



QUARANTINE FAQs UPDATED SEPTEMBER 11, 2020

This document is intended to provide information to chapter members, advisors and volunteers to answer questions related to quarantining during the COVID-19 pandemic.

As chapter facilities reopen, residents and members will need to be prepared to quarantine in the event of exposure to a person with COVID-19, or a member/resident shows symptoms prior to a test result. Per the Centers for Disease Control, “quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent the spread of the 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.”

WHO NEEDS TO QUARANTINE?

People who have been in close contact with someone who has COVID-19. Quarantining is not recommended for people who have had COVID-19 within the past three months. People who develop symptoms again within three months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

WHAT COUNTS AS CLOSE CONTACT?

This may be defined by your local health department or university. Currently, the CDC defines close contact when:

- You were within six feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

WHAT STEPS SHOULD I TAKE IF I HAVE BEEN EXPOSED AND NEED TO QUARANTINE?

Currently, the CDC states that you should stay home for 14 days after your last contact with a person who has COVID-19. You should watch for fever of at least 100.4 degrees Fahrenheit, cough, shortness of breath and [other symptoms](#) of COVID-19. If possible, stay away from others, especially people who are at a [higher risk](#) for getting very sick from COVID-19.

IF I AM A RESIDENT, CAN I QUARANTINE IN THE CHAPTER HOUSE?

Tri Delta is able to accommodate member residents for self-quarantine if they live in the chapter house.

DO I NEED TO NOTIFY ANYONE IF I AM QUARANTINING AT THE CHAPTER HOUSE?

Tri Delta asks our member residents to notify their collegiate chapter president and house director if they are quarantining in the house, so that accommodations can be made to support the quarantine.

WHAT SHOULD I EXPECT IF I QUARANTINE IN THE CHAPTER HOUSE?

Self-quarantining residents may be assigned a specific bathroom and meals will be provided in grab-and-go containers or delivered to your room. Self-quarantining residents should be prepared to:

- Follow all guidance from the university and local health department.
- Seek advice by telephone from a healthcare provider to determine if medical evaluation is needed.
- Wear a face covering at all times.
- Maintain six feet social distance at all times.
- Follow adequate handwashing and hygiene practices.
- Not congregate in any areas inside the house.
- Minimize time outside of individual room.
- Consult with university offices about remote learning opportunities.
- Monitor symptoms daily.
- Be forthcoming about symptoms or exposure to others.
- Follow other guidance as referenced in [CDC guidance for shared or congregate housing](#).

WHAT DO I DO IF I TEST POSITIVE FOR COVID-19 WHILE IN QUARANTINE IN THE HOUSE?

If a member tests positive for COVID-19 during quarantine, they will be asked to leave the facility and self-isolate for a minimum of 14 days or until they receive a health release. In the interest of ensuring a safe and healthy living environment, members are not permitted to self-isolate in the chapter facility.

If a member tests positive for COVID-19, she should take the following actions. First, the member should follow all state and university guidelines for reporting and report the information to the alumna advisor, chapter president and house director. The member should then self-isolate. The following steps are required (in the order listed):

1. Member works with the university to move to a spot designated for students to self-isolate (likely on-campus).
2. Member returns to permanent home for at least two weeks until symptoms are gone.
3. If the first two options are unavailable, the member should work with their chapter leadership and/or house corporation or Tri Delta Housing property manager to secure an alternate accommodation.

The member should not return to the chapter facility until she has self-isolated in accordance with CDC guidelines. She will be allowed to return to the chapter facility once she has received a health release. If she decides not to return, she may coordinate to move-out with the house manager/director of facility operations and house director. The member will be reminded of these steps when they provide notification about their diagnosis.

If a resident becomes ill during quarantine, she should seek advice by telephone from a healthcare provider to determine if medical evaluation is needed.

WHAT IF I WANT TO RETURN HOME TO QUARANTINE?

Every member resident should determine what is best for them if they find themselves needing to self-quarantine due to close contact exposure. It is recommended you first contact your university for their help in finding a designated self-isolation space. Member residents are allowed to leave the house and self-quarantine at their permanent residence or another location if they would be more comfortable. Member residents who choose to quarantine outside the house, may not be able to return to the house if the quarantine at the house is extended because of additional positive cases. When you choose to leave the house to quarantine, you should understand that neither the chapter, Tri Delta Housing nor the house corporation can be responsible for alternate housing should the chapter house be unavailable for your return at the completion of your quarantine due to quarantine extensions from additional positive cases within the facility.

WHAT IF MY ROOMMATE HAS BEEN EXPOSED, BUT I HAVE NOT?

Self-quarantine is necessary when you have close contact exposure to a person with COVID-19. If your roommate has not tested positive for COVID-19 but is self-quarantining due to exposure, you should do your best to take measures to limit exposure to others (by wearing a face covering and allowing six feet of social distance) and monitor for symptoms.

WILL THE ENTIRE HOUSE BE PLACED UNDER QUARANTINE?

Depending on the situation, local health departments and host institutions may place the Tri Delta house under a full house quarantine. The circumstances around a full house quarantine vary based on directives from each health department. Tri Delta Housing will follow the guidance and directives from each health department and university when the house is placed under quarantine health orders and will work to share expectations and guidance with residents.

WHAT SHOULD I EXPECT IF I AM A RESIDENT AND MY HOUSE IS STARTING QUARANTINE?

Tri Delta Housing anticipates that the house can remain open for residents during a full house quarantine period. The directives and guidance from each health department and university vary from location to location. Tri Delta will follow those directives and will assist chapter leadership, advisors and employees with communication and operational changes that may be necessary during a quarantine period.

We are finding that most quarantine periods are set for 14 days. In some instances, the quarantine health order may be lifted after 14 days. In other instances, the quarantine period may be extended if there are new positive cases of COVID-19 during the quarantine period. The full duration of a potential quarantine period will be dictated by the health department or university.

When the house remains open to residents during a full house quarantine, member residents have the option to quarantine in the Tri Delta house or to leave and self-quarantine elsewhere. It is important to understand that COVID-19 is contagious and, while the precise mechanism of transmission may not be known, COVID-19 is believed to be spread by person-to-person contact. If you remain in the chapter house, Tri Delta cannot guarantee that you will or will not be exposed to or become infected with COVID-19 which could result in illness or death. By electing to quarantine at the Tri Delta house, you do so with full knowledge, understanding and appreciation of the aforementioned risks.

WHAT IF MY HOUSE IS UNDER A FULL HOUSE QUARANTINE AND I COMPLETED MY QUARANTINE ELSEWHERE?

If you elected to self-quarantine away from the chapter house, you should complete your self-quarantine before returning to the Tri Delta house. Once the quarantine orders have been lifted for the house, you may return and reside in the chapter facility. It is important to understand that while your 14-day self-quarantine

may come to an end, the quarantine period for those who remained in the house may be extended due to additional positive case reports. The local health department may not allow member residents who left to return until the quarantine order for those in the house has been lifted. Temporary housing and expenses if a member resident is unable to return to the house due to mandated quarantine orders are the responsibility of the individual member.

MY CHAPTER HOUSE HAS BEEN PLACED UNDER QUARANTINE. I'M AN OUT-OF-HOUSE MEMBER. WHAT DOES THIS MEAN FOR ME?

When a house is placed under quarantine, it is possible the local health department or university will prohibit any non-residents from visiting the facility. During this time, access to the facility may be limited or restricted. You should expect that operational changes will be made to either modify or reduce non-resident meal plans. Communication will come to you setting clearer expectations when a quarantine has been declared.