

## ISOLATION PREPAREDNESS GUIDE

*Tips for planning for and navigating isolation*

A reality of dealing with COVID-19 is the possibility that you'll need to isolate. Though the goal is to keep you healthy while protecting others from exposure to illness, isolating can be unsettling. Planning and preparing can make the situation a lot easier.

### GENERAL INFORMATION ABOUT ISOLATING

Anyone living in college housing who tests positive for COVID-19 will need to isolate for **at least 5 days**. The date you took your COVID test is considered Day 0 for determining your isolation period.

- **Students living in a single** may isolate in their room.
- **Students living with a roommate** may isolate in their room **if and only if** the other party agrees. Students who agree to allow their roommate to stay must sign a [waiver](#) acknowledging the risk. If there is a disagreement, the student that tested positive for COVID will be required to isolate off-campus.

All students should have a plan for what they will do if they need to self-isolate. Having a plan ensures you're not caught off-guard.

### TESTING POSITIVE FOR COVID

If you test positive for COVID-19, you should notify the Office of Campus Safety at 863.680.5010. Your community director will contact you with further instructions. Be sure to:

1. Wear a mask and try to distance yourself from others.
2. Contact your family.
3. Notify your professors that you will be isolating for at least 5 days and find out the best method for communicating with them during isolation so that you can keep up with your studies.
4. Tell your close contacts that they may have been exposed to COVID.

### ISOLATING ON CAMPUS

During this period, you must not leave your room/apartment except to:

- Use the bathroom (if your bath is not en suite).
- Pick up a meal. Order food through the GET APP and Healthy Blend Deli will have it ready for you.
- Seek medical care.

**You must wear an acceptable and well-fitting mask if you leave your room.** Florida Southern will provide an appropriate face covering.

Be sure to monitor your symptoms. If you have trouble breathing or experience chest pains, call 911 or call ahead to your local emergency facility. *See a list of emergency facilities below.*

### **WHAT TO DO IF YOU NEED TO ISOLATE OFF-CAMPUS**

Together with your family, discuss what you'll do if you need to isolate off-campus. Your plan should include arrangements for transportation, lodging, and meals. You should also prepare a "go bag." Your bag should include clothes and other necessities. Make sure you have your laptop and chargers, medications, toiletries, and snacks.

If you think about these things ahead of time, you'll find your time in isolation much more comfortable.

#### **Isolating off-campus**

1. You'll have six hours to make travel arrangements and gather what you need.
2. Pack only what you can easily carry with you, including:
  - Laptop, cell phone, and necessary chargers
  - Books, coursework, and related supplies
  - Personal care items
  - Medications (prescriptions and non-prescription medications) that you take daily or even periodically
  - Comfortable clothes and shoes with extra socks and underwear
  - Food or snacks that you already have that can be packed and transported easily
3. If you need additional time to arrange lodging or transportation, let your community director know. They will direct you to a comfortable, safe space where you can wait for your ride.
4. Monitor your symptoms. If you have trouble breathing or experience chest pains, call 911 or call ahead to your local emergency facility. *See a list of emergency facilities below.*

### **LEAVING ISOLATION**

You will need to be in isolation for at least 5 days from the date of your positive test. You may need to stay in isolation longer if you are symptomatic. If you have a fever, it is best that you continue to isolate.

When you return to normal activity, you must continue to take precautions for an additional 5 days, such as wearing a face covering, staying at least 6 feet away from other people, and washing your hands frequently. You also should avoid sharing personal items.

## **IF YOU NEED:**

### **A Place to Stay**

Florida Southern provides isolation housing at the **Warren Willis Camp + Conference Center** at 4990 Picciola Road, Fruitland Park, FL. *There is no charge to students who choose to stay at this facility; however, we are unable to provide meals. You'll need to use delivery services.*

There are also several hotels in the area that welcome students under 21. Here are a few options:

SpringHill Suites by Marriott  
511 W. Lime Street  
863-413-1700  
marriott.com

La Quinta Inn East by Wyndham  
4315 Lakeland Park Drive  
863-815-0606  
wyndhamhotels.com

Days Inn & Suites by Wyndham  
4502 N. Socrum Loop Road  
863-797-4606  
wyndhamhotels.com

La Quinta Inn West by Wyndham  
1024 Lakeland Park Center Drive  
863-859-2866  
wyndhamhotels.com

### **Transportation**

- We can help you get to and from your isolation accommodations if you don't have transportation. Contact the Office of Campus Safety at 863.680.5010 and they will coordinate a ride.
- You can also use a ride-share service such as Uber or Lyft.

### **Meals**

- Download an app like GrubHub or UberEats, and have meals brought to you.
- Local grocery chains like Aldi and Publix also deliver through Instacart.

### **Medical Attention**

OWL Now Urgent Care  
3240 S. Florida Avenue  
Suite #101  
863-644-7337  
9:00am – 9:00pm/7 days a week

Sunshine Urgent Care  
3305 US 98  
863-777-2740  
9:00am – 9:00pm/7 days a week

Lakeland Regional Health/Pablo Campus  
Urgent Care  
130 Pablo Street  
863-687-1100  
8:00am – 8:00pm/Mon-Fri  
8:00am – 5:00pm/Sat-Sun

Bond Walk-In Clinic  
2039 E. Edgewood Drive  
Suite #110  
863-293-1191 ext. 4129  
8:00am – 5:00pm/Mon-Fri

## **Mental Health Support**

Call FSC's Counseling Center at **863.680.6236** to schedule a virtual appointment if you feel afraid, lonely, or just need to talk with someone.

## **WAYS TO STAY CONNECTED**

Isolating can be difficult. Try to keep yourself busy and stay connected with people who can support you.

- **Talk with your family and friends.** When being in close contact with others isn't possible, FaceTime, Zooming, Snapchat, or other virtual visits are still an option. Staying connected and engaged can help you feel less alone.
- **Read.** Reading can be an excellent escape for a while, whether for pleasure or an assignment.
- **Get moving.** If you feel well enough, do some stretches or simply move around your room.
- **Eat well and hydrate.** When you're out of your normal routine, you might neglect taking care of your basic needs, like eating and staying hydrated.
- **Listen to music or meditate.** Relax and listen to calming music or follow a guided meditation. Explore many free mindfulness and meditation resources at [mindful.org](https://www.mindful.org).

## **WAYS TO STAY ON TRACK**

1. Wake up at a regular time each morning.
2. Structure your time to complete your assignments so you don't fall behind.
3. Try to maintain your regular schedule so when it's time to return to class your mind and body don't have to readjust.

Find more self-care tips from the Mayo Clinic below:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/self-care-tips-during-the-covid-19-pandemic>