



Student Health Services

Isolation and Quarantine for COVID-19 Information

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What are the differences between social distancing, quarantine, and isolation?

Social distancing is for anyone who hasn't been exposed to COVID-19. It is a day-to-day precautionary measure used by non-exposed people to help prevent the spread of a disease. Practice social distancing by maintaining 6-feet distance between yourself and others. If it is not possible to be at least 6-feet from others, please limit the closer distance to less than 10 minutes. Please use all the time until further direction by Kansas Department of Health and Environment or Shawnee County Health Department has been given. **What does this mean for my daily life?** It is best to avoid large gatherings and groups. Try your best to stay 6-feet away from people. Call or video-chat with friends and loved ones, particularly those that are elderly or have underlying health conditions that places them at high-risk for illness and complications from illness. If possible, work from your home or residence. Practice good hand hygiene and avoid shaking hands or touching your face. If you are feeling sick, stay home and if needed, call Student Health Services at 785-670-1470 or another healthcare provider.

Quarantine is for people or groups who don't currently have symptoms but were exposed to COVID-19. It is a prevention strategy used to monitor and separate well people who may have been exposed to a disease for a certain amount of time to see if they become ill. Quarantine helps prevent the spread of disease. Quarantine usually takes place in the home or where a person resides. Quarantine is used if you have recently traveled internationally or to/from a US state with widespread community transmission of COVID-19, or been on a cruise or river cruise, or if you have come into close contact with someone who has COVID-19. Please contact Student Health Services at 785-670-1470 or studenthealth@washburn.edu if you are unsure if you should self-quarantine. Quarantine lasts for 14 days after your last exposure to the disease. Once your quarantine period has ended, if you do not have symptoms of illness, you may return to your normal routine. Student Health Services is working with Washburn University, Washburn Tech, Washburn Tech East, and Washburn Tech Cosmetology to coordinate contact tracing. If you have been advised to quarantine by anyone other than Student Health Services, please notify Student Health Services at 785-670-1470 or e-mail studenthealth@washburn.edu. **What does this mean for my daily life?** During quarantine, stay at home and avoid close contact with others. Do not attend school, work, or any other setting where you cannot maintain a 6-foot

distance from other people. It is acceptable to leave your home/residence for exercise as long as you adhere to 6-foot social distancing guidelines and wear a mask that covers your nose and mouth. Plan to do your workout alone and stay close to where you live/reside. Call or video chat with friends and loved ones. For food, medication, and other necessities, have friends, family, or delivery services deliver supplies. Standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often. If you are in home/residence quarantine, monitor your symptoms and if you become ill and need medical attention, call Student Health Services at 785-670-1470 or your healthcare provider.

Isolation is for people who are already sick with the disease. Isolation is a prevention strategy use to separate people who are sick with an infectious disease from healthy people. Isolation helps limit the spread of disease. Isolation can take place in the home or place of residence or a hospital. Healthcare providers often send patients to home-isolation when they no longer require medical attention. Use isolation if you are waiting for COVID-19 test results, have tested positive for COVID-19, or have symptoms of the disease without a test. Contact your healthcare provider or Student Health Services at 785-670-1470 if you are experiencing symptoms severe enough to seek healthcare. If symptoms are mild, stay at home and isolate away from others. Isolation lasts for 10 days from the beginning of symptoms **OR** 72 hours after fever is gone without the use of fever reducing medicine and other symptoms have significantly improved, **WHICHEVER IS LONGER.**

What does this mean for my daily life? Do not leave your home unless it is an emergency. If you are in a home with others, stay in room by yourself. Call or video-chat with friends and loved-ones. For food, medication, and other necessities, have friends, family, or delivery services deliver supplies and try to stock up for the duration of the isolation. Standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often. If you are in home/residence isolation, monitor your symptoms and if you need medical attention, contact Student Health Services at 785-670-1470 or your healthcare provider. If it is after 4:30 PM, contact Health Connections at 785-354-5225. **If it is an emergency, please call 911.**

Travel Related Quarantines:

***** For the most recent travel quarantine/isolation information for Kansas, please follow <https://www.coronavirus.kdheks.gov/175/Travel-Exposure-Related-Isolation-Quaran>**

I have traveled recently, how do I know if a travel-related quarantine is recommended?

Currently, Kansas Department of Health and Environment is recommending a 14-day mandatory home/residence quarantine for people in Kansas who have:

Traveled to a state with known widespread community transmission

Traveled on a cruise ship or river cruise after March 15, 2020

Traveled internationally after March 15, 2020

What should I do if I am in quarantine for travel-related exposure?

Those who are under a 14-day home/residence quarantine should not attend school, work, or any other setting where they are not able to maintain a 6-foot distance from other people.

