

## Instruction for Isolation or Quarantine

Due to your close proximity with a confirmed COVID-19 case, reported symptoms, or because of a positive or pending COVID 19 lab test, you have been asked to quarantine or isolate. This information sheet provides instructions to students who have tested positive for COVID-19, have symptoms, or who had close contact with a person who has been confirmed as having COVID-19.

You will be placed in either:

Isolation (symptomatic)

Quarantine (no symptoms)

Please report symptoms or a positive COVID 19 test result to:

**demonsreportcovid@nsula.edu**

### Isolation (Symptoms of COVID-19 or positive test result)

Isolation means staying indoors and completely avoiding contact with other people. This includes staying away from other people in your household or dorm room. You need to do this if you have any symptoms of COVID-19 - this is to stop other people from getting infected, especially vulnerable people in your household and community.

While in isolation, a nurse from Health Services will call you 1-2 times daily for a health check and report of symptoms.

#### What to Do in Isolation

- Follow the instructions on the attached **What to Do When in Quarantine or Isolation**.
- Track your symptoms on the attached **Isolation Symptom Tracker**.

You are finished with isolation only when:

- It has been 10 days since your first symptoms started, your symptoms have resolved AND you have not had a fever for 3 days and are not taking fever reducing medications

### Quarantine (Close Contact with No Symptoms)

Quarantine means completely avoiding contact with other people for 14 days. This includes staying away from other people in your household or dorm. In Quarantine you can go outside to walk, or exercise on your own. Quarantine stops other people from getting infected, especially vulnerable people

in your household and community. You will likely not be tested unless you develop symptoms. You are in quarantine because you are a close contact of a confirmed case of coronavirus. A close contact is anyone who has had greater than 15 minutes of face-to-face (less than 6 feet distance) contact with a confirmed case in any setting.

- You should remain in quarantine for the full 14 days from the last date of exposure to COVID 19 even if you receive a negative test result. Symptoms can show up 2-14 days after exposure.
- If you develop symptoms while in quarantine, you need to start isolation (see isolation instructions) and email Student Health Services right away at **demonsreportcovid@nsula.edu**.

#### Next Steps

- You will be contacted by a nurse from NSU Health Services to begin contact tracing.
- Think of where you visited, classrooms / offices you were in and who you came in direct contact with two days prior to the start of your symptoms. Your close contacts will be notified and asked to quarantine. Remember, your name and health information will never be shared with your contacts.
- Once the Louisiana Department of Health receives your results, you will also receive a call from a state contact tracer. The number they will call from is 1-8877-766-2130.

#### Student Health Services will be open:

Monday – Thursday from 7:30 until 4:30 and Friday 7:30 until 12:00.

If a visit is needed, please schedule your appointment at **[bookings.nsula.edu/healthservices](https://bookings.nsula.edu/healthservices)**

For further questions or concerns call NSU student Health Services at 318-357-6377.

For an emergency or after hour needs call NSU campus police at 318-357-5431 or dial 911.

Carla Walker, RN

Director of NSU Student Health Services