

Isolation Information for Skidmore Students living on 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.

How do I move into Isolation housing?

- Arrangements for you to be moved will be made with the assistance of Campus Safety, the Office of Residential Life, and Skidmore Health Services. Due to the need to reduce potential exposure, Campus Safety officers cannot assist you in packing or physically moving your belongings. You will be able to place your belonging in a Campus Safety vehicle if needed and will meet the Campus Safety office at your isolation housing address.
- You should pack up what you will need for a minimum of 10 days. Items to pack include: toiletries, clothes, medication, snacks, books, computer, phone, electronic chargers and hobby items, water bottle. Be sure you pack up whatever you might need to continue your academic work remotely.
- The following supplies will be in your isolation housing: sheets, towels, soap, garbage bags, cleaning supplies.
- For the safety of others, a sign will be placed on your door. The sign states "Privacy Please-do not enter this space. In the event of an emergency, please contact Campus Safety at 518 580 5567".

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. 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 happens next?

- 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 emotional support animal, please contact the Office of Residential Life regarding a plan to care for the ESA 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.
- You will need to bag your own garbage and set it outside your door for pick up. Garbage is picked up on Mondays, Wednesdays, Fridays and Saturdays.
- If you need something fixed in your room/apartment (clogged toilet, broken appliance, etc.), contact Campus Safety for help and please make sure that staff are aware **when you call** that you are on isolation so they can arrive with the proper PPE prior to entering the space.

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.

How will food delivery work? What about mail pick up? Medications?

- The staff 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.
- If you are on a meal plan, Dining Services will deliver your meals twice/day. You will need to email them your food order at: DHall_Meal_Pickup_List@skidmore.edu.
- If you are not on a meal plan, you can still order food from Dining Services but you will be charged for the meals. The college is committed to insuring that students do not experience financial hardship because of isolation requirements and we have funding available for meal delivery if needed on a case by case basis. Please contact Beth Post in Financial Aid for assistance or if you have questions or concerns.
- If you are placed in apartment housing, we have a limited supply of pots, pans, dishes and utensils we can deliver to you. If you would like those supplied to you, please let your Skidmore COVID support team member know. You must wash all dishes prior to leaving your isolation housing.

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 Campus Safety *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 Student Affairs support person 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 and alert Campus Safety and the Office of Residential Life that you are cleared. You can then call Campus Safety so they can assist you in moving back to your regular campus housing.

PLEASE NOTE: STUDENTS WHO DO NOT ADHERE TO ISOLATION REQUIREMENTS WILL BE REFERRED TO THE STUDENT CONDUCT PROCESS IN THE OFFICE OF RESIDENTIAL LIFE

Things for you to do:

- Contact your professor and let them know you will not be in class for a minimum of 10 days due to medical reasons
- Email DHall_Meal_Pickup_List@skidmore.edu for information regarding meals while you are in quarantine.
- If you need a package picked up from the post office, you may have a friend pick it up and drop it outside your door. When your package has arrived, email pick up permission to: postoffice@skidmore.edu. In the email, indicate who (first and last name) will be picking up the package. You can contact Associate Dean of Student Affairs for Health and Wellness, Julia Routbort, at jroutbor@skidmore.edu for help with mail delivery.
- Facilities will pick-up trash on: MONDAYS, WEDNESDAYS, FRIDAYS AND SATURDAYS. In order to ensure trash pick-up, please place trash in designated locations by noon on pick up day. If in a Res Hall, please place your trash in the bathroom. If in an Apartment, please place your trash outside your front door. For additional trash pick-up needs, please call Facilities (518) 580-5877

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