

Lewis University Health Services

Fall 2020 COVID-19 Quarantine and Isolation Policy and Procedure

The purpose of this policy is to differentiate between quarantine and isolation, and to outline the COVID-19 symptom self-screening and quarantine and isolation requirements for students attending Lewis University. It has been developed in accordance with protocols that have been determined by Centers for Disease Control and Prevention (CDC), Illinois Department of Public Health (IDPH), American College Health Association (ACHA), and local public health authorities from the Will County Department of Public Health (WCHD).

All students are strongly encouraged to be established with a primary healthcare provider and to be knowledgeable about their insurance coverage.

This policy will be implemented in conjunction with the University's Communicable Disease Policy found in the Student Handbook and includes the following that is applicable to COVID-19:

Any student who has been exposed to or diagnosed with a communicable disease is required to be under the supervision of his/her physician, and must also inform Health Services. The physician's guidelines for interacting with the student, faculty and staff population may be superseded by directives and guidelines issued by health authorities or by appropriate University personnel. The University offers confidential assistance to those individuals with communicable diseases. The University will also provide necessary information regarding health and safety to other members of the University community on an as needed basis.

DAILY SELF-SCREENING FOR COVID-19 SYMPTOMS AND RISK FACTORS

All students are expected to conduct daily self-screening for symptoms of COVID-19 and consider exposure risk factors using the following questions:

- ✓ *Have you tested positive for COVID-19?*
- ✓ *Are you awaiting results of a COVID-19 test?*
- ✓ *Have you been notified that you have been in direct close contact with an individual who has tested positive for COVID-19?*
- ✓ *Within the past 2 weeks, have you been advised by a medical professional to quarantine due to a potential exposure to COVID-19?*
- ✓ *Have you been instructed by a medical professional to isolate due to a positive COVID-19 test or due to symptoms that are presumed to be due to COVID-19?*
- ✓ *Is any member of your household currently under isolation for a positive COVID-19 test or suspected to have COVID-19?*
- ✓ *Have you traveled internationally within the past 2 weeks?*
- ✓ *Is your temperature 100.4 degrees (Fahrenheit)/38 degrees (Celsius) or higher?*
- ✓ *Are you experiencing new onset of any of the following symptoms (that cannot be attributed to another health condition)?*
 - *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, vomiting or diarrhea*

Source: [CDC COVID-19 Symptoms Information](#)

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If the answer to any of the screening questions is YES, the student should not attend any in-person classes or activities until reporting the symptoms to the university's reporting system (The Lewis U app or the COVID-19 Hotline).

In the event of widespread COVID-19 transmission within the local community, it may be necessary to require that all students complete and submit the [COVID-19 Online Self-Screening Form](#) each day. If required daily screening submissions are indicated based on local public health department guidance, all students will be notified and provided with clear instructions.

If you have been informed of positive COVID-19 test results or are presumed positive for COVID-19, contact the COVID-19 Hotline by phone (815) 588-7000 or email COVIDHotline@lewisu.edu or use the Lewis U app reporting system.

ALWAYS follow the instructions received from your health care provider or any agency that has notified you that you were a direct close contact of a person who has tested positive for COVID-19.

Students reporting symptoms of COVID-19 will be advised to contact their primary healthcare provider. The campus nurse will confirm the student has insurance coverage and is familiar with accessing coverage information and healthcare resources.

When seeking care for ANY COVID-19 symptoms, ALWAYS call the medical facility BEFORE arrival to notify the staff that you are experiencing symptoms that *may be due to COVID-19*; in emergent situations, dial 911 and notify the operator that you may have symptoms of COVID-19. COVID-19 testing is not available in the campus health center. A test site locator can be found on the Health Services webpage in the COVID-19 Information and Resources section.

The campus nurse will provide the student with the current public health instructions for quarantine or isolation using resources available at the time of contact from the CDC, IDPH, or WCHD.

The campus nurse will document the date and time the information was sourced from the public health guidelines and advise the student to contact their primary healthcare provider, utilize telehealth services available through their healthcare insurance or direct the student to resources for local health care locations and COVID-19 testing sites.

If a student in self-quarantine has not already received self-monitoring instructions from their healthcare provider or a public health agency, information and instructions will be provided by the campus nurse using up-to-date resources available from public health agencies. The campus nurse will document the date and time this information was sourced from the public health guidelines.

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QUARANTINE AND ISOLATION

Quarantine or isolation measures are required to help limit further spread of COVID-19 through the separation of people to protect the public; both can be done voluntarily or as required by public health authorities.

Quarantine is used to keep someone who *might have been exposed to COVID-19* away from others.

Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.

People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

Isolation is used to separate people *infected with the virus* (those who are sick with COVID-19 and those with no symptoms, but tested positive) from people who are not infected.

People who are in isolation should stay home until it is safe for them to be around others. The duration of isolation is determined by a medical provider on an individual basis using public health guidelines.

In the home, anyone sick or infected should separate themselves from others by staying in a specific “sick room” or area and using a separate bathroom (if available).

Source: CDC 5/26/20

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html>

WHEN TO QUARANTINE:

- After international travel and in accordance with CDC Guidelines to stay home for 14 days after travel to self-monitor for COVID-19 symptoms.

CDC Travel Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

- If notified of direct close contact with an individual who has tested positive for COVID-19. Close contact includes being within 6 feet for 15 minutes or longer.

Per IDPH guidelines as of 5/26/20, close contacts of a COVID-19 positive individual must be quarantined for 14 days after the most recent contact with the positive individual.

A NEGATIVE COVID-19 TEST DOES NOT REPLACE A FULL 14 DAY QUARANTINE PERIOD.

