SPRING 2021
STUDENT GUIDE TO
QUARANTINE, ISOLATION & CONTACT TRACING
Revised 4/15/21
Preventing the spread of COVID-19 on campus will require the entire Bucknell community to make considerable 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.

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 contract tracing, and what to do

If you have questions, you’ll find a contact list on the last page of this guide.
**Quarantine** separates people who are believed to have been exposed to the COVID virus but who are not symptomatic from others who have not been exposed. If you have had close contact with someone who tests positive for COVID-19 or has symptoms, you will be asked to quarantine for 14 days in isolation housing or your off-campus residence.*

*Beginning two weeks after their final dose, students who have been fully vaccinated (both shots of the Pfizer or Moderna vaccine, one dose of the Johnson & Johnson vaccine) will not be required to quarantine unless they have symptoms of COVID-19.

**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 10 days.

**Close contact** is defined as being:
- within 6 feet 15 minutes or more (regardless of face covering)
- or having personal contact

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**PREPARING FOR QUARANTINE OR ISOLATION**

Pack a bag with the following items. The supplies should be enough to last for up to two weeks time.

### Preparation Checklist

- **Medications**: Any prescriptions you regularly take and over-the-counter medications such as fever reducers and pain relievers
- **Thermometer**
- **Self-care items** (tissues, hand sanitizer, soothing drink mixes or teas)
- **Extra school supplies**
- **EPA-approved cleaning wipes**
- **Toiletry items** (shampoo, soap, deodorant, toothbrush and toothpaste)
- **Other personal care items** (razors, hygiene and nail care products, etc.)
- **Extra contacts or glasses and associated supplies**
- **Healthy non-perishable snacks** (nuts, dried fruits, granola or other snack bars, etc.)

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### School Needs

Keep all of your essential school supplies (computer, textbooks, notebooks, handouts, pens, etc.) and anything else you will want to have with you in one place. If you are moved to isolation housing, you will not be able to return to your room to retrieve them yourself.

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**LEWISBURG-AREA PHARMACIES THAT DELIVER**

CVS: 570-523-3261, cvs.com • Lewisburg Pharmacy: 570-768-4446, lewisburgpharmacy.com
WHAT HAPPENS IF YOU TEST POSITIVE FOR COVID-19

If you receive a positive COVID-19 test result, you will be moved to isolation housing in order to contain the spread of infection. This is the case whether you live on campus or off campus in the Lewisburg area. Isolation is used to separate people infected with the virus (both those who are sick with COVID-19 and those with no symptoms) from people who are not infected.

Here is what to do and expect if you are asked to move to isolation housing:

- As soon as you get your test results, which could arrive at any time, immediately call Public Safety at 570-577-3333 to arrange 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 when Public Safety arrives.
- 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.
- As soon as you are able, begin making a list of people with whom you’ve been in close contact (within six feet for 15 minutes or more, physical contact, shared food or drinks) during the two days prior to the date you took your positive test or the onset of symptoms. You will be contacted by the Contact Tracing Team for this information soon. (see Contact Tracing section for more information).
- 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.
- Notify your professors that you will be switching to online learning. You do not need to provide a reason. You may return to in-person learning after you are released from isolation housing.
- Remain in your assigned room in isolation housing for the duration of the isolation period except in emergencies (such as a fire alarm sounding).
- Guests, including other students, are not permitted in your isolation housing room at any time. You should remain in your room and not visit others in isolation housing.
- You will receive daily telehealth visits from Bucknell Student Health to monitor your condition.
- Meals will be delivered to your room. You will be provided a form where you can request meals based on your dietary needs.
- Isolation lasts for at least 10 days, possibly longer if you continue to have a fever or your symptoms are not improving. Students will isolate for 10 days from the date of a positive test result.
- Isolation housing is provided by the University at no additional cost to you.

Roommates
If a student you live with tests positive for COVID-19, in most cases you will need to go to isolation housing to quarantine for 14 days (see guidelines for close contacts).

What Will Isolation Housing Be Like?
In isolation housing, you will have:

- A private bedroom and bathroom.
- A refrigerator and microwave.
- Wi-Fi internet, with access to internal Bucknell resources available through the Bucknell VPN.
- Meals prepared by Bucknell Dining.
- Laundry service provided through Wash Tubs. The University will cover the cost of laundry service one time during isolation.

