

Self Isolation Guidance for Residential Students Effective 4/3/2023

This document provides general guidance regarding self-isolation and quar.043 Tdn1.3 (o)49R26 (n) 4/tut/ s- d1md14-8 C

- Personal Medications: Prescribed medications you need for at least 10 days (the duration of the infective period).
- Thermometer and medications you commonly use to manage upper respiratory symptoms.
- Hygiene Supplies: shampoo, soap, toothbrush, toothpaste, feminine products, etc.
- Technology Supplies: Phone charger, laptop charger, and a back-up battery.
- Comfort Food: Consider packing your favorite comfort snacks and drinks as well as a reusable water bottle.
- Self-Care Items to support your well-being: Art supplies, puzzles, crafts, playing cards, books
- Blanket

For Exposure to COVID & Close Contacts

If you do not have [symptoms](#)

If you come into close contact with someone who tested positive for COVID you are NOT required to quarantine if you are n9.52.002 (s)7 (t)BDC /TT1 1 Tf-39.07N

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 Medicals:** 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.