



Isolation and Quarantining Guidelines for Belles

Bennett College uses key public health tools—quarantine and isolation to prevent the spread of COVID-19 among the campus community. However, because there is typically little time to prepare for quarantine or isolation when instructed to do so, Bennett College developed this planning guide to help students prepare to isolate or quarantine. This guide is for students who live on campus and students who live off-campus.

WHAT IS THE DIFFERENCE BETWEEN QUARANTINE AND ISOLATION?

Isolation

Isolation is the separation of someone ill with or who has tested positive for COVID-19 from non-sick people. Individuals who test positive for COVID-19 are isolated for at least 5 days (the duration of the infective period) from the time they are tested, or symptoms first appear but maybe isolated for more extended periods if symptoms persist. Students in on-campus housing must be relocated from their residence hall room during isolation to minimize the risk of spread to peers in their hall. Isolation may occur on campus or at an off-campus hotel.

Quarantine

Quarantine is the separation of someone exposed to a COVID-positive individual from those who are not sick or exposed if the exposed person becomes ill or tests positive for COVID-19. If a student is considered a close contact (exposed) of a person who has tested positive for COVID-19, quarantine protocols should be implemented as follows:

Individuals who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet

boosted should quarantine for 5 days and be tested in the Student Health Center on day 5. If there is a positive test result, they will follow isolation procedures for 10 days. If the result is negative, they will continue under a strict mask mandate for the next 5 days.

Individuals who have received their booster shot do not need to quarantine following an exposure but should wear a mask for 10 days after the exposure.

ALL individuals who are exposed must be tested in the Health Center at day five (5) after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19. If testing results are positive, individuals will be required to isolate. Students in on-campus housing will be relocated to an isolation space.

DO I NEED A PLAN FOR ISOLATION AND QUARANTINE?

Yes! All students living on campus must have an isolation and quarantine plan. For students who can travel in a private vehicle and are within driving distance of their primary place of residence, your plan can be to conduct your period of isolation or quarantine from the comfort of your home if you would like.

For all other students, isolation, and quarantine space (on and off campus) is available. During isolation, meals are delivered, and most campus services are accessible to students virtually.

All students living off-campus are strongly encouraged to have an isolation and quarantine plan. Bennett College does not provide isolation or quarantine housing or meal service for commuter students or those who have remained in their permanent residence.

Most campus support services are available virtually; for Student Health Center and Student Counseling Center, access to services depends on the student's current state due to licensure laws.

HOW WILL I BE SUPPORTED IF I AM IN ISOLATION OR QUARANTINE?

- Telehealth visits are available through the Student Health Center and via telemedicine care at [Teladoc.com/Aetna](https://www.teladoc.com/Aetna) or 1-855-Teladoc (835-2362). Students should call 911 for any life-threatening emergencies; when calling, please inform the dispatcher that you are in isolation or quarantine.

- The Counseling Center is available to provide mental health resources and counseling services (to those within the state of North Carolina). Students can request an appointment by calling 336-517-2230 or sending an email Aishia Griffin at agriffin@bennett.edu during business hours.
- The Office of Student Success is available to meet with students virtually to check in, provide support, and give access to resources they may need.
- Office of Accessibility Services
- College Chaplain
- Residential Life—Resident Assistants will offer daily check-ins with students in isolation. In addition, Residential Life has a RA on Call 24/7 on-call team available for support. The RA on Call can be reached at 336-314-5607.

TAKE THESE ITEMS WITH YOU:

- Your issued N95 mask.
- Cleaning supplies: Pack EPA-approved disinfecting wipes to use in your living spaces before, during, and after any possible isolation or quarantine. You will need to use these in any common areas of your residence while you are in isolation, quarantine, or anytime you are not feeling well.
- Self-care medications: Pack fever/pain reducers such as acetaminophen (Tylenol) or ibuprofen (Motrin). Do not use multi-symptom medications in combination with these, as it can be easy to take too much. You may want lozenges for sore throats or cough medications.
- Prescription Medications: Pack medications that you take daily for at least 10 (ten) days.
- Thermometer: Pack a digital thermometer that works under your tongue and take your temperature throughout the day and record it.
- Face Coverings: Pack multiple face coverings so you can wear a fresh one each day.
- Comfort Tips: Pack your favorite comfort snacks and drinks. Although the college will ensure meals are delivered to those isolated or quarantined on campus, your favorite snacks can sometimes provide comfort. Off-campus students should maintain a supply of food at home and be knowledgeable about ordering food delivery from their local grocery store.

- Bottled Water: You should take a case of bottled water with you to make sure that you stay hydrated.
- Comfortable Clothes: Pack comfortable clothes and undergarments for 10 (ten) days.
- Hygiene Supplies: Pack shampoo, soap, toothbrush, toothpaste, feminine products, etc.
- Towels
- Laptop and Charger: During isolation or quarantine you can still continue to attend classes and complete assignments to avoid falling behind.
- Spare Set of Twin XL Sheets: You can use your pillow and blanket from your current bed.
- Phone Charger
- Your personal TV
- Self-care items to support your overall well-being: art supplies, puzzles, crafts, playing cards, portable exercise equipment (like fitness bands, hand weights, or yoga mat), books, etc.
- ID and Insurance Card: Please bring them with you just in case you need them.

IMPORTANT NUMBERS TO KNOW:

- Your personal doctor
- Your next of kin
- Your pharmacy
- Student Health Center - 336-517-2229
- Counseling Services - 336-517-2230
- Office of Accessibility Services - 336-517-1501
- Office of the Chaplain - 336-517-2334
- Office of Student Success - 336-517-2185
- Resident Assistant on Call - 336-314-5607
- Campus Safety - 336-370-8621