine as designated by their medical provider (doctor) can only be released from quarantine after obtaining a written clearance from the medical provider stating that s/he can be released from quarantine/isolation and return to university classes and related activities. This release document will need to be sent to [contact.tracing@chaminade.edu](mailto:contact.tracing@chaminade.edu) before the student is released to return to campus/classes.