Service and Emotional Support Animals
If you have a service or emotional support animal on campus, alert your community director, so that the animal can be moved to isolation housing with you.
**Telehealth**
Once in your isolation location, you will receive a daily telehealth visit from Bucknell Student Health personnel, who will help you monitor your health and symptoms and track your progress. Watch your email for an invitation and link for this visit at an agreed upon time. It is important to promptly answer any calls or emails from Student Health.

Bucknell Student Health can be reached at **570-577-1401**.

In an emergency, contact Bucknell Public Safety at **570-577-1111** or dial **911**.

**Meals**
Students in isolation housing will receive three meals a day from Bucknell Dining and will have a menu of meal options to choose from, including salads, sandwiches and vegan and vegetarian dishes. You will be sent a Google form once you enter isolation housing where you can make selections for your delivery meals. 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.

**Laundry Service**
Laundry service will be provided through Wash Tubs. The University will cover the cost of laundry service one time during isolation.

**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 or quarantine you may forward your email notification to packages@bucknell.edu. A University staff member will pick up your package and deliver it 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.

**Additional Questions**
While in isolation housing you will receive regular emails from the isolation team, which may come from the address notify@teamdynamixapp.com. You may reply to any of these emails with questions. Replying notifies all members of the team, and may more efficiently connect you to the right resource than calling an office or directly emailing an individual.

**Will My Family Be Contacted?**
Bucknell Student Health will contact you to obtain your permission to contact your family about the move to isolation housing. Your family will not be contacted without your consent.

**Release From Isolation Housing After a Positive Test Result**
To ensure a full 10-day isolation period, you will be released from isolation by Bucknell Student Health on the 11th morning after the day of your positive COVID test if you have not had a fever without the use of fever-reducing medications for at least 24 hours and other symptoms have improved. If you continue to experience fever you could be instructed to remain in isolation housing longer.

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 Bucknell Student Health. Once you are released from isolation housing you may resume in-person classes and move about campus.

Anyone who has had a positive COVID-19 test result in the last three months does not need to enter the sequential testing program. According to the CDC, data to date show that a person who has had and recovered
from COVID-19 may have low levels of virus in their bodies for up to three months after diagnosis. This means that if a person who has recovered from COVID-19 is retested within three months of initial infection, they may continue to have a positive test result, even though they are not spreading COVID-19.

If You Prefer to Return Home for the Isolation Period After a Positive Test Result

- Notify Bucknell Student Health of your plans.
- When you leave isolation housing you must be accompanied by another person (such as a family member or friend) who can travel with you to the place where you will be self-isolating. If you choose to drive yourself home, you must be cleared by Student Health prior to leaving.
- Do not return to your on-campus residence before leaving campus. 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 prefer to return home for the rest of the semester, please complete the Option for Remote Learning form. You will not be permitted to return to campus for the remainder of the semester, including to move out. Please make arrangements for family or friends to pack your belongings and notify housing@bucknell.edu of these arrangements.

WHAT HAPPENS IF YOU’RE A CLOSE CONTACT OR NEED TO QUARANTINE

If you may have been exposed to the coronavirus that causes COVID-19, you could be instructed to quarantine by the campus Contact Tracing Team, Student Affairs, the Pennsylvania Department of Health or other health authorities. In most circumstances this quarantine will take place in University-provided isolation housing. Students who live off campus will be instructed to quarantine in their off-campus residence. You may be instructed to quarantine if you:
- Have been in close contact with someone who has tested positive for COVID-19.
- Have had close contact with someone who is being tested for symptoms of COVID-19.
- Have left and returned to the Lewisburg area (see quarantine after travel section).
- Are awaiting COVID-19 test results in some cases.

If...

You experience symptoms or have a positive COVID test result → All of your roommates must quarantine

You and one of your roommates were in close contact with someone who is experiencing symptoms or had a positive COVID test result → You and your roommate who had contact with that person must quarantine

Only you had close contact with someone who is experiencing symptoms or had a positive COVID test result → You will quarantine in isolation housing or your off-campus residence. Your roommates do not need to quarantine
When asked to quarantine, you should:

- Await transport to your room in isolation housing by Public Safety. If you live in a shared living space, separate yourself from others by staying in a specific room or area while awaiting the move.
- Remain in the quarantine space (isolation housing) at all times until directed to discontinue quarantine by a member of the Contact Tracing Team or a Student Affairs staff member, unless in the event of an emergency such as a fire alarm.
- Notify your professors that you will be switching to online learning during your quarantine period. You do not have to provide a reason for the switch. You may return to in-person classes when you are released from quarantine.
- Continue doing daily symptom checking via the Herd Health app.
- Report any symptoms or changes in your health by calling Bucknell Student Health at 570-577-1401.

