

## COVID-19 Self-Isolation Information

InformationDePauw is committed to providing as much information and care as possible during this transitional time while you are under self-isolation on campus. The below details will provide context and next steps as well as who to reach out to should you have concerns during your self-isolation. While the specific instructions provided below are provided for your health and safety as well as those around you, we acknowledge the difficulty of these directives, and encourage you to stay in touch with your support system virtually during this time.

Based upon directives from the state or county Health Department, you must follow directives by the CDC related to self-isolation. This includes, but is not limited to, eliminating contact with others who are not essential to your care, frequently washing your hands with soap and water or using a hand sanitizer, disinfecting “high touch” surfaces frequently, and reporting symptoms of illness. Practically, this means staying in your isolation housing and wearing a mask if you have to leave for a medical appointment.

In working with Putnam County Health Department, we have been asked to provide enough isolation and quarantine spaces for our residential student population.

In following CDC guidance, individuals who are in isolation (they are symptomatic and have either been clinically diagnosed or diagnosed with a test) should not travel as it would increase the risk for the individuals in the car with them, for others who may be in their home (if that is where the student is headed) or for others they may encounter on the way home. Those in quarantine (without symptoms but identified as a close contact of a positive COVID-19 case) are not restricted per the CDC however these individuals could become symptomatic for up to 14 days following a close contact and should be monitored.

DePauw will provide space for students to be in isolation or quarantine, and we will monitor you via phone and video daily. We will not physically prevent you from leaving isolation or quarantine to travel home, but we will inform you of the aforementioned risks if we are made aware of a student who has left campus, but had been in isolation or quarantine.

You have been assigned a Care Manager who will check in with you to answer questions and connect you with other campus resources, like Bon Appetit, the Center for Spiritual Life and Counseling Services.

If you develop symptoms, seek immediate care for any one or more of the following symptoms. Call 911.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

If you have any of the following symptoms increase in severity such that you want professional medical advice, please contact the DePauw Health Wellness Center (Monday - Friday, 9am-4:30pm). After hours, you can contact Dispatch at 765-658-5555 to be connected to a COVID-19 response team member.

- fever of 100.4°F or above,
- dry cough
- shortness of breath
- new loss of smell or taste
- congestion or runny nose
- headache
- sore throat
- nausea
- vomiting
- chills
- fatigue
- muscle ache

If you seek in-person medical care, contact the healthcare facility ahead of time to tell them you have tested positive for COVID-19. Wear a mask at all times when visiting a medical facility.

Students who test positive for COVID-19 or have been clinically diagnosed with COVID-19 and are awaiting a test result will be moved to another location on campus. You should bring the following:

- Clothes for 5-7 days. Isolation will usually last about 10 days and the housing used for isolation will have washers and dryers available for your use.
- Cell phone, computer and other technology needs. Individuals must have a way to communicate with University officials, health officials and 911.
- School work for remote learning. You should continue to attend your classes remotely during isolation if you are well enough.
- Toiletries (shampoo, conditioner, soap, contact solution, etc.)
- Other items you might enjoy having, such as books.
- Your thermometer and fever reducing medication.
- Any medicines that have been prescribed by a doctor.

While in isolation, individuals are expected to:

- Stay in your housing assignment. Wear a mask if you must leave to seek medical care.
- You may leave your housing assignment to take out the trash. You must wear a mask when taking out the trash.
- You may not leave your housing assignment to get food.
- You may not leave your housing assignment for exercise.
- Continue, if well enough, to attend your classes remotely during isolation.
- Perform a daily cleaning of “high touch” surfaces such as door knobs, computers, cell phones, remote controls,

bedside tables, and bathroom counters / fixtures with the cleaning agent provided by Facilities Management (Oxivir spray bottle and/or wipes).

- Self-monitor for signs of illness progression. You should contact DePauw Health 765-658-4555 (9 a.m. - 4:30 p.m., Monday through Friday), if you are sick or symptomatic. You can call DePauw Police Dispatch 765-658-5555 for after-hours non-urgent guidance.

