

# Quarantine & Isolation FAQs

NDSU Residence Life & NDSU Dining

## 1. How do I know if I need to quarantine?

If you are identified as a close contact, you will be notified via the health department and will also receive an email from NDSU Residence Life.

That email will ask you to quarantine, why we encourage you to quarantine, and your next steps of action (completing the Housing/Dining Quarantine Form, reviewing the Living in Quarantine Guide, etc). If you are fully vaccinated you do not need to quarantine, simply reply to the email and let us know.

## 2. Do I still need to quarantine if I was wearing a mask?

Close contacts are asked to quarantine for 10 days from their last exposure unless both the infected person and close contact were wearing a mask, or the close contact was fully vaccinated.

## 3. Do I need to quarantine?

The ND Department of Health and NDSU strongly encourage students who are identified to be close contact of COVID-19 to quarantine. If you are fully vaccinated for COVID-19 or have already had COVID-19 contact Residence Life.

## 4. I think I need to self-quarantine, what are my next steps?

If you have NOT been notified by a state health department official as a close contact to someone who has tested for covid-19, you do not need to notify anyone and you may still access the dining centers. If you received notification from an entity outside of North Dakota and have not been contacted by Residence Life, please complete the covid-19 student reporting form to report your close contact. [www.ndsu.edu/covid19/student\\_reporting\\_procedures](http://www.ndsu.edu/covid19/student_reporting_procedures)

View this flowchart for more details. [www.ndsu.edu/sites/default/files/2020-09/COVID-19%20reporting%20flowchart%20and%20symptoms.pdf](http://www.ndsu.edu/sites/default/files/2020-09/COVID-19%20reporting%20flowchart%20and%20symptoms.pdf)

## 5. Where can I get a COVID-19 test or vaccine?

If you are experiencing symptoms you can go to Student Health Services any day of the week to get a test. Contact them with questions at 701-231-7331.

Check your email for mass testing and vaccine events for students.

**6. My roommate has to quarantine, can I move?**

Current data does not show that someone who is identified as a close contact, is considered high risk of passing it to others, therefore you do not have to move. If we receive a different directive from the ND Department of Health or the CDC, protocols will change. Please note that as a student in Residence Life, you can always request a room change, but requests are based on availability.

Can they move into a friend's room? The student in quarantine should remain in their current space.

**7. I am the only one in my room that received a quarantine notice, can my roommates attend class or do they need to quarantine too?**

Yes, they can attend class; they do not need to quarantine unless they are notified via email by Residence Life.

**8. I am in quarantine, but just received a negative test. Do I have to stay in quarantine for the full 10 days?**

Based on guidelines from the CDC and ND Department of Health, you have the ability to be released from quarantine after seven days if you receive a negative PCR or rapid test result from a test taken within 48 hours of the seventh day.

Contact Residence Life to be removed from quarantine if you meet the above criteria.

**9. I have gotten the COVID 19 vaccine, but was informed I need to quarantine due to close contact. Do I still need to quarantine?**

If you are fully vaccinated you do not need to quarantine. Contact Residence Life to be cleared.

**10. Can I quarantine or isolate at home? What are my next steps?**

Yes, you can isolate or quarantine at home.

You will get an email from NDSU Residence Life stating you have been identified as someone strongly encouraged to quarantine or isolate. Within that email, you will complete a form where you can tell us you plan to go home.

**11. I was going to quarantine/isolate on campus, but have decided to go home. What should I do?**

If you were receiving meal delivery, please cancel them. [www.ndsu.edu/dining/qicancel](http://www.ndsu.edu/dining/qicancel)

**12. If I quarantine at home, do I get a discount or prorated pricing on meals and housing?**

There are no refunds on housing or dining for going home to quarantine.

**13. I have decided to move home for the semester, but still attend classes - what is my refund?**

There are no refunds because Housing and Dining contracts cover the entire semester.

**14. How do I do my laundry?**

Please wear a mask and do not use the laundry room when other students in it. Use the sanitizing spray and paper towels to disinfect the equipment after each use.

**15. How do I get packages/mail?**

If you have a package at the bookstore, contact [ndsu.residence.life@ndsu.edu](mailto:ndsu.residence.life@ndsu.edu) to request it to be delivered to the hall office and the RA on duty will leave it outside your door during mail hour or office hours. For regular mail, call your hall's RA duty phone during office hours from 6-9 pm. The RA will slide your mail under your door.

