

NDSU Quarantine/Isolation Processes for Students in Quarantine or Isolation

NDSU continues to implement strategies to mitigate the risk of covid-19 for all students, staff and faculty. In the case of becoming symptomatic, exposure to someone who tests positive, or having a positive test, the following guidelines and processes have been developed:

General guidelines for quarantine or isolation:

- **Students who have proactively taken a test for COVID-19 but were not required to take the test** due to having symptoms, are not required to quarantine while waiting for test results.
- **Students who have taken a test for COVID-19 due to being symptomatic** will need to quarantine in their residence hall room or apartment until test results are known.
 - If they have roommate(s) or suitemates, those individuals would also need to quarantine in their room/apartment until test results are known.
 - If the result is positive, the roommate or suitemate's quarantine would continue and the student who tested positive would move to isolation (see below).
 - If the test is negative, the student and roommates will no longer need to quarantine.
- **Students who have been identified by a public health official as having been in close contact with another person who has tested positive** will need to remain quarantined in their room or apartment for 14 days from last exposure. New guidelines from the state of North Dakota issued on 9/30/2020 state "Close contacts will still need to be quarantined for 14 days from their last exposure *unless both the infected person and close contact were wearing a mask at all times during the exposure, this would exempt the contact from being quarantined.*" This means classroom close contacts should not have to quarantine if face coverings are worn.
 - Roommate(s) or suitemates of individuals who are identified as a close contact do not need to quarantine. Students will need to monitor for symptoms based on guidance from a public health official.
 - Individuals who are using the Care19 Alert App promoted by the ND Smart Restart, may receive a notification from the app that they have been in close contact with an individual who has tested positive. This notification may not require quarantine. Instead, individuals receiving this notification should contact the NDDoH for further instruction.

- **Students who test positive:**

- Students who live in a Residence Hall will be moved into a separate isolation space on the NDSU campus. Their roommates(s) or suitemates will need to quarantine in their room for 14 days, as they would now be considered a close contact.
- Students who live in an MLLC studio may isolate in their own space.
- Students who live in an NDSU apartment or off-campus housing will isolate in their own apartment.

Students may choose to instead quarantine or isolate at their permanent home residence. Students who live in a Residence Hall are required to notify Residence Life if they choose this option.

For students not directly working through NDSU Student Health Service, students needing to quarantine or isolate, will need to complete a form that will activate campus support services. The reporting form is available at [Student Reporting Procedures](#).

Quarantine Protocol in a Residence Hall:

Quarantine is required for those who are: symptomatic and awaiting test results, roommate/s or suitemate/s of people who are symptomatic, or close contact (as identified by a public health official) with another person who has tested positive. New guidelines from the state of North Dakota issued on 9/30/2020 state "*Close contacts will still need to be quarantined for 14 days from their last exposure unless both the infected person and close contact were wearing a mask at all times during the exposure, this would exempt the contact from being quarantined.*" This means classroom close contacts should not have to quarantine if face coverings are worn.

- Students will receive an initial wellness check from Residence Life staff to determine how the student is doing and if the student has additional needs.
 - Students are encouraged to reach out to RAs and HDs (virtually) for ongoing additional support.
- Dining will deliver meals to students in quarantine once daily in the late afternoon, to include, dinner, continental breakfast and lunch for next day.
 - Students with a meal plan will receive delivered meals.
 - Students on a 5-day meal plan may upgrade to the 7-day meal plan or purchase meals through a block plan for weekend coverage.
 - Upper class students with the 170-block plan who are living in a residence hall that requires a meal plan will receive delivered meals.
 - Students with a block plan (including the 170-block plan), who live in a residence hall which does not require a meal plan, may opt out of receiving delivered meals.
 - Students who have not purchased a meal plan or block plan will not receive delivered meals unless they purchase a block plan to cover the meals delivered.
 - Dining will work directly with students who have specific dietary concerns.

Isolation Protocol in a Residence Hall:

Isolation is required for those who have tested positive for COVID-19.

- Students living in a Residence Hall who have tested positive will be re-assigned to a single isolation room in North Weible, unless they currently live in a studio in Mathew Living Learning Center. Additional overflow will be available on third floor Johnson and third floor Stockbridge.
 - Students will be provided a single room with bedding and basic toiletries.
 - Students will be allowed to retrieve from their room personal items including their computer and clothing prior to moving into isolation.
- A common area kitchen, plus additional pantry areas within the hall's lounges, will be stocked with a variety of meals, snacks, and drinks. Dining will work directly with students who have specific dietary concerns.
- Students will be provided an isolation guide with helpful tips for mental and physical health, contact information, Dining protocol, etc. Residence Life staff will attempt a virtual daily contact with each student in isolation to check up on their well-being and problem solve any issues they may be having.

Quarantine and Isolation Protocol in an NDSU Apartment:

- Dining will deliver meals once daily in the late afternoon, to include dinner, continental breakfast and lunch for the next day:
 - Students on a 5- or 7-day meal plan will receive delivered meals.
 - All other students will not receive a delivered meal.
 - Dining will work directly with students who have specific dietary concerns.
- Students will receive a periodic wellness check from RL apartment staff.

Quarantine and Isolation Protocol in Off-Campus Housing:

- Dining will deliver a 3-day meal supply to students in quarantine or isolation:
 - Students on a 5- or 7-day meal plan will receive delivered meals.
 - All other students will not receive a delivered meal.
 - Dining will work directly with students who have specific dietary concerns.

Definitions:

- Quarantine – is used to keep someone who might have been exposed to COVID-19 away from others. People in quarantine should stay in their home/room, separate themselves from others, monitor their health, and follow directions from a public health official.
- Isolation – is used to separate people who have tested positive with COVID-19 from people who are not infected. People who are in isolation should stay in their isolation space until released by a public health official or met the criteria for release as dictated by a public health official. CDC recommendations for release from isolation include:
 - At least 10 days since symptoms first appeared (or 10 days since date tested if no symptoms present) and

- At least 24 hours with no fever without the use of fever-reducing medication and
 - Symptoms have improved
- Close contact – occurs when a person spends 15 minutes or more within six feet of a positive COVID-19 individual within 2 days prior to the positive COVID-19 individual's illness onset. New guidelines from the state of North Dakota issued on 9/30/2020 state "Close contacts will still need to be quarantined for 14 days from their last exposure unless both the infected person and close contact were wearing a mask at all times during the exposure, this would exempt the contact from being quarantined." This means classroom close contacts should not have to quarantine if face coverings are worn. Roommates are still required to quarantine.