While at home:

Monitor your symptoms. Watch for fever, cough, or trouble breathing. When you contact Washburn University Student Health Services at 785-670-1470, a symptoms log will be reviewed with you by a Student Health Services staff member. If symptoms develop during the 14-day quarantine period, please notify Student Health Services. If it is after hours or over the weekend, please contact one of the local hospitals or the Shawnee County Health Department prior to seeking services:

University of Kansas St. Francis Campus 785-295-8000

Stormont-Vail Health 785-354-6000

Shawnee County Health Department 785-251-4848

If you become ill and need to seek medical attention:

Before seeking care, call Student Health Services at 785-670-1470 or call your healthcare provider and tell them you have traveled recently or that you have been otherwise exposed to COVID-19.

Put on a face mask before you enter the healthcare clinic or facility to help prevent further spread to other people in your healthcare provider's office or waiting room.

If you need to seek medical care for other reasons, call ahead to your healthcare provider and tell them about your recent travel to/from an area with ongoing community spread of COVID-19.

Wear a face mask to help prevent the spread of the disease to others.

Separate yourself from others by staying in a bedroom by yourself and if possible, use a separate bathroom. If a separate bathroom is not possible, please do not leave any personal items in the shared bathroom and clean the bathroom after each use. Try to allow as much time as possible between yourself and others using the bathroom. If you live on campus and do not have access to your own bedroom, please contact Residential Living by calling 785-670-1065 or emailing resliving@washburn.edu. The Residential Living staff will explore the options available to you based upon your specific circumstances.

Cough or sneeze into the fold of your elbow. Alternatively, cover your mouth and nose with a tissue when you cough or sneeze.

Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 – 95% alcohol, covering all surface of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty.

Clean all “high touch” surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a cleaning spray or wipe according to the label instructions.

How long is a travel-related quarantine?

A travel-related quarantine is for 14 days, starting with the day after you arrive/return to Kansas. If you do not develop symptoms of COVID-19 during your quarantine period, then you are released from quarantine at the end of the 14-days. Please keep in regular contact with Student Health Services through your quarantine time, even if you are not experiencing any signs or symptoms.

What happens if I develop symptoms consistent with COVID-19 while I am in quarantine?

Symptoms of COVID-19 include a measured fever of greater than 100.3 (F) or higher and lower respiratory symptoms like coughing or shortness of breath/difficulty breathing. Symptoms may also include: body aches, chills, diarrhea, fatigue, headache, runny nose, sore throat, rash/skin changes.

If the symptoms you develop during your 14-day quarantine are mild and you normally would not seek healthcare, stay home or where you reside for:

10 days from the onset of symptoms **OR**

24 hours after fever is gone without the use of fever reducing medication AND there has been a significant improvement in symptoms

WHICHEVER IS LONGER

Please also notify Student Health Services (785-670-1470) and/or your healthcare provider.

If you have shortness of breath and need to call 911, notify the dispatch personnel that you may have been exposed to COVID-19 while traveling. If possible, put on a facemask before emergency medical services arrive.

If I develop symptoms consistent with COVID-19 while I am in quarantine, and my test comes back negative, do I still need to finish out my 14-day quarantine?

A negative test result does not allow a patient to end quarantine early. You would still need to complete the remaining days of your quarantine.

For what situations are there quarantine recommendations for exposure to a case?

If you have been told by a public health or other authority that you are a close contact of a laboratory confirmed case of COVID-19, you must quarantine yourself for 14 days after your last contact with the case. You are considered a close contact if you yourself have directly been within 6 feet of someone with a laboratory confirmed case of COVID-19 for 10 minutes or more.

What should I do if I am in quarantine for exposure to a case?

Those who are under a 14-day home/residence quarantine should not attend school, work or any other setting where they are not able to maintain about a 6-foot distance from other people. It is acceptable to leave your home/residence for daily exercise as long as it is solo exercising, wearing a mask, and maintaining social distancing.

While at home:

Monitor your symptoms. Watch for fever, cough, or trouble breathing. If symptoms develop during the 14-day quarantine period, please notify Student Health Services at 785-670-1470 and/or your healthcare provider.

If you become ill and need to seek medical attention:

Before seeking care, call Student Health Services at 785-670-1470 or your healthcare provider and tell them that you have recently traveled or have been otherwise exposed to COVID-19.

Put on a facemask before you enter the healthcare facility to help prevent further spread to other people in your healthcare provider's office or waiting room.

If you need to seek medical care for other reasons, call ahead to Student Health Services at 785-670-1470 or your healthcare provider and tell them about your recent travel to/from an area with community spread COVID-19.

If possible, separate yourself from other people in your home/residence. Stay in a different room from the others and use a separate bathroom if available. If you live on campus and do not have access to your own bedroom, please contact Residential Living by calling 785-670-1065 or emailing resliving@washburn.edu. The Residential Living staff will explore the options available to you based upon your specific circumstances.

Cough or sneeze into the fold of your elbow. Alternatively, cover your mouth and nose with a tissue when you cough or sneeze.

Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 – 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used if hands are visibly dirty.

Clean all “high-touch” surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a cleaning spray or wipe according to the label instructions.

How long is an exposure to a case-related quarantine?