**16. What is the restroom policy?**

If you are in a suite, you'll use the restroom in your suite as you normally would. If you are in a hall with community bathrooms, you'll be given a key to a dedicated gender-neutral bathroom/shower.\* Only use the gender-neutral bathroom/shower. Be sure to lock the door behind you when you're leaving the restroom.

\*If you live in Burgum, you will have a designated shower and toilet area.

**17. What if I need assistance while in quarantine?**

Call the RA duty phone for your hall (this is who you'd call for lockouts).

**18. Can I go outside?**

Per guidance received from the ND Department of Health, it is acceptable to leave your space during quarantine or isolation as long as you can guarantee that you will not have close contact with others.

**19. Can I take out my trash?**

Yes, please wear a face covering and stay 6 feet away from others.

**20. Can I hang out in public spaces/lounges, if I'm socially distant?**

This is not recommended during quarantine. Leaving quarantine is only acceptable for necessary activities.

**21. Can I order food to my hall?**

Yes, but it requires you to have a friend in the building that is not in quarantine who is willing to meet the driver and drop off the food at your door.

**22. What do I do about my in-person classes while in quarantine?**

Reach out to that faculty member.

**23. How do I get medication?**

A friend in your hall can deliver medication to your door. A friend or family member can stop by the hall office anytime between 6-9 p.m. and have the RA working the desk make the delivery.\* If it is needed earlier in the day, they can certainly contact the HD to arrange a time to drop it with them. Student Health Services has cold/flu kits which include a thermometer, hand sanitizer, chapstick, Acetaminophen, Ibuprofen, two cough drops, Kleenex, and a honey packet. Call the SHS pharmacy 231-7332 for pickup options.

\*If you do not live in the building you'll need to call the hall office and have them let you in. Each hall office phone number can be found here: [www.ndsu.edu/reslife/contact/](http://www.ndsu.edu/reslife/contact/)

**24. What is the Meal Delivery Process?**

Meal deliveries are available for 5-or 7-day unlimited meal plan holders who live in an MLLC studio apartment, any NDSU apartments or off campus if they are isolating in their rooms due to

a positive COVID-19 test. Students in quarantine may access the dining center for to-go meals only if they wear a face covering and stay socially distant during their visit.

**25. Are there any discounts or prorated pricing if I quarantine or isolate at home?**

Housing/Residence Life and Dining will not offer refunds for the fall semester.

**26. What is the daily menu and do I get to pick my menu items?**

If you are in quarantine, you may visit the dining center with a face covering to grab a to-go meal. View the menu online at [nds.edu/dining/menu](https://nds.edu/dining/menu).

If you have a meal plan and you are isolating because you tested positive, the menu will rotate. We cannot take special requests unless it is for a specific allergy or dietary need.

**27. When can I expect my meals to be delivered?**

You will begin receiving meals after you complete the COVID Housing and Meals Isolation Form (included in your email from Residence Life). Each meal delivery includes 3 meals, snacks, and beverages.

If the form is completed before 12:00pm, you will be included in meal deliveries that begin at 1pm (actual delivery time is dependent on total number of deliveries). If the form is completed between 12:01pm – 5:30pm, you will be included in meal deliveries that begin at 6pm. If you complete the form after 5:30pm, your RA, Hall Director or Complex Manager will deliver a “hold-me-over” meal kit that includes a variety of shelf-stable meal and snack options, plus beverages; your first meal delivery will begin at 1pm the following day.

An email notification is sent when meal deliveries are made.

**28. My email says my food was delivered, but I didn't receive it.**

Please contact our QI Coordinator at [nds.dining.qidc@nds.edu](mailto:nds.dining.qidc@nds.edu) or 701-371-8176.

**29. I am on a 5-day meal plan, do I have to pay for a 7 day while in quarantine?**

If you are in quarantine, you have the option to stay on the 5-day plan, and not receive meals on the weekends.

If you are in isolation within Johnson Hall, you are required to upgrade or a 7-day or purchase a 6-block of meals via the COVID Housing and Meals Quarantine Form.

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**30. Where can I find more information?**

Visit [www.ndsu.edu/reslife/covid\\_19\\_response/](http://www.ndsu.edu/reslife/covid_19_response/)

You'll find information about the process and contact information.