

# Quarantine Guidelines

Fall 2020

## **Am I allowed to go outside?**

- You may leave your residence once a day for 30-45 minutes to take a walk/run as long as you wear a mask and maintain distance from others.
- Do not go out to the grocery store, dining hall, or other public places.
- If you are scheduled for an appointment or additional testing you may go to Bailey Health Center.

## **Can I use the common areas in my suite/house?**

- You can use the kitchen if needed, but arrange to be alone in the space, wear a mask, and sanitize after yourself.
- You should not spend time in common areas to relax or socialize.
- When using the bathroom, wear a mask (unless showering) and sanitize after yourself.

## **Should I take another COVID test?**

- The CDC does not recommend testing during the quarantine period.
- If you would like to be tested at some point after exposure to an individual who tested positive for COVID-19, call Bailey Health Center (610-330-5001).
- Testing will not shorten the period of quarantine.

## **Can I return home for the quarantine period?**

- Yes, if you have private transportation and can make the trip without coming into close contact with others.
- You should not use public transportation at any time during the quarantine.

## **What do I do if I develop symptoms during the quarantine period?**

- Call Bailey Health Center at 610-330-5001 and let staff know that you are in quarantine.
- If the health center is closed or you can't get through to the front desk, you can
  - Self-isolate until the next day (mild symptoms); or
  - Call Public Safety at 610-330-5330 if symptoms are severe

### **Can I move my car?**

- Yes, if it is to meet parking guidelines. Try to incorporate it into your daily walk (so you only touch doorknobs, etc., one time), wear a mask, and maintain distance from others.

### **Can I sit outside in my backyard (if in a house)?**

- Discuss this with your housemates, as you will come into contact with surfaces as you move through the house. However, if you sanitize surfaces, wear a mask, and maintain distance from others, this is allowed.

### **How do I get meals?**

- For meal plan meals, [identify a meal buddy](#).
- You can order contactless delivery, but ensure it is contactless (not all restaurants are continuing contactless delivery). The safest plan would be for someone else to retrieve the food, whether a meal or groceries, and bring it to you.

### **How do I get my mail?**

- You can leave your box key (if you have one) in a place a friend can retrieve it to check the box for you.
- For packages, email [postoffice@lafayette.edu](mailto:postoffice@lafayette.edu) and explain that someone else will be picking up and signing for your package.

### **What if I have questions?**

- The CDC website is an excellent source of information for COVID-19/Quarantine