

STUDENT GUIDE TO QUARANTINE, ISOLATION & CONTACT TRACING



Preventing the spread of COVID-19 on campus will require the entire Bucknell community to make adjustments to our daily lives in order to prioritize safety and health. This guide details some of the protocols Bucknell has instituted to help protect the campus community, and what you'll need to know in case you test positive for COVID-19 or have been in close contact with someone who has.

Bucknell will provide isolation housing at an off-campus location in order to separate students who have confirmed and suspected cases of COVID-19 (isolation) or may have been exposed to COVID-19 (quarantine). Isolation housing is provided by the University at no additional cost to you.

In this guide, you will find information about:

- How you should prepare now in case you need to move to isolation housing
- When you might be asked to move to isolation housing
- What to expect if you are asked to move to isolation housing
- When you might be contacted for contact tracing, and what to do

Please note that information in this guide is subject to change based on pandemic conditions and CDC recommendations.

If you have questions, you'll find a contact list on the last page of this guide.

Isolation separates people who are known or reasonably believed to have been infected with the COVID-19 virus from those who are not infected. If you test positive for COVID-19, with or without symptoms, you will be moved to isolation housing for a minimum of five days and released on day six if your symptoms have resolved or improved.



Quarantine separates people who are believed to have been exposed to the COVID-19 virus from others who have not been exposed. If you have had close contact with someone who tests positive for COVID-19, you may be instructed to quarantine in isolation housing or your off-campus residence. The length of quarantine depends on your individual circumstances (see below) and may be shortened with a negative test taken through the University. Outside test results will not be accepted.

	Fully Vaccinated	Not Fully Vaccinated*
Tests positive for COVID-19 (Living on or off campus)	Isolation housing for five days with release on day six	Isolation housing for five days with release on day six
Has symptoms of COVID-19	Antigen test for COVID-19 at Student Health	Test for COVID-19 and quarantine in isolation housing until results are received, release with negative result
Close contact, has symptoms of COVID-19	Isolation housing for quarantine, test as soon as possible, release upon receiving a negative result	Isolation housing for quarantine, test as soon as possible and again on day 5-7, release if both results are negative
Close contact, does not have symptoms of COVID-19	No need for quarantine, test on day 3-5 after exposure	Isolation housing for quarantine, test on day 5-7, release upon receiving a negative result

*You are considered fully vaccinated if you have:

- Received the initial vaccine (series) and a booster injection
- Completed the initial series of Moderna or Pfizer vaccine within the past 5 months**
- Received the Johnson & Johnson vaccine within the past 2 months**

**To continue to maintain fully vaccinated status on campus, you must receive a booster vaccine when you become eligible, based on when you received your initial vaccination.

Close contact is defined as being:

- within 6 feet 15 minutes or more (regardless of face covering)
- or having personal contact



BEING PREPARED

Students should pack an emergency bag for use in case isolation housing is required at any point during the semester. Please have this bag available and ready to go at all times with 10 days' worth of supplies. Suggested items to pack include:

- **Medications:** (both prescriptions and over-the-counter medications such as fever reducers and pain relievers)
- **Thermometer**
- **Self-care items** such as tissues, hand sanitizer, etc.
- **Cleaning wipes**
- **Toiletry items** (shampoo, soap, deodorant, toothbrush, toothpaste and other personal care products)
- **Extra contact lenses or glasses and associated supplies**
- **Healthy non-perishable snacks** such as nuts, dried fruits, granola or snack bars
- **Water bottle**



Items you use daily that cannot be packed ahead of time such as computers, phones, chargers, books or other school supplies should always be organized together and ready to access in the event you must move to isolation housing.

Recognizing the Symptoms of COVID-19

It's important to pay attention to your health and monitor any changes. Symptoms of COVID-19 include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



If you experience any of these symptoms, please quarantine and call Student Health at 570-577-1401 for an evaluation. A staff member will ask you screening questions to determine whether testing or a move to isolation housing is necessary. After hours and on weekends please contact Public Safety at 570-577-3333. Please wear a mask and do not attend classes or events on or off campus during this time.

