
GUIDE TO QUARANTINE & ISOLATION

SPRING 2022

Muhlenberg

Muhlenberg College is committed to supporting our students academically and personally when their daily experience becomes interrupted by the COVID-19 virus.

While we have staff available to assist you with individual needs and your faculty are prepared to work with you regarding your academic concerns, this guide is intended to serve as a quick resource for you before or during a necessary isolation or quarantine period.



WHAT TO EXPECT

This guide will provide guidance and information on:

- » How to prepare for the potential need to isolate and quarantine during the Spring 2022 semester
- » The criteria that determine when a student must isolate and quarantine
- » What to expect during a period of isolation and quarantine
- » When a student may be expected to be reached out to for contact tracing and what to expect from the communication

This guide is subject to change based on local, state and federal guidance, including the Pennsylvania Department of Health and CDC recommendations.

Please see the last page of this document for a list of contacts and offices that can help answer additional questions.

Definitions

Exposure

Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

Date of Exposure

For the purposes of isolation or quarantine and time to return to campus, Day “0” is considered the first day the person exhibited symptoms or the date of the positive test result – whichever came first.

Close Contact

A close contact is someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes.

Isolation

Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19. People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, or wear a well-fitting mask when they need to be around others.

Quarantine

Quarantine is a strategy used to prevent transmission of COVID-19 by keeping people who have been in close contact with someone with COVID-19 apart from others, particularly if they are not “fully vaccinated”.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#calculating-isolation>

Muhlenberg considers an individual vaccinated if:

- » They have received the COVID-19 vaccine and a booster to the vaccine and
- » At least five months have passed since receiving a second primary COVID-19 vaccination of Moderna or Pfizer; or
- » At least two months have passed since receiving a single primary COVID-19 vaccination of Johnson & Johnson's Janssen.



Symptoms of COVID-19

COVID-19 can cause a wide range of symptoms, which may be mild or present as severe illness. Symptoms may appear 2-14 days after exposure to the virus. These include:

- » 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

Source: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Student Health Evaluation



If you are feeling sick and exhibiting two or more of the symptoms described above, the best thing you can do to protect yourself and your community is to stay in your room, wear your mask (preferably a KN95) and contact your healthcare provider. If you are on campus this semester, please contact Health Services between 8:30 a.m. - 4:30 p.m., Monday through Friday, (484-664-3199).

If it is after hours or on the weekend, students may consider being evaluated at a local urgent care. See please the [health center website](#) for local urgent care information. It is recommended that students check with their health insurance about their urgent care coverage. Students can also use an over-the-counter COVID antigen test. If students choose to wait for on campus testing until daytime hours the next day, they should stay in their room away from others, wear their mask (KN95 preferred) and utilize to-go dining options until they are tested and their results are known.

If someone is showing any of the following signs: trouble breathing; persistent pain or pressure in the chest; new confusion; inability to stay awake; pale, gray or blue-colored skin, lips or nail beds, depending on skin tone; or any other severe or concerning symptoms, seek emergency medical care immediately. On campus students should call Campus Safety (484-664-3110). All other students should call 911.

Isolation Procedures:

Students who test positive for COVID-19 must isolate for 5 days. On day 6 or after, students with no symptoms or resolving symptoms and who have been fever free for more than 24 hours, may take a Covid antigen test. Once the student receives a negative result anytime on Day 6 or after should upload that negative test result. They will then be approved to return to regular activities at the College.

Note that Day 0 is date of onset of symptoms or date of test (if no symptoms).

Students who return to campus on day 6 through day 10 must upload their negative test result into their health portal before returning. The image must include the student name and test date. On weekends, students should also email covid-19@muhlenberg.edu with negative test results. Students will receive a message notifying them that they may return to campus after review of the negative test by a college official has occurred.

On day 11, a student may choose to return to campus without testing as long as they have resolving symptoms and are fever free for 24 hours without the use of fever reducing medicine

Upon return to campus, students must wear a well-fitting mask at all times (except while bathing or actively eating/drinking) and utilize to go dining for a full ten days after their test date or onset of symptoms.

Students who must extend their isolation beyond day 6 must notify Health Services who may connect them with additional college resources to support them during their absence

Students who were severely ill with COVID-19 should isolate a full ten days.

Academic Guidelines for Students in Isolation or Quarantine:

If you are asked to quarantine or isolate yourself, follow the instructions below.