An exposure to a case-related quarantine is for 14 days, starting with the day after your last contact with the case. If you do not develop symptoms of COVID-19 during your quarantine period, then you are released from quarantine at the end of the 14 days. If your faculty/supervisor requires documentation from a healthcare provider as a condition to your return, please contact Student Health Services at 785-670-1470 or your healthcare provider for assistance.

What happens if I develop symptoms consistent with COVID-19 while I am in quarantine?

Symptoms of COVID-19 include a measured fever of greater than 100.3 (F) or 37.9 (c) and lower respiratory symptoms like coughing or shortness of breath/difficulty breathing.

If the symptoms you develop during your 14-day quarantine are mild and you normally would not seek healthcare, stay home for:

10 days from the onset of symptoms **OR**

72 hours after fever is gone without the use of fever reducing medication AND there has been a significant improvement in symptoms

WHICHEVER IS LONGER

Please also notify Student Health Services at 785-670-1470 or your and/or your healthcare provider.

If you have shortness of breath and need to call 911 for emergency medical attention, notify the dispatch personnel that you may have been exposed to COVID-19. If possible, put on a facemask before emergency medical services arrive.

If you have questions, please contact one of the following:

Student Health Services 785-670-1470

University of Kansas St. Francis Campus 785-295-8000

Stormont-Vail Health 785-354-6000

Shawnee County Health Department 785-251-4848

Kansas Department of Health and Environment 877-427-7317

How do healthcare professionals determine if I need to be in home/residence isolation?

If your symptoms are not severe enough to be hospitalized, it may be appropriate for you to isolate in your home/residence.

Hospitalized patients can be release to home isolation once their healthcare providers feel that their symptoms no longer need immediate medical attention. For patients not requiring hospitalization any longer, or for people whose symptoms are not severe enough to require hospitalization, public health officials will assess the sustainability of the home environment for home care.

Home isolation may be appropriate for individuals who:

Are stable enough to receive care at home

There are appropriate caregivers that are available to monitor you

There is a separate bedroom where you can recover without sharing immediate space with others

There is access to gloves and facemasks

All household/residence members including you are able to adhere to necessary precautions

What should I do if I am in isolation because I am a lab-confirmed case?

Tips for home/residence isolation:

Do not leave your home/residence unless it is an emergency

Avoid one-on-one interactions within 6-feet of another person. If possible, separate yourself from other people in your home/residence. Stay in a different room from others and use a separate bathroom if available. If you live on campus and do not have access to your own bedroom and bathroom, please contact Residential Living by calling 785-670-1065 or emailing resliving@washburn.edu. The Residential Living staff will explore the options available to you based upon your specific circumstances.

Monitor your symptoms, watch for fever, cough or trouble breathing.

If you become ill and need non-emergency medical attention for any reason, call Student Health Services at 785-670-1470 or your healthcare provider before you seek care and tell them that you have COVID-19. Use a facemask before you go to a healthcare clinic or facility.

If you are in a medical emergency and need to call 911, notify the dispatch personnel that you have COVID-19. If possible, put on a facemask before emergency medical services arrive.

Make sure you have the supplies and support you need. Do not share household supplies.

Arrange for an appropriate caregiver and make sure to avoid direct contact. If possible, try to stock up on necessities like food, medications, water, and other supplies or have it delivered by friends, family, or delivery services. Make sure to keep at least 6-feet apart when accepting deliveries.

Cough or sneeze into the fold of your elbow.

Alternatively, cover your mouth and nose with a tissue when you cough or sneeze.

Keep your hands clean by washing your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains 60 – 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Clean all “high-touch” surfaces every day.

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the instructions on the product label.

Stay connected virtually.

Keep in touch with loved ones online or through your phone. Virtual dates, video chats, and online games are great ways to prevent social isolation and keep friends and family updated.

If you have questions, please contact Student Health Services at 785-670-1470.

What should I do if I am a lab-confirmed case and I am a healthcare/public health/law enforcement worker?

Lab-confirmed cases, including healthcare, public health, and law enforcement workers must be isolated in the same manner as any other lab-confirmed case.

When can I get out of isolation if I am a lab-confirmed case?

10 days from the onset of symptoms **OR**

72 hours after fever is gone without the use of fever reducing medications **AND** there has been a significant improvement in symptoms

WHICHEVER IS LONGER

If your faculty/supervisor/employer requires medical clearance for you to return to work, please contact Student Health Services at 785-670-1470 or your healthcare provider for assistance.

If you have questions, please contact Student Health Services at 785-670-1470. You may also contact the Shawnee County Health Department at 785-251-4848 or Kansas Department of Health and Environment at 877-427-7317.

*****Watch for symptoms**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Rash or skin changes (COVID toes)
- Pink eye

This list does not include all possible symptoms.

Resources

<https://www.coronavirus.kdheks.gov/175/Travel-Exposure-Related-Isolation-Quaran>

<https://www.coronavirus.kdheks.gov/1/Home>

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html>