Symptomatic Student Health Evaluation

Vaccinated students: If other conditions are ruled out, you will be tested for COVID-19 with an antigen test. PCR tests will also be available. If the antigen test is negative, you will be released. If the antigen test is positive, you will move to isolation housing for a five-day quarantine. Please wear a mask during this time.

Unvaccinated students: If other conditions are ruled out, you will be given a PCR test for COVID-19 and transported to isolation housing to await results. You will be released with a negative test result.

Note, if Bucknell Student Health determines you need a PCR test for COVID-19, you will be sent to isolation housing to await test results. This applies regardless of vaccination status or whether you live on or off campus.

OUTSIDE TEST RESULTS

Any student who receives a positive COVID-19 test result from an off-campus provider should contact Student Health immediately. Protocols differ depending on the type of test that yielded the positive result.

PCR Tests: If you take an outside PCR test and it returns a positive result for COVID-19, you will be moved to isolation housing for five days from the date of your positive PCR test and released on day six if you are fever free and your symptoms are resolving. The University will not retest a student who receives a positive PCR test result. The student is considered positive for COVID-19.

Antigen Tests: If you have symptoms of COVID-19 and receive a positive test result on an outside antigen test, contact Student Health immediately to be connected with a health care provider. You will be moved to isolation housing and tested for COVID-19 by Student Health with a PCR test. If the PCR test result is negative, you will be released from isolation housing. If the PCR test result is positive, you will remain in isolation housing for five days from the date of your positive antigen test with release on day six if you are fever free and your symptoms are resolving.

ISOLATION HOUSING

You may be moved to isolation housing in order to contain community spread of infection. This could be the case whether you live on campus or off campus in the Lewisburg area.

Moving to isolation housing:

- If you receive a positive COVID-19 test result, which could arrive at any time, immediately call Public Safety at 570-577-3333 to arrange transportation to isolation housing and ask to be connected with the on-call provider from Student Health for an evaluation prior to transfer.
- If you are instructed to move to isolation housing by Student Health, Student Health staff will provide instructions for arranging transportation to isolation housing.
- Change into clean clothes (if able) and sanitize your hands in your room. Make sure your bag is packed and ready.
- If you live in a shared living space, separate yourself from others by staying in a specific room or area while awaiting the move to isolation housing.
- Public Safety will arrive wearing personal protective equipment to transport you to your isolation room. They will knock on your door when they arrive. Put on your face covering before opening the door.

What to Expect in Isolation Housing

Isolation housing is located in an off-campus facility. In isolation housing, you will have a private bedroom and bathroom, a refrigerator and microwave, and Wi-Fi internet with access to internal Bucknell resources (through the Bucknell VPN). You should remain in your assigned room in isolation housing except in emergencies (such as a fire alarm sounding) until you are cleared to leave by Bucknell Student Health. Additional details about what to expect are as follows:

- **Health Monitoring:** If you tested positive for COVID-19 and are unvaccinated, you will receive daily telehealth visits from Bucknell Student Health. Watch your email for an invitation and link for this visit at an agreed-upon time. This service is also available to other students in isolation housing upon request. Bucknell Student Health can be reached at 570-577-1401 during normal business hours. In an emergency, contact Bucknell Public Safety at 570-577-1111 or dial 911.

- **Meals:** Meals from Bucknell Dining will be delivered to your room. You will be provided a form where you can select from a menu of meal options, including salads, sandwiches, and vegan and vegetarian dishes. Staff will leave meals outside the door to your room and knock to announce delivery, but will not enter your room. Wear your face covering when opening your door to retrieve the meal.



- **Alcohol:** Alcohol, including for those over age 21, is not permitted in isolation housing.
- **Trash Disposal:** Place your trash outside the door to your room. Remember to wear a face covering.
- **Package Delivery:** If you receive notification that you have received a package to your campus address while in isolation housing, you may forward your email notification to packages@bucknell.edu. A staff member will deliver your package to you in isolation housing. Packages will be delivered Monday–Friday. Packages may only be sent by mail. Packages dropped off by students, families or others are not permitted.
- **Prescription Delivery:** Free prescription delivery is available through the Lewisburg Pharmacy during normal business hours by calling 570-768-4446.
- **Guests:** Guests, including other students in isolation housing, are not permitted in your isolation housing room at any time. You should remain in your room and not visit others in isolation housing.
- **Service and Emotional Support Animals:** If you have a service or emotional support animal on campus, alert your community director.



