

# Focus on Health:

## Quarantine and Isolation



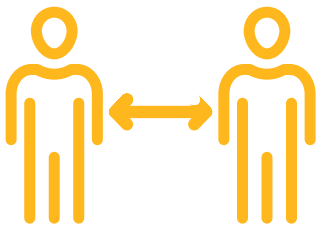
Throughout the pandemic, Pitt has called upon the strength of our community, our history of medical and scientific expertise, and our belief in our mission to keep every member of the Pitt family as safe and healthy as possible.

Students may be asked to quarantine based on exposure from close contact or isolate if they are experiencing COVID-19 symptoms or test positive for COVID-19.

### Quarantine

**Quarantine** is used to keep someone who might have been exposed to COVID-19 away from others since it is possible to be contagious even before someone develops symptoms.

You will be requested to quarantine in your home, place of residence or other designated facility if you have been in close contact with someone known or presumed by a medical professional to have COVID-19.



Close contact is defined by the CDC as being within approximately 6 feet (2 meters) of a person known or presumed by a medical professional to have COVID-19 for 15 minutes or longer, with or without a face covering, or having direct

contact with infectious secretions of someone known or presumed to be COVID-19 positive.

Most on-campus students will quarantine within their residence hall room or suite. In some cases, students may quarantine elsewhere if quarantining in their residence hall is not advised. Meals will be delivered.

Off-campus students will typically quarantine in their off-campus housing. Students may also choose to quarantine in their permanent residence.

All students in quarantine will track your health using the Daily COVID-19 Health Check app on [my.pitt.edu](https://my.pitt.edu). Student Health Service will monitor all students' symptoms through telehealth calls and the app and release you from quarantine when it is medically safe to do so.

While the quarantine period can vary from person to person, when asked or required to quarantine, it would be for a period not to exceed 14 days.

If you do not develop symptoms, have completed the Daily Health Check app and have tested negative for COVID-19 on day seven or later, your quarantine period may be shortened to 10 days.

### Isolation

**Isolation** is used to separate sick people from healthy people. This term refers to someone known or presumed by a medical professional to have COVID-19.

Someone in self-isolation is isolating in their home, place of residence or other designated facility due to illness.

**If you test positive for COVID-19, you will be required to isolate.**

Students who live in University housing will be moved into University-sponsored isolation housing or have the option to return to their permanent residence to isolate there. Students living off campus who test positive, including graduate and professional students, will be contacted by Student Health Service to discuss their isolation requirements and options. Students living off campus may be offered the option of moving into University-supported isolation housing.

Students who test positive for COVID-19 will hear from a contact tracer who will discuss potential people with whom you have been in contact to determine whether they need to be assessed.

**A dedicated care team will support you while you're living in University-supported isolation housing.**

You should bring enough clothes for the duration of your stay along with electronic devices, such as your phone, laptop, and collateral such as chargers. Pitt will provide:

- Bedding, but you may want to bring your own pillow or comfort item
- A health kit including over-the-counter medications to treat the symptoms of COVID-19, a digital thermometer, a face covering and gloves
- Daily health check-ins with Student Health Service
- Meals delivered each day



While the length of stay varies from person to person, you'll likely be in isolation from 10-14 days. Student Health Service will monitor your recovery and release you from isolation when it is medically safe to do so.

## Staying Connected

Classes are built on the Flex@Pitt model so that they can be attended remotely and synchronously (at the same time the course is scheduled) or asynchronously (recorded and viewed at a later time).

When you are feeling well enough in quarantine or isolation, you're encouraged to engage with your instructors and classmates remotely to maintain your momentum during the term.

Physical visitors are not permitted while in quarantine or isolation, but communication through a digital platform, such as Zoom, and social media, is welcomed and encouraged. Check out [pittwirelive.pitt.edu](http://pittwirelive.pitt.edu) for virtual events that you can join daily.



## Understanding Your Feelings

The University Counseling Center staff is available to you. After all, everyone reacts differently to stressful situations that require changes in location or behavior. While in quarantine or isolation, you may experience a range of feelings, including:

- Anxiety, worry, or fear related to your health
  - status or that of others
- Anger or resentment at the inconvenience
- Worry about not having your things with you or not doing your usual routine
- Uncertainty or concern about how long you will need to remain in this situation
- Excitement to have some alone time to rest and catch up on reading
- Loneliness or feeling cut off
- Boredom and frustration
- Sadness or depression



If you are in emotional distress, please contact 412-648-7930 x1 to speak directly with an on-call clinician. The University Counseling Center also offers a variety of remote resources for all students:

- Therapy Assistance Online resources are available to all students. Visit [studentaffairs.pitt.edu/cc/therapy-assistance-online](http://studentaffairs.pitt.edu/cc/therapy-assistance-online).

- If you are interested in engaging in UCC services or seeking support for the first time, please utilize Virtual Drop-in Services by contacting 412-648-7930, Monday-Friday from 9 a.m. to 4 p.m.
- A number of virtual Wellness Workshops are offered throughout the week for interested students. Please visit our Virtual Workshops page at [studentaffairs.pitt.edu/cc/virtualworkshops](http://studentaffairs.pitt.edu/cc/virtualworkshops) for additional information.
- Students can now access virtual Let's Talk sessions. Please visit [studentaffairs.pitt.edu/cc/outreach/lets-talk](http://studentaffairs.pitt.edu/cc/outreach/lets-talk) for additional information.
- A number of virtual groups are offered throughout the semester. Please visit our Group Counseling page at [studentaffairs.pitt