

Self-Quarantine Guidelines Before Return to Campus

Wellesley College, 2020

As President Johnson shared in her message on December 28, in order to safely bring our community back together, we are asking students to **quarantine** at home for **10 days before traveling back to campus**.

We understand that asking students to quarantine from family and friends before returning to campus is not without nuanced sacrifice and inconvenience, and will look very differently depending on living and work situations. For some students, their families may depend on them to work, to care for family members, or to run essential errands like picking up groceries or going to the pharmacy.

With that said, we ask that students quarantine to the very best of their abilities, while respecting different family and personal needs during this extraordinary time.

We are in this together as we navigate the road ahead, and we appreciate your commitment to our community's health and wellbeing. Indeed, self-quarantining before returning to campus is one of the key ways in which we can ensure personal and community health and safety as we come together again at Wellesley.

Know How it Spreads

Quarantine and Prevention

There is currently not yet a widespread distribution of the vaccine to prevent coronavirus disease 2019 (COVID-19). Viruses like COVID-19 don't move on their own, we as people move them through our human behaviors. Quarantine is the restriction of individuals' activities to prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, and monitor their health.

Asymptomatic Spread

Studies indicate that people who are infected but do not have symptoms (asymptomatic) likely play a role in the spread of COVID-19. Quarantine helps protect others by preventing exposure to asymptomatic individuals, since people can spread the virus before they know they are sick.



Stopping the Spread

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when respiratory droplets from an infected person's mouth or nose are launched into the air and land in the mouths or noses of people nearby; the droplets can also be inhaled into the lungs. Common ways of transmission include talking, breathing heavily, laughing, singing, coughing, or sneezing.

It may also be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads. Therefore, proper handwashing and hygiene are crucial for maintaining health and safety.

Quarantine Guidelines and Recommendations

Staying home (or other location approved by your local health department) and limiting your activities and contact with others is fundamental, but what does this look like? How do I do this if I share a room with others? What if I have to pick up my parent's medication for them? Below are some guidelines to help you quarantine to the best of your abilities before returning to campus.

Everyday Guidelines for Everyone

- Practice physical distancing (stay at least 6 feet away from others).
- Wear a mask around others, especially when other physical distancing measures are difficult to maintain.
- Cover coughs and sneezes with your upper sleeve/elbow or a tissue.
- Never cough in the direction of someone else.
- Wash your hands often with soap and water for at least 20 seconds or use alcohol-based hand rubs after coughing or sneezing or throwing a used tissue in the garbage.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Keep your surroundings clean.
 - High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables.
 - Use a household cleaning spray or wipe, according to label instructions.



Strictly Limit Errands or Work Outside of Home

During quarantine, you should leave the house only when absolutely necessary. However, we recognize that there are some limited circumstances depending on individuals' specific needs that may require them to leave during the 10-day quarantine, which may include needing to go to work or running essential errands (i.e. grocery store, pharmacy, or medical appointments that cannot be delayed).

Protect Yourself and Others Outside of the Home

- Stay home if you are sick.
- Use online services when available (i.e. delivery, take out)
- Use physical distancing (stay at least 6 feet away from others).
- Wear cloth face coverings in public settings and when around people who don't live in your household, especially when other physical distancing measures are difficult to maintain.
- Use hand sanitizer after leaving stores.
- Wash your hands with soap and water for at least 20 seconds when you get home.
- Choose one or two family members (who are not at a higher risk) to run the essential errands.
- Avoid public areas as much as possible, including restaurants, bars, gyms, grocery stores, malls, theaters and any public gathering spaces.
- If you need medical care, call your healthcare provider. Postpone all non-essential medical appointments until you are out of self-quarantine.

Shared/Common Spaces in the Home

- Limit contact as much as possible with persons living in your residence.
- Avoid sharing household items.
 - Do not share drinking glasses, towels, eating utensils, bedding, or any other items.
 - Non-disposable food service items used should be handled with gloves and washed with dish soap and hot water or in a dishwasher.
- Wash your laundry separately from others.

Bathrooms

- If possible and accessible, use a private bathroom that others are not using.
- *If you share a bathroom with others*
 - Wipe down all surfaces before and after use, including knobs, handles, countertops.
 - Sinks could be an infection source and you should avoid placing toothbrushes directly on counter surfaces.
 - Open the window and turn on a fan to bring in and circulate fresh air if possible.

Bedrooms

- If possible, stay in a separate room away from others where you can sleep, eat, study, and spend time away from others.



- *If you share a bedroom with others*
 - Wear a face mask when around others.
 - Make sure the room has good air flow and circulation; open the window and turn on a fan to bring in and circulate fresh air if possible.
 - Use your own linens, towels, blankets. Wash these separately from others' laundry.
 - Routinely disinfect high-touch and shared surfaces (i.e. doorknobs, remote controls, chair backs, drawer handles).
 - Maintain at least 6 feet between beds if possible.
 - Put a curtain or divider to separate the other person's bed.
 - If sharing a bed, sleep head to toe.

Transportation

- If possible, use forms of transportation that minimize close contact with others (i.e. biking, walking, driving or riding by car either alone or with household members).
- If necessary to use public transportation:
 - Maintain a 6-foot distance from other passengers as much as possible.
 - Avoid touching high-touch surfaces such as handrails, and wash hands or use hand sanitizers as soon as possible after leaving.
 - Try to commute during less busy times.
 - Wash your hands immediately after the trip.
- If necessary to ride in a car with members of different households:
 - Limit close contact and create space between others in the vehicle as possible.
 - Improve air flow in the car by opening the window or placing air conditioning on non-recirculation mode.
 - Wash your hands immediately after you return home.

Additional Resources and Supports

Again, we recognize the significance of the time and effort that each member of our community is giving to ensure our shared health and safety. We thank you for utilizing these guidelines, for additional support and information please see below:

- Wellesley College COVID-19 Updates: www.wellesley.edu/coronavirus
- Wellesley College Health Services: www.wellesley.edu/healthservice
- Centers for Disease Control: www.cdc.gov/coronavirus/2019-ncov/index.html