Release From Isolation Housing

You must remain in isolation housing until you receive notice that you have been released.

Students who test positive for COVID-19 will generally be released on the sixth morning following the day of their positive COVID-19 test if they have not had a fever without the use of fever-reducing medications for at least 24 hours and other symptoms have improved. If symptoms persist you could be required to remain longer.

- Students participating in Bucknell’s sequential testing program who test positive for COVID-19 will be exempt from testing requirements for 90 days after their positive test result.
- After release from isolation housing, students are required to wear a face covering *in all public areas of campus, including outdoors and in spaces where masks are not required for others, such as residence hall common areas, for five days*. Students may return to class at this time.
- Following this five-day period students are still required to abide by the University’s face-covering guidelines, which require masks in all public and academic indoor spaces.

Students in isolation housing for quarantine will be released if they test negative for COVID-19 between one and seven days after entering isolation housing. Quarantining students will receive instructions for scheduling a test. Timing of the test depends on symptoms, close contact exposure and vaccination status. See chart on [Page 3](#) for details.

- Following release from quarantine, unvaccinated students should use the Aura app to schedule a testing appointment for the next sequential testing day.

Please note: *The Pennsylvania Department of Health may contact you. However, release from isolation is determined by the University due to our congregate living situation. You must remain in isolation housing until instructed to leave by the University.*

If You Prefer to Return Home

In order to protect public health, returning to your permanent residence is not advised.

- **If you receive a positive test result and choose to isolate at your permanent residence**, you should respond to your Team Dynamix email to state that you are leaving campus. If you are already in isolation housing at this time, do not return to your on-campus residence before leaving. Continue daily symptom tracking and schedule televisits with a home provider. In order to return to campus following home isolation for a positive COVID-19 diagnosis, you will need a clearance letter from your home health provider. The letter should state that you have met the CDC criteria for release from isolation following a positive COVID-19 case. Email the letter to medicalrecords@bucknell.edu or fax it to Student Health at 570-577-3570 ahead of your return and also bring a copy with you on the date you return to campus. Student Affairs will contact you to confirm that you may return to campus. You may not return to campus until you have received this clearance.
- **If you are identified as an unvaccinated close contact and choose to quarantine at your permanent residence**, you have two options:
 1. Quarantine for 10 days and return to campus on day 11 if you have had no symptoms of COVID-19.
 2. Arrange for a PCR test five days after your last exposure. If the test is negative and you have no symptoms, you can submit the negative test to medicalrecords@bucknell.edu or upload it to the TeDY ticket emailed to you. You may then return to campus. You must wear a face covering in all spaces on campus, including outdoors and in residence halls, for five days.

Removal from Assigned Space

At any time, Bucknell may request or require a student to leave campus when their continued presence in the housing community poses a health or safety risk for community members. Residential students are required to comply with requests from the University to leave their assigned space due to COVID-19 or other public health emergencies. Failure to do so is a violation of the Student Code of Conduct and may subject a student to emergency removal from their assigned space.

CONTACT TRACING

Bucknell has coordinated its own contact tracing program to notify members of the campus community (students and employees) who have been in close contact with persons with confirmed cases of COVID-19, and to monitor exposure to COVID-19 on campus.

If you test Positive for COVID-19

You will be called by a member of the Contact Tracing Team soon after receiving a positive test result for COVID-19.

You will be asked to share the names of anyone at Bucknell you had close contact with beginning two days prior to the date of taking your positive test or two days before you began to experience symptoms. To protect the health of the community, it is imperative that you report all close contacts to contact tracers. As soon as you are able, you should begin making a list of these contacts so you are prepared when contact tracers call.



Close contact is defined as being:

- Within 6 feet, 15 minutes or more (regardless of face covering)
or
- Having personal contact

Such persons might include:

- Roommates
- People you sat next to in class
- Faculty or staff members with whom you were in close contact
- People with whom you've eaten
- Anyone with whom you've shared food, drinks or personal items
- Anyone with whom you've had personal contact (kissing, hugging, etc.)



