

Isolation Information for Skidmore Students living off Campus

You are in isolation based on a directive from Saratoga County Public Health Services due to a positive test for COVID-19, or a reasonable presumption that you have COVID-19. We want you to know that we are here to support you through this period. We hope that the information below is helpful to you.

Isolating individuals with COVID 19 is a crucial public health intervention. It limits the spread of this highly contagious virus and it allows us to attend closely to any potentially related symptoms you might develop and to respond appropriately in a timely way.

A clinician from Skidmore Health Services will be checking on you daily to help monitor your health status. You will also be assigned a staff member from the Skidmore COVID support team who will check in with you regularly with you by phone and email. This person can help you problem solve around practical issues related to isolation and will help you feel connected to and supported by Skidmore. All other campus resources are also available virtually to support and assist you. While your isolation period lasts, Skidmore Health Services will change your CoVerified status to 'restricted'.

Your health and safety, and the well-being of our broader community, is our #1 priority. We thank you for your responsible care and actions in this stressful time.

What happens next?

- By law, all positive COVID 19 test results must be reported to local public health authorities. You may be hearing from Saratoga County Public Health Services through CommCare, New York's COVID tracking database about your isolation status.
- You are permitted to 'break isolation' temporarily for medical testing or to attend a medical appointment. You can also leave your space in the event of an emergency (fire alarm, evacuation order) with appropriate safety measures (mask wearing, social distancing at all times). Other than medical appointments and emergencies, you cannot leave your assigned living space.
- You should monitor your symptoms daily. Health Services will be contacting you every day to check in on you.
- You may not let anyone into your living space or place take-out orders that will bring you out of your space. Contactless delivery is permitted to apartments only.
- If you have an animal who needs outdoor time, you will need to arrange for someone else to care for the animal while you are in isolation.
- In an emergency (fire, fire drill, etc.), follow standard safety protocols. You will need to evacuate the building, wear a mask, and social distance while you are outside of your room.

What about my roommates or housemates?

- Roommates and housemates of individuals in isolation are typically in quarantine, meaning they will also need to restrict their movements and must remain inside your shared residence, unless they elect

to quarantine elsewhere.

- If you need to be in common spaces like a kitchen or bathroom, you should wear a mask and observe social distancing at all times.
- If you are preparing your own food, you should only be cooking for yourself. Do not share food with others during this time in order to cut down on infection risk.
- Do not share utensils, plates, glasses, water bottles, towels, sheets, beds, or food with others
- You will be getting a daily call from Skidmore Health Services to check on your health status.

How does contact tracing work?

- You will be getting a call from a member of Skidmore's case investigation/COVID tracking team so that we can identify anyone you might have come in [close contact](#) with who has potentially been exposed to the virus (typically defined as closer than 6 feet for longer than a cumulative total of 15 minutes). In that initial phone call, contact tracers will identify themselves, check in on how you are doing and then work with you to trace who in your circle of contacts will need to quarantine.
- **Cooperating with contact tracing is crucial. Your honesty protects our community. Timely and effective contact tracing helps minimize the spread of coronavirus on our campus and in the community. Please make sure that you answer your phone promptly.**
- Contact tracers do not ask about immigration status. They will not share confidential identifying medical with anyone. They do not share information received during contact tracing with police.
- When individuals are notified by Skidmore that they need to quarantine, they do not receive identifying information about the source of the potential exposure, just that they need to quarantine.
- Saratoga County Public Health Services may also ask you to sign an affidavit indicating that you have received instructions regarding your isolation orders. Please know that you are not in any kind of legal or administrative trouble and that signing the affidavit simply attests that you understand and agree to abide with the requirements of isolation.

What about academics?

- Skidmore College is committed to supporting you so you can continue to progress academically during this time. You will be able to participate virtually in your classes while you are in isolation.
- We will contact the Office of Academic Advising at advising@skidmore.edu and let them know you will not be able to attend in person learning for 10 days. They will reach out to you by email. You can also contact your professors to let them know you will not be able to participate in person. You can share as much or as little information with your professors as you like.
- If you would like academic support during this time, you can also contact Student Academic Services (SAS) at sas@skidmore.edu. Staff can help you with time management and study skills and connect you with peer tutoring.

What about my job or other campus commitments?

- If you have a work-study job on campus that requires in person attendance, please contact your supervisor. We will contact the Office of student employment and let them know you cannot attend work in person for at least 10 days. If you are concerned about negative financial impact for you because of not being able to do your work-study position while quarantined, please contact the Office of Financial Aid at finaid@skidmore.edu.

- If you are a student-athlete, please contact your coach.

Can I get food or groceries delivered? What about mail pick up? Medications?

- The person assigned to you from Skidmore's COVID support team can help you manage logistical issues, including mail pick up, getting medications or other necessary supplies.
- You are able to receive contactless meal and grocery delivery during isolation.

What happens if I feel sick or develop symptoms?

- A clinician from Skidmore Health Services will be calling you daily. If you would like to check in medically about your situation between those calls, please request an appointment with [Skidmore Health Services](#). If it is after hours and the office is closed, call Campus Safety at (518) 580-5566 and ask to speak with the Health Services clinician who is on-call.
- If you experience blue lips, difficulty breathing, increased cough, increasing temperature, confusion, or have a hard time waking up, call 911 immediately.

What about other support during isolation?

- You continue to have access to all campus resources virtually.
- The Counseling Center is available for remote therapy appointments, which can be scheduled by calling their main number: (518) 580-5555. They also have a large number of self-help and self-care resources on their website: www.skidmore.edu/counseling. Finally, emergency mental health assistance is available 24/7 by calling the Center's main number and choosing the appropriate option from the prompts.
- If you would like a stress relief care package from the Peer Health Educators, let your Skidmore COVID support team member know and we will arrange for one to be dropped off to you.
- The Office of Religious and Spiritual Life is also available to provide support. If you'd like to speak to someone in that office, simply call (518) 580-8340 or email Parker Diggory at kdiggory@skidmore.edu.

How will my isolation period end?

- Saratoga County Public Health has the sole authority to release individuals from isolation orders. CDC guidelines state that, "for most persons with COVID-19 illness, isolation and precautions can generally be discontinued 10 days *after symptom onset* and resolution of fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms."
- Negative COVID 19 testing will not shorten or terminate your isolation period, after an initial positive test. The 10 day timeline for isolation for COVID 19 is based on guidelines from both the CDC and the World Health Organization.
- Saratoga County Public Health Services will notify you and notify Skidmore Health Services that you have been released from isolation.
- You should be getting an email from CommCare, the NY state COVID tracking system, with the date of your release from isolation.

- Once you have been released from isolation, please contact Skidmore Health Services so they can clear your status in CoVerified so that you can return to campus.

Skidmore College
815 North Broadway
Saratoga Springs, NY 12866

Important Numbers

Campus Safety: (518) 580-5566
Health Services: (518) 580-5550
Counseling Center: (518) 580-5555
Office of Religious and Spiritual Life: (518) 580-8340