1. It is your responsibility to notify your instructors as soon as possible.
2. Refer to your syllabus or other information provided by your faculty member for each course to determine what you should do if you are in isolation/quarantine and will miss in-person class. Ask your instructors questions if you are unclear about what you should do.
Each faculty member, in the same academic department, may have different instructions. You can not assume that a faculty member will allow you to Zoom into a class or allow you to participate as a remote student. You may also not be able to make up in-class work and instead be given an alternate assignment.
3. Faculty will expect your return to in-person class after your quarantine ends. If you can not return to class at the time due to travel difficulties, please inform your faculty member. You need to make every effort to return to class as soon as you are able to do so.
4. If you need academic support while you are in quarantine/isolation, contact the Academic Resource Center at arcstudent@muhlenberg.edu or the Office of Disability Services at pamelamoschini@muhlenberg.edu if you already work with this office.
5. If you continue to have symptoms past the initial deadline, contact the Health Center at healthservices@muhlenberg.edu. If needed, you will be referred to the Office of Disability Services and staff will work with you to manage your coursework.
6. If you have additional concerns or questions that are academic in nature, contact the Dean of Academic Life, Michele Moser Deegan, at deanofacademiclife@muhlenberg.edu.

Students who attend class, college functions or student activities during their isolation period will be in a serious violation of the College's COVID-19 Policy, which may result in suspension from the College for the remainder of the semester.

Exposure and Quarantine:

Students who are exposed to someone with COVID-19 must follow the guidelines outlined below:

If students meet the following criteria:

- » Have been boosted, or
- » Have completed the primary series of Moderna or Pfizer vaccines within the last 5 months, or
- » Have completed the J&J vaccines within the last 2 months
- » Have tested positive for COVID-19 in the past 90 days
- » **THEN, students must wear a mask around others for 10 days, use “to-go” dining, and monitor for symptoms. Students should get tested at least 5 days after last contact with COVID-19 (unless they tested positive for COVID in the past 90 days). Students who develop symptoms must be tested immediately.**

If students meet the following criteria:

- » Are unvaccinated, or
- » Have completed the primary series of Moderna or Pfizer over 5 months ago and are NOT boosted, or
- » Have completed the primary series of J&J over two months ago and are NOT boosted
- » **THEN, students must quarantine for 5 days. Students should get tested at least 5 days after last contact with COVID-19. If they remain without symptoms, students may leave quarantine after 5 days, but MUST continue to wear a mask and use “to-go” dining for an additional 5 days. Students who develop symptoms must be tested immediately.**

Anyone who develops symptoms should get a test immediately and stay home away from others.

Isolation and Quarantine Locations

Where will I go for the period of isolation or quarantine?

Students who are required to isolate or quarantine during the semester and who live within 300 miles of the College are encouraged, but not required, to return home for this period of time. Students who are vaccinated and symptomatic and remain on campus will be assigned a roommate in isolation housing on campus.

For more information regarding isolation and quarantine, please contact our coordinators

Michele Paules, michelepaules@muhlenberg.edu

Brenda Lakis, brendalakis@muhlenberg.edu

TESTING

About Muhlenberg's Testing Procedures

The College will test:

- All unvaccinated students and employees weekly,
 - Any student who seeks testing due to symptoms consistent with COVID-19
 - Any student who is deemed a close contact and wishes to be tested between days 5-7.
- » The College has the ability through a third-party testing company to increase testing quickly if conditions change on campus.



Testing availability:

- Testing is available weekdays through Health Services for Muhlenberg College students who are experiencing non-emergency or non-life threatening COVID symptoms, such as runny nose, congestion, fever, mild cough.
- Students may also purchase over-the-counter COVID antigen tests for \$11.87 plus tax at the Berg Bookshop, LSC Cafe, and General's Quarters
- There are also several local urgent care centers near campus who provide COVID testing.

In the evening and on the weekend:

- » Muhlenberg College students who are experiencing non-emergency or non life threatening COVID symptoms, such as runny nose, congestion, fever, mild cough on weekends may consider the following options for testing:
- Isolate away from others until students have access to a COVID test
 - Use an over-the-counter COVID antigen test (available for purchase on campus)
 - If someone is showing any of the following signs: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone, any other severe or concerning symptoms, seek emergency medical care immediately. On campus students should call Campus Safety (484-664-3110). All other students should call 911.
 - Students may utilize local urgent care facilities for medical evaluation. It is recommended that students check with their insurance about their urgent care coverage.
 - Students should stay in their room away from others, wear their mask (KN95 preferred), and utilize to-go dining options until they are tested and results are known.



Important Contacts

For specific questions, you may contact the following offices:

Health Services

484-664-3199

healthservices@muhlenberg.edu

Counseling Services

484-664-3178

Dean of Students

484-664-3182

deanofstudents@muhlenberg.edu

Office of the Provost

484-664-3134

provost's_office@muhlenberg.edu

Housing & Residence Life

484-664-3180

housing@muhlenberg.edu

Human Resources

484-664-3165

hr@muhlenberg.edu

Global Education

484-664-3479

studyabroad@muhlenberg.edu

International Student Support

484-664-3448

oiss@muhlenberg.edu

Campus Safety

484-664-3112



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We're all in this together