The Contact Tracing Team will contact individuals on this list if they determine they need to quarantine. Fully vaccinated students will not be required to quarantine unless they have symptoms of COVID-19, but may still be contacted by Bucknell contact tracers and should follow their instructions. Fully vaccinated students without symptoms will be provided a date on which they should be tested at Student Health, generally 3-5 days after their close-contact exposure. Contact tracers will check vaccination documentation records with Bucknell Student Health.

Bucknell's Contact Tracing Team will only contact members of the Bucknell community (students, employees) with whom you have had close contact. Others outside the Bucknell community will not be contacted.

Other Health Authorities

Bucknell's contact tracing program will not extend beyond the campus community, and will not contact those who are not University students or employees. You may also be contacted by other health authorities (such as the Pennsylvania Department of Health) for contact tracing purposes. Please answer these calls and comply with all instructions.

ACADEMICS

Bucknell recognizes that isolation and quarantine affect the academic experience. Per University policy, if you will be absent for more than three days for a medical reason, Bucknell Student Health will notify the associate academic dean of your college to let them know. Your associate dean will then notify your professors of your absence.

If you have to move to isolation housing for isolation or quarantine (or will be isolating or quarantining elsewhere), please contact your professors to make academic arrangements. Do not go to class if you have tested positive for COVID-19, have symptoms of COVID-19 or have been instructed to move to isolation housing. You may return to classes when you are released from quarantine or isolation housing.

Specific questions about academics should be directed to the academic dean of your college.

College of Arts & Sciences: 570-577-3293

College of Engineering: 570-577-3705

Freeman College of Management: 570-577-1337

If you have accommodation needs due to COVID-19, please contact the Office of Accessibility Resources at 570-577-1188 or OAR@bucknell.edu.

MENTAL HEALTH & WELLNESS RESOURCES

Having to physically quarantine or isolate may be a stressful experience at an already challenging time and students may experience a wide range of emotional reactions. Please know that these feelings are a typical reaction to an atypical situation. Focusing on what is within your control, staying in touch with others for support and practicing intentional, healthy self-care will help this time pass, and hopefully you'll be back to your routine soon. In the meantime, the Counseling & Student Development Center (CSDC) has resources to support you through this situation.

- Check our [Coping During COVID-19](#) page for tips and guides on topics such as creating a sense of normalcy when things aren't normal, coping with loneliness and isolation, and nurturing your mental health.
- Our [Self Help Resources](#) include meditation audio files and apps to support your mental health and wellbeing.
- Our [Outreach Resources](#) site has guides and other resources on topics such as self care, tolerating uncertainty and stress management. For a general summary, check our [Guide to Mental Health and Wellbeing](#).
- To connect with a mental health professional, please contact us by phone at 570-577-1604, Monday–Friday, 8:30 a.m.–4:30 p.m. Same-day phone appointments are available on a first-call, first-serve basis between 10 a.m. and 4 p.m. Subsequent appointments for individual counseling are available by secure, two-way video or in person.
- Register for a [Togetherall](#) account to access peer-to-peer mental health support, complete a self-paced course on a wide range of topics, or check out the catalog of articles and activities focused on investing in your health and wellness.
- Support is available 24/7 for urgent mental health needs by calling 570-577-1604 and selecting option 2.

Emotional support is also available through our team of professional chaplains in the Office of Religious & Spiritual Life, who are available for members of the Bucknell community regardless of religious affiliation, by calling 570-577-1592 or emailing chapel@bucknell.edu.

CONTACT INFORMATION

Bucknell Student Health

Graham Building, 7th Street Entrance
570-577-1401

Call ahead if experiencing COVID-19 symptoms

Public Safety

580 Snake Road (between Trax Hall and River Road)
Emergency: 570-577-1111 (24/7)
Non-emergency: 570-577-3333 (24/7)
publicsafety@bucknell.edu

Dean of Students

211 Elaine Langone Center
570-577-1601
deanofstudents@bucknell.edu

College of Arts & Sciences

570-577-3293
artsandsciences@bucknell.edu

College of Engineering

570-577-3705
engineering@bucknell.edu

Freeman College of Management

570-577-1337
freeman_info@bucknell.edu

Contact Tracing

contact-tracing@bucknell.edu

General Information

570-577-COVD (2683)