

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 asked to quarantine while waiting for test results.
- **Students who have taken a test for COVID-19 due to being symptomatic** will be asked to quarantine in their residence hall room or apartment until the PCR test results are known.
 - If they have roommate(s) or suitemates who have not been vaccinated, those individuals will also be asked to quarantine 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 quarantine.
- **Students who have been in close contact with someone who has tested positive** will be asked to quarantine in their room or apartment for 10 days from last exposure *unless both the infected person and close contact were wearing a mask or if the close contact has been vaccinated; this would exempt the contact from being quarantined.*
 - 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.

- **Students who test positive:**
 - Students who live in a Residence Hall will be moved into a separate isolation space on the NDSU campus. If their roommates(s) or suitemates have not been vaccinated, they will be asked to quarantine in their room for 10 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 quarantine or isolate at their permanent home residence. Students who live in a Residence Hall are asked 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 recommended for those who are: symptomatic and awaiting test results, roommate/s or suitemate/s of people who are symptomatic, or a close contact (as identified by a public health official). Close contacts should quarantine for 10 days from their last exposure *unless both the infected person and close contact were wearing a mask or the close contact has been vaccinated; this would exempt the contact from being quarantined.*

- 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.
- Students are permitted to leave their room to get takeout from the Dining Center if they wear their mask and maintain social distance to avoid close contact with others.
 - Students with unlimited plans will have the option to take 7 meals to-go from the dining center per day while in quarantine. Dine-in meals will not be available.
 - Students with a block plan may use their meal swipes as needed. Additional swipes are available for purchase using GET Mobile.

Isolation Protocol in a Residence Hall:

Isolation is recommended 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, unless they currently live in a studio in Mathew Living Learning Center.
 - 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 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.

Definitions:

- Quarantine – is used to keep someone who might have been exposed to COVID-19 away from others. People in quarantine are asked to stay in their home/room, separate themselves from others, monitor their health, and follow directions from a public health official. When in quarantine only leave your room/home for essential trips and wear a mask and stay socially distant to protect others. Those who have received a vaccination do not have to quarantine.
- Isolation – is used to separate people who have tested positive with COVID-19 from people who are not infected. People who are in isolation are asked to 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. Unless vaccinated, close contacts are asked to quarantine for 10 days from their last exposure or unless both the infected person and close contact were wearing a mask at all times during the exposure.