ISOLATION GUIDELINES MUST BE FOLLOWED IF COVID-19 SYMPTOMS DEVELOP DURING A QUARANTINE PERIOD.

WHEN TO ISOLATE:

- After testing positive for COVID-19.
- While awaiting results of a COVID-19 test.
- When experiencing symptoms of COVID-19.
- When instructed to do so by a medical professional due to symptoms of COVID-19.

Per IDPH guidelines as of 8/18/2020, isolation should be for a minimum of 10 days after symptom onset or positive test, and can end when there is no fever (without fever-reducing medication) AND no symptoms for at least 24 hours.

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WHEN COVID-19 SYMPTOMS ARE PRESENT OR DEVELOP DURING QUARANTINE

Any student who is experiencing symptoms of COVID-19 or has developed symptoms of COVID-19 during a quarantine period MUST do the following:

1. Contact their primary health care provider BY PHONE and notify them of symptoms.
2. If a student does not have a primary health care provider, they should utilize telehealth visit benefits available through their health insurance provider, or refer to the COVID-19 Information and Resources section on the Health Services webpage to locate a medical facility near campus. *A campus nurse is available for phone consultation Monday-Friday 8:30am-4:00pm during the fall and spring semesters and can assist by providing resources.*

POSITIVE COVID-19 TEST RESULTS, DIRECT CONTACT WITH A POSITIVE INDIVIDUAL, OR PRESENCE OF SYMPTOMS

Per the Communicable Disease Policy, any student who receives positive test results for COVID-19, has symptoms of COVID-19, or has been notified that they have had direct close contact with an individual who has tested positive for COVID-19 MUST do the following:

1. Immediately begin self-quarantine or self-isolation and do not attend any face-to-face classes, in-person activities or work any scheduled shifts for employment.
 - Commuter students should self-quarantine or self-isolate at their home off-campus and follow instructions from their healthcare provider.
 - Residents of student housing on the Romeoville Campus should return to their home if it is within driving distance and medically safe to travel, and follow their instructions from their healthcare provider.
 - Resident students in need of quarantine or isolation on campus should notify Health Services and Residence Life and follow the instructions from their healthcare provider.
2. Report symptoms or a positive test using the Lewis U app, or notify the COVID-19 Hotline by phone (815) 588-7000 or email COVIDHotline@lewisu.edu.
3. Notify instructors, coaches and employers (if applicable) of absence, and contact Academic Services to arrange for accommodations for coursework, if needed.

RETURN TO CLASS OR IN-PERSON ACTIVITIES

Students who have tested positive for COVID-19 and have completed their isolation period must have clearance from Health Services before returning to in-person class or school-related activities. A note from the student's healthcare provider will be required for clearance.

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Health Services Clinical Staff Protocol:

Any student who is experiencing symptoms that may be due to COVID-19, has tested positive for COVID-19, is awaiting COVID-19 test results due to symptoms, or has been in direct close contact with an individual who tested positive for COVID-19, should notify the COVID-19 Hotline. The following information will be collected by a hotline team member.

- Name
- Date of Birth
- Allergies
- Student ID Number
- Phone Number
- Residence Hall
- Date of most recent face-to-face class/activity attendance
- Living arrangements: single room/private bathroom, suite/shared bathroom, roommates
- Activities or sports participation
- Employment, if employed: name of employer and most recent shift worked
- Permanent home county
- Confirm insurance coverage
- Confirm the student is established with a primary healthcare provider
- Names of students, faculty or staff that meet close contact criteria for the past 2 days prior to onset of symptoms or positive COVID-19 test

Quarantine or isolation instructions will be provided in accordance with information from the following resources:

CDC Quarantine and Isolation Guidelines:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html>

CDC When to end quarantine or isolation:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

IDPH Releasing COVID-19 Cases and Contacts from Isolation and Quarantine:

<https://www.dph.illinois.gov/covid19/community-guidance/isolation-quarantine>

Resident Student Quarantine or Isolation: In the event that a resident student is under the care of a health care provider or has been notified by a health department that they are a contact of a positive individual, the campus nurse will review and reinforce those instructions with the student. The campus nurse will document the source, date and time of any additional educational resources and guidelines provided through the campus health center.

When quarantine is initiated, the campus nurse will instruct the resident student to self-monitor and document symptoms twice daily for 14 days. A thermometer will be provided if the student does not have one. The student will be instructed to notify their primary care provider and health services if they develop symptoms within the 14 day quarantine period.

The student will be advised to refer to Residence Life policies that address quarantine/isolation and to contact academic support services if needed. It is the student's responsibility to notify their instructors of any absences and to contact academic support when needed.

Commuter Student Quarantine or Isolation: Commuter students will be advised to follow the instructions from their healthcare provider and use current CDC/IDPH guidelines for self-quarantine/self-isolation at their off-campus home.

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This policy has been developed based on COVID-19 Quarantine and Isolation Guidelines available from the CDC and IDPH as of 5/26/2020 and reviewed on 7/14/2020, 8/18/20, 8/27/20.

Lewis University Health Services clinical staff will use the following CDC and IDPH resources for up-to-date guidelines in the event that a resident student requires quarantine or isolation based upon the criteria outlined in these resources:

CDC Quarantine and Isolation Guidelines:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html>

CDC When to end quarantine or isolation:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

CDC Symptoms of COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

IDPH Releasing COVID-19 Cases and Contacts from Isolation and Quarantine:

<https://www.dph.illinois.gov/covid19/community-guidance/isolation-quarantine>

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Effective Date: July 15, 2020