While in isolation, individuals should practice self-care.

- Eat light and often.
- Sleep 7-8 hours per day.
- Move frequently, do not stay sitting for long periods of time.
- Breathe deeply and practice mindfulness.
- Keep in touch with friends and family.

**There are no visitors or animals allowed in the housing assignment in which you are spending your isolation.**

Once you have completed the prescribed number of days of self-isolation, you should report back to the DePauw Health Wellness Center; contact them at 765-658-4555 for an appointment. Please have your temperature log readily available if you were instructed to keep one.

## FACILITIES MANAGEMENT

**Trash Service:** Students in self-isolation should place bagged trash in a dumpster outside the building. Bag must be tied closed.

**Work Order:** Work that is needed in these spaces can be directed through the Care Manager. Only emergency repairs will be made.

# SUPPORT WHILE IN SELF-ISOLATION

## Counseling Services/Mental Health Care

Counseling Services will be available at (765) 658-4268, Monday through Friday, 8 a.m.-5 p.m. After-hours support is available by contacting Dispatch at (765) 658-5555.

In order to safeguard your mental health during a period of self-isolation, it is advisable to create a daily structured routine. As you are thinking about the details of your daily schedule, it would be helpful to reflect on your current support network and specifically identify who you will connect with if you are feeling lonely.

Your schedule might include:

- showering
- mealtimes
- academic expectations
- chores
- social media (but it is important to limit this time)
- connecting with family and friends via FaceTime or other platforms
- reading for pleasure
- participating in a virtual or web-based physical activity
- learning a new skill via YouTube or other platforms
- journaling
- meditation or mindfulness activity

Please note that it is important for your health and well-being to continue your usual sleep and awake time schedule.

Counseling Services will allow for each individual's autonomous decision to request a member of our staff to reach out upon initial communication with another first-line staff member of the DePauw community. If the student makes a request, a counseling services staff member will establish a connection and offer additional support depending on their desire/need.

## Spiritual Life/Care

In this challenging time, DePauw Chaplains are available for spiritual and religious care, consultation and support 24/7 to students, staff, faculty and administration. We are reachable by phone or text, and can easily arrange times for video care and consultation via Skype, FaceTime, Google Hangouts and Zoom. We believe there should be "no suffering alone."

### Chaplain Beth

Email: [bethwatson@depauw.edu](mailto:bethwatson@depauw.edu) | Phone: 765-301-0087

### Chaplain Sami

Email: [samiaiz@depauw.edu](mailto:samiaiz@depauw.edu) | Phone: 484-995-9676

## Chaplain Maureen

Email: [mklangdoc@depauw.edu](mailto:mklangdoc@depauw.edu) | Phone: 765-365-2269

We are trained in interfaith chaplaincy, spiritual care and spiritual counseling to help you to connect to the resources that mean the most to you whatever our own faith practices.

Spiritual care and spiritual counseling attend to people's spiritual, religious, philosophical or values-based needs and can help persons search for meaning in their lives, connect with the Divine or their own individual spiritual, religious or philosophical resources, and regain a sense of spiritual well-being. This is our prayer for you, that you will be well, and that all shall be well.

We are able to work with persons of any faith or philosophy in times of deep emotional, spiritual and religious need. We aim to support individuals in connecting with their own religious, spiritual and emotional resources for healing.

Within 24 hours of the start of self-isolation, a member of the chaplaincy team can:

1. Contact an individual to extend words of care, assess emotional and spiritual needs, share what we offer,
2. Provide regular one-on-one audio or video calls, to develop sustaining and restorative relationships,
3. Help make a connection to online faith rituals, prayers, sacred scriptures,
4. Provide prayer rugs, sacred relics, meditation pillows or other worship resources, sacred scriptures, food pantry items and non-food pantry items, interfaith coloring books and crayons.

