

## Quarantine Information for Skidmore Students living off-campus

You are in quarantine because you have been exposed to someone who has tested positive for COVID-19. We know that this is likely a moment of uncertainty and worry. 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.

Quarantining individuals who have had significant exposure to COVID 19 is a crucial public health intervention. It also allows us to attend closely to any potentially related symptoms you might develop and to respond appropriately in a timely way.

You will be assigned someone from Skidmore's COVID support team to be in touch regularly by phone and email to help answer questions, problem solve with you around any practical issues related to quarantine and to help you feel connected and supported. Typically, the COVID support team member assigned to you for ongoing support will be the person who initially contacted you to let you know you need to quarantine.

Additionally, Skidmore Health Services and all other campus resources are here to support and assist you during this time.

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 does being in quarantine mean?

- Quarantine means you must remain in your private living space for at least 10 days from the date of your last contact with the individual who tested positive. The timeline for quarantine can vary from 10-14 days, depending on your symptom picture. While in quarantine, you can only leave your space for medical appointments or emergencies.
  - Skidmore Health Services will change your CoVerified status to 'restricted' for the duration of your quarantine period.
- You will need to monitor your symptoms daily. A member of the Skidmore COVID support team will be contacting you regularly to check in on you.
- If you are sharing a bathroom with someone else, you will need to sanitize the area after each use. You will also need to sanitize any common areas you may share with roommates (kitchen, living room, etc.).
- You must minimize time in common areas as much as possible. For instance, you should only spend time in a kitchen while engaged in direct meal preparation. Practice vigilant social distancing and mask wearing when you are in any common areas. Social distancing protects you and protects others.
- Wear a mask at all times when outside of your own private room. When you are in your private room, the door should remain closed.
- If you have an animal that requires daily exercise, you are permitted to leave quarantine to attend to

the animal's needs. You must remain masked and observe social distancing during these times.

- For 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 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 quarantining.
- We will contact the Office of Academic Advising at [advising@skidmore.edu](mailto:advising@skidmore.edu) and let them know you will not be able to attend in person learning for at least 10 days. They will then 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](mailto: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](mailto:finaid@skidmore.edu).
- If you are a student-athlete, please contact your coach.

### **How should I prepare meals?**

- If you live in an apartment, and 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.
  - You can accept contactless food or grocery deliveries during quarantine.
- Do not share utensils, plates, glasses, water bottles, towels, sheets, beds, or food with others.

### **What about mail delivery?**

If you need a package picked up from the Skidmore post office, you may have a friend pick it up and drop it outside your door for a contactless delivery. When your package has arrived, email pick up permission to: [postoffice@skidmore.edu](mailto:postoffice@skidmore.edu). In the email, indicate who (first and last name) will be picking up the mail.

### **What happens if I feel sick or develop symptoms?**

- If you experience blue lips, difficulty breathing, increased cough, increasing temperature, confusion,

or have a hard time waking up, call Campus Safety *immediately*.

- You should continue to use CoVerified daily to self-monitor for symptoms of COVID 19. If you develop symptoms and/or are concerned about your physical health in any way, please request an appointment with [Skidmore Health Services](#) through their online request option. 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 staff member who is on-call.

### **Will I get tested for COVID 19 during this quarantine period?**

Skidmore Health Services will be in touch with you about your testing schedule during quarantine. Students in quarantine are tested towards the end of the quarantine period.

Your testing will be by appointment only at the testing trailer in Jonsson Tower parking lot. Do not go to Falstaff's Spring COVID testing location to be tested while you are on quarantine.

**In order to be released from quarantine, you will need to have a negative test prior to your anticipated release date.**

### **What about my housemates? Do they need to quarantine as well?**

If you live in an apartment with housemates, and they have not been independently notified that they need to quarantine themselves, your housemates are considered to be 'contacts of a contact' and do not need to quarantine. They should of course continue to abide by all of the COVID 19 mitigation measures required by the Skidmore COVID 19 pledge. You will need to minimize time in any common spaces while you are quarantining and will need to wear a mask and respect social distancing at all times during your quarantine.

### **Can I quarantine at another location?**

Saratoga County Public Health has advised us that students can complete their quarantine elsewhere, under very specific conditions.

- You must be able to travel to your destination by private car (no bus, airplane, train travel) without stopping.
- Once you arrive at your new quarantine location, you must be able to meet all applicable quarantine requirements (not leaving your living space except for emergencies or medical appointment).
- You must also contact your local public health department and advise them you are quarantining in that county.
- You must notify the college (you can contact the Skidmore COVID support team member who contacted you initially about quarantine requirements) that you are planning to depart campus to quarantine elsewhere and review those plans with them
- Prior to returning to campus, and within 48 hours of returning, you must have a negative COVID 19 test submitted to Skidmore Health Services who will approve your return to campus.

- Once you are approved to return to campus, Health Services will clear your CoVerified status.

### **What about other support during quarantine?**

- 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](http://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, email [jmcdonald@skidmore.edu](mailto:jmcdonald@skidmore.edu) and we will arrange for one to get delivered to you.
  - If you would like peer support, the Peer Health Educators are available for one on one conversations. You can request to meet with a PHE here: [https://www.skidmore.edu/health\\_promotion/center.php](https://www.skidmore.edu/health_promotion/center.php)
- 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](mailto:kdiggory@skidmore.edu).
- If you need something to be fixed in your room/apartment/hotel (clogged toilet, broken appliance, etc.), contact Campus Safety to arrange for facilities help. Please make staff aware when you call that you are in quarantine, so they can arrive with the proper PPE prior to entering your space.

### **When/How will my quarantine end?**

The length of your quarantine is based on the date of your last known exposure to COVID 19 and on your symptom picture. If you have questions or concerns about the length of your quarantine period, you can ask your Skidmore COVID support team member or contact Skidmore Health Services. Skidmore Health Services works in conjunction with Saratoga County Public Health to communicate with Skidmore students about quarantine timelines.

You will receive an email from Skidmore College and from CommCare, the NY maintained COVID tracking system communicating the date of your release from quarantine.

Negative testing results will not shorten or end your quarantine period. The 10 day quarantine timeline for COVID 19 is based on current requirements as provided by the New York state Department of Health and is for individuals who are not symptomatic during their 10 day quarantine. If you experience any symptoms suggestive of COVID 19 during quarantine, you must quarantine for 14 days.

Once you are released, please reach out to Skidmore Health Services at [health@skidmore.edu](mailto:health@skidmore.edu). They will

clear your restricted status in CoVerified. Please remember that must have a negative COVID test result prior to being cleared to 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

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