

COVID-19 Self-Quarantine Information

DePauw is committed to providing as much information and care as possible during this transitional time while you are under self-quarantine 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-quarantine. 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-quarantine. This includes, but is not limited to, extreme social distancing, frequently washing your hands with soap and water or using a hand sanitizer, and disinfecting “high touch” surfaces frequently, and reporting symptoms of illness. Practically, this means staying in your room as much as possible and wearing a mask if you have to leave for the restroom or to leave a building to go outside to exercise.

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. 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.

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 develop any of the following symptoms, 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 been identified as a close contact of a positive COVID-19 case. Wear a mask at all times when visiting a medical facility.

Most likely, you will be able to quarantine in your own room. If you have to be moved to another room on-campus in order to quarantine, you should bring the following:

- Clothes for 5-7 days. While quarantine will be up to 14 days, housing used for quarantine 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 are expected to continue to attend your classes remotely during quarantine.
- 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 quarantine, individuals are expected to:

- Stay in their room. Wear a mask if you must leave your room to use the bathroom, be handed a meal, or go outside to exercise.
- Continue to attend your classes remotely during quarantine.

- Perform a daily cleaning of “high touch” surfaces such as door knobs, computers, cell phones, remote controls, bedside tables, and bathroom counters / fixtures with a disinfecting wipe or cleaning agent provided by Facilities Management (Oxivir).
- Self-monitor for signs of illness. Individuals should contact DePauw Health 765-658-4555 (9 a.m. - 4:30 p.m., Monday through Friday), if you are sick or symptomatic. Students can call DePauw Police Dispatch 765-658-5555 for after-hours non-urgent guidance.

While in quarantine, 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. You may go outside for a walk, however you should practice extreme social distancing and wear a mask.
- Breathe deeply and practice mindfulness.
- Keep in touch with friends and family.

There are no visitors or animals allowed in the room in which you are spending your quarantine OR the building if an entire building is quarantined.

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

SUPPORT WHILE IN SELF-QUARANTINE

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. Please ask and we will see what is possible. We believe there should be “no suffering alone,” and will be happy to provide support often.

Chaplain Beth

Email: bethwatson@depauw.edu | Phone: 765-301-0087

Chaplain Sami

Email: samiaiziz@depauw.edu | Phone: 484-995-9676.

Chaplain Maureen

Email: mklangdoc@depauw.edu | Phone: 765-365-2269.

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

In regular times the Chaplains at the Center for Spiritual Life are concerned for students, staff, faculty and administration, providing support for the needs of mind, body and spirit. Spiritual care and spiritual counseling attend to people’s spiritual, religious, philosophical or values-based needs as they celebrate life, find balance and health, or manage illness, uncertainty, loss, grief or pain. Spiritual care can help persons search for meaning in their lives, connect with the Divine or their own individual spiritual, religious or philosophical resources, and despite great challenges, regain a sense of spiritual well-being.

This is our prayer for you, that you will be well, and that all shall be well.

CHRISTIAN LITURGY SERVICE OF HEALING:

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

A DAILY INTERFAITH PRAYER: <https://www.depauw.edu/campus-life/spiritual-life/center/daily-prayer/>

PRAYER REQUEST FORM: <https://www.depauw.edu/campus-life/spiritual-life/center/prayer-request-form/>

We are trained in interfaith spiritual care and spiritual counseling. We are able to work with persons of any faith or philosophy (without reference to our own religious perspectives) 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. “No suffering alone!”

Within 24 hours of the start of self-quarantine, a member of the chaplaincy team (or their representative) can:

1. Contact an individual via text or call 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-quarantine, a member of the chaplaincy team (or their representative) 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 (by text, audio call, video call, Hangouts), deep listening, spiritual assessment and intervention, and empathic care.
3. As needed and possible, facilitate or co-facilitate online group support including others in quarantine through Hangouts.
4. Support families emotionally and spiritually as needed by the methods mentioned above.

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

SUPPORT WHILE IN SELF-QUARANTINE CONT.

Counseling Services/Mental Health Care

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

In order to safeguard your mental health during a period of self-quarantine, 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 throughout the day.

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.

MEALS

Students in university housing will be able to order meals from Bon Appetit and pick them up. Food preferences, beyond allergies, cannot be accommodated at this time. Questions about meals through Bon Appetit? Please email Megan Inman at meganinman@depauw.edu.

Students in greek chapters should contact chapter leadership regarding meal service.

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.

MEALS SERVICE - BON APPETIT

Residents in university housing quarantine will be able to order meals and pick up their meal from Hoover Hall. Students in greek chapters should contact chapter leadership regarding meal service.

Monday - Friday

Saturday and Sunday

- Breakfast: 8:45am-9:45am
- Lunch: 11:30am-1:45pm
- Dinner: 5:30pm-6:30pm
- Brunch: 9:30am-1:30pm
- Dinner: 5:30pm-6:30pm

At this time, we are using our catering ordering system, CaterTrax, to be used as an ordering system.

Please 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. Please 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 please select the **Skedaddle menu**. From here you will be able to choose a meal from our stations. Please visit depauw.cafebonappetit.com for daily offerings or sign up for menu mail and the menus will automatically be emailed to you in the morning.
3. Check the **PICK UP INFORMATION** is correct.
4. **EVENT DETAILS: ORDER NAME:** should read **YOUR NAME BREAKFAST/LUNCH/DINNER & DATE**
Review your Order--> **CONTINUE**
Select **PAYMENT METHOD -> MEAL SWIPE** (enter student ID card number) [the transaction will still be processed manually not online]
5. There is a 30 minute lead time from time ordered to pick up! Please bring your ID and pick up your meal at the exterior door on Burkhart Walk outside of Wallace Stewart labeled Skedaddle Pick-Up. Do not enter the building.

FACILITIES MANAGEMENT

Trash Service: Students in self-quarantine should place bagged trash in a dumpster outside the building. Please ensure the bag is tied close.

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