During self-isolation, a member of the chaplaincy team can:

1. Follow-up daily (at a minimum every other day) with a text, checking in with an individual's sense of wellbeing, hope, struggle or despair, for example.
2. As needed, provide deep listening, spiritual assessment and intervention, and empathic care.
3. As needed and possible, facilitate or co-facilitate online group support including others in isolation through Hangouts.
4. Support families emotionally and spiritually as needed by the methods mentioned above.

Post self-isolation, a member of the chaplaincy team (or their representative) can follow up weekly with the individual post isolation for continued emotional and spiritual recovery.

## SUPPORT WHILE IN SELF-ISOLATION CONT.

### CHRISTIAN LITURGY SERVICE OF HEALING:

<https://1drv.ms/p/s!Ar9c9FIYYTi2oRIglAx9U0YEpQuh>

**A DAILY INTERFAITH PRAYER:** [www.depauw.edu/campus-life/spiritual-life/center/daily-prayer/](http://www.depauw.edu/campus-life/spiritual-life/center/daily-prayer/)

**PRAYER REQUEST FORM:** [www.depauw.edu/campus-life/spiritual-life/center/prayer-request-form/](http://www.depauw.edu/campus-life/spiritual-life/center/prayer-request-form/)

## MEALS

You will NOT be able to leave your housing assignment for food. Food preferences, beyond allergies, cannot be accommodated at this time. You can supplement your food choices and may choose to have food delivered by outside vendors at your own expense. If you choose to do this, you must follow all precautions given to you through the Health Practices Recommendations and Requirements.

Questions about meals through Bon Appetit? Email Megan Inman at [meganinman@depauw.edu](mailto:meganinman@depauw.edu).

## MEALS SERVICE - BON APPÉTIT

Once notice has been made regarding a person moving to self-isolation, contact with Bon Appétit will be made and a bag of non-perishable food items (one day supply) will be available for delivery to the residence.

Contact will be made with the resident, explaining the procedure for ordering meals from Bon Appétit at DePauw University. Residents in isolation will be able to order meals online and have them delivered to them.

In addition, a food allergy and preference form will be sent to the resident via CaterTrax, requesting information regarding specific food allergies. We would ask that this information is given to Bon Appétit before any orders are placed. This information will be kept in the note section of the resident's personal information and used as guidance in preparing resident specific meals. A copy of the food allergy/preference form can be made available for review, if needed.

When we deliver meals we will leave the bagged items outside and text you to let you know they are there. Also you may order from the Tiger Market menu in CaterTrax and it will be delivered at the dinner delivery time slot. The Tiger Market has items from

the C-store. These items have limited quantities and are subject to availability. Meal swipes can be used (\$7.45 meal equivalent) and balances can be paid with Tiger Express. If you prefer that all Tiger Express be used, indicate that in the special instructions.

### Meal Delivery Times

Breakfast: 9-9:30 a.m. delivery

Lunch: 12-1:30 p.m. delivery

Dinner: 5-6:30 p.m. delivery

We are using our catering ordering system, CaterTrax, to be used as an ordering system. Go to <https://depauw.catertrax.com/>.

1. Create your account. Find the tab **ACCOUNT SIGN IN/ REGISTER** at the top of the page and follow the prompts. Use your current address in the address fields (building, room number). \*Department can be Student/Faculty/Staff. Once your account is created you will receive an email with a link (**that is active for 1 hour**) to create a password – follow the link, create a password and log into your account.
2. To place an order, select the **Skeddadle menu**. From here you will be able to choose a meal from our stations. Visit [depauw.cafebonappetit.com](http://depauw.cafebonappetit.com) for daily offerings or sign up for daily menu emails.
3. Check the **PICK UP INFORMATION** is correct.
4. **EVENT DETAILS: ORDER NAME:** should read **YOUR NAME BREAKFAST/LUNCH/DINNER & DATE**

Select **DELIVERY** time \*earliest to \*latest = same time -> **CONTINUE**

Please use the **SPECIAL INSTRUCTIONS** box if there are any special delivering requests.

Review your Order--> **CONTINUE**

Select **PAYMENT METHOD** -> **MEAL SWIPE** (enter student ID card number) [the transaction will still be processed manually not online]