Quarantine lasts for 14 days, but could be extended or shortened if you show symptoms or test positive for COVID-19. The University will provide isolation housing at no additional cost to you.

For more detailed information about what to expect in isolation housing, see the information for those who test positive.

Student Who Live Off Campus

Students who live off campus must quarantine in their off-campus residence. You must remain in your off-campus living space for the duration of your quarantine period. You should remain isolated from your roommates, wear a face covering, not participate in group dining and not leave your house during your quarantine.

You are not permitted to attend in-person classes or be on campus until your quarantine has concluded and you have been cleared by Bucknell Student Health. If you are found to be in violation of this policy, you will be required to study remotely for the remainder of the semester.

If you’ve been in close contact with someone...

- Who has tested positive for COVID-19: You will be contacted by the Contact Tracing Team, plan to quarantine for 14 days
- Who is experiencing symptoms of COVID-19: You may be contacted by a Student Affairs staff member and asked to quarantine for 14 days
- Who is a contact of someone who has tested positive: Continue tracking your daily symptoms with the Herd Health app and practicing good hygiene and social distancing
- Who has been in close contact with someone else who might have been exposed: Continue tracking your daily symptoms with the Herd Health app and practicing good hygiene and social distancing

Students Who Have Been or Are Being Vaccinated

Beginning two weeks after their final dose, students who have been fully vaccinated (both shots of the Pfizer or Moderna vaccine, one dose of the Johnson & Johnson vaccine) will not be required to quarantine unless they have symptoms of COVID-19.

Until this time, you are not fully vaccinated and will be required to quarantine if you are identified as a close contact. If you are identified as a close contact and have an appointment scheduled for a first or second vaccination shot, you should not leave quarantine to receive the vaccine, in accordance with the CDC’s recommendation that “people in quarantine should stay home and separate themselves from others.”
Service and Emotional Support Animals
If you have a service or emotional support animal on campus, alert your community director.

Meals
Students in isolation housing will receive three meals a day from Bucknell Dining and will have a menu of meal options to choose from, including salads, sandwiches and vegan and vegetarian dishes. You will be sent a Google form once you enter isolation housing where you can make selections for your delivery meals. 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.

Students quarantining at an off-campus residence are not eligible for meal deliveries.

Alcohol
Alcohol, including for those over age 21, is not permitted in isolation housing.

Guests
Guests, including other students who are also in quarantine, are not permitted in any room, suite or off-campus residence where a student is quarantining. If you are quarantining, you may not visit other students who are also in quarantine.

Laundry Service
Laundry service will be provided through Wash Tubs. The University will cover the cost of laundry service one time during quarantine.

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 or quarantine you may forward your email notification to packages@bucknell.edu. A University staff member will pick up your package and deliver it 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.

Additional Questions
While in isolation housing you will receive regular emails from the isolation team, which may come from the address notify@teamdynamixapp.com. You may reply to any of these emails with questions. Replying notifies all members of the team, and may more efficiently connect you to the right resource than calling an office or directly emailing an individual.

Will my family be contacted?
Bucknell will not contact your family if you are asked to quarantine. It is your responsibility to contact your family in this case.

Why 14 Days?
The quarantine period of 14 days is based on recommendations from the Centers for Disease Control and Prevention (CDC) and the Pennsylvania Department of Health. Both bodies have updated their guidelines to provide an option for reduced quarantining periods for individuals where a 14-day quarantine may cause an undue burden. However, the CDC notes explicitly that congregate settings, in particular college dormitories, carry special considerations regarding density and transmission risk factors. Following the 14-day option remains the most protective and the best overall strategy for effectively reducing disease transmission. Per the CDC’s 14-day recommendation, to prioritize health and safety and to keep our standard consistent across our community, Bucknell will continue to follow the 14-day quarantining guideline for all students.
Release from Quarantine
If you do not experience symptoms after 14 days, you will be released from quarantine and may resume in-person classes and move about campus. Early in your quarantine period, use the Herd Health app to schedule a testing appointment for the first available weekday after you will complete quarantine. Due to the incubation period for COVID-19 and in the interest of community health, you will not be tested for COVID-19 during quarantine unless you develop symptoms that warrant evaluation and testing.

