

## Self-Isolation Guidance for Residential Students *Effective 4/3/2023*

This document provides general guidance regarding self-isolation and quarantine related to suspected or positive COVID-19 cases for residential students. Residential students who test positive for COVID-19 will self-isolate in their own rooms/apartments for 5-10 days. This document provides general guidance for residential students who test positive for COVID-19 and those with potential exposure who are asymptomatic, such as close contacts with an infected person.

### **SELF-ISOLATION: Positive COVID-19 Cases**

Isolation is the separation of someone who is **symptomatic and awaiting a test result or has tested positive for COVID-19 from the general community**.

Residential students who test positive for COVID-19 **will remain in their assigned on-campus residence** for the duration of their required self-isolation period.

Students self-isolating in their residence hall room are required to follow [CDC guidelines](#) that reduce the risk of their exposure to their roommates and others. This includes wearing a high-quality and well-fitted mask (such as KN-95 or similar, or a surgical mask covered by a cloth mask). Such actions are critically important when using common areas (e.g. restrooms, hallways, lobbies, food pickup areas, etc.)

COVID-positive residential students also may choose to complete their self-isolation period elsewhere off-campus if they are able.

### **What Should I Do If I Test Positive for COVID-19?**

- **Stay home**, regardless of your vaccination status, even if you aren't experiencing symptoms. Do not go to class or work.
- **Contact** your faculty and on-campus employment supervisor (if applicable) by email to notify them that you are required to self-isolate and will be unable to attend class or work for 5-10 days. If you need an absence verification sent to your faculty and/or supervisor, please contact the Office of the Dean of Students at [deanofstudents@seattleu.edu](mailto:deanofstudents@seattleu.edu).
- **Face Coverings:** Wear a well-fitting surgical mask or KF94/KN95/N95 when around others (e.g. roommates, friends, etc.), including in common areas or when picking up food or supplies. Housing & Residence Life will drop off a supply of masks for you and your roommate(s) at your door.
- **Meals:** If you live in on-campus, you will be asked to self-isolate in your room for a minimum of 5 days from symptom onset. Students who are isolating are encouraged to use the [Boost mobile ordering](#). If that is not an option, please wear a mask while quickly retrieving food.





Seattle University has partnered with TimelyCare to offer students 24/7 access to virtual medical and mental healthcare from anywhere in the United States. This exciting new service, funded by the student wellness fee, provides a great supplement to our existing on-campus health and wellness services with no out-of-pocket cost or insurance requirement.

**Services available through TimelyCare include:**

- **Medical:** 24/7, on-demand access to a medical provider that can treat a wide range of common illnesses like cold and flu, sinus infection, allergies and more.
- **Scheduled Medical:** scheduled options to speak to a medical provider.
- **TalkNow:** 24/7, on-demand access to a mental health professional to talk about anything at anytime.
- **Scheduled Counseling:** scheduled options to speak to a licensed counselor (up to 12 visits per year).
- **Health Coaching:** resources to help students adopt healthier lifestyle behaviors related to sleep issues, nutrition, weight management and more.
- **Psychiatry:** services provided by referral from an on-campus medical or mental healthcare provider.
- **Group Sessions:** Weekly Guided Meditation and Yoga Group Sessions, plus specialized discussions throughout the year.