Returning Home for Quarantine
Returning to your permanent residence to quarantine is not advised. If you leave campus for the quarantine period, you will be required to complete the entire 14-day quarantine off campus. After completing the 14-day quarantine period, you should follow the guidance for returning from travel (Page 8), including notifying the dean of students by emailing deanofstudents@bucknell.edu.

Immediately upon your return to campus you will be required to quarantine for eight days in University provided isolation housing. You will be cleared to leave isolation housing only after receiving a negative result on a COVID-19 test, which you will take five days after entering isolation housing. If you leave the Lewisburg area without notifying the dean of students or do not complete quarantine and COVID-19 testing upon return, you will be required to leave campus and finish the semester remotely. See Page 8, Quarantine After Travel, for additional details.

QUARANTINE AFTER TRAVEL
You should remain within a 30-mile radius of campus throughout the semester, and only leave the Lewisburg area if you:

- Have extenuating circumstances*

  and

- Have notified the dean of students by emailing deanofstudents@bucknell.edu.

Following this notification, students who live on campus will receive a “re-entry” plan, which will include quarantine for approximately eight days in off-campus University isolation housing immediately upon return to Lewisburg. A negative COVID-19 test result will then be required for permission to return to University housing and attend in-person classes. This test will take place approximately five days after your arrival. When a negative test result is received, you will be permitted to leave isolation housing and return to your campus residence and/or attend classes in person.

If you live off campus, you should immediately begin an eight-day quarantine at your off-campus residence upon return. You will also undergo COVID-19 testing five days following your arrival, and a negative COVID-19 test result will be required for permission to return to campus and attend in-person classes.

When leaving, you should take with you changes of clothing and personal hygiene items needed during quarantine. Plan to return and enter isolation housing on a Sunday if possible. Students who are found to have traveled outside the immediate Lewisburg area without notifying the dean of students and completing quarantine and testing will be required to leave campus and finish the semester remotely. This policy will be consistently enforced without exception and will include students who return home for any length of time.

*Beginning two weeks after receiving their final dose, fully vaccinated students are permitted to travel beyond the immediate area without extenuating circumstances, and aren't required to quarantine in isolation housing after returning to campus. They are still required to contact deanofstudents@bucknell.edu to share their plans in advance of travel beyond a 30-mile radius of campus. Please be sure you have sent documentation of your vaccination to Bucknell Student Health.
CONTACT TRACING
Bucknell is coordinating 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 have been in contact with someone with a confirmed case of COVID-19, a member of the Contact Tracing Team will call you and provide instructions. This call could come from a number you don’t recognize. **It is important that you answer calls to your phone** and comply with the instructions that the contact tracers provide. Depending on your exposure, you could be instructed to:

- Quarantine in isolation housing for 14 days
- Not quarantine but monitor your health with the daily symptoms tracker in the Herd Health app and, if you experience symptoms, self-isolate and alert Bucknell Student Health

**If you test positive or have symptoms of COVID-19**
You will be called by a member of the Contact Tracing Team soon after receiving a positive test result for COVID-19, or if you report symptoms consistent with COVID-19. Depending on the time of your test result, this call could come the following day.

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)
- 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. The Contact Tracing Team will also have access to GPS data collected from the Herd Health app as well as Wi-Fi connectivity point data from the campus network. Contact tracers may contact additional individuals based on this data. This data will be accessed only for contact tracing purposes. Bucknell contact tracing efforts will maintain privacy and confidentiality.

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.

Beginning two weeks after their final dose, students who have been fully vaccinated (both shots of the Pfizer or Moderna vaccine, one dose of the Johnson & Johnson vaccine) will not be required to quarantine unless they have symptoms of COVID-19. You may still be contacted by Bucknell contact tracers and should follow their instructions. They will check documentation of your vaccination with Bucknell Student Health.
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.

ACADEMIC QUESTIONS
Bucknell’s faculty are prepared to provide instruction and learning experiences for students studying both in person and remotely. If you need to quarantine or are moved to isolation housing, you will need to notify your professors that you will switch to online learning. You do not have to provide a reason for the switch to your professors. You may return to in-person classes when you are released from quarantine or isolation housing.

If you become too sick to participate in class or examinations, you should contact Bucknell Student Health. Student Health will then notify the associate academic dean of your college, who will notify professors of your absence.

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 an accommodation need 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 with 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 support is available during Call-in Consultation, weekdays, 9 a.m.-4 p.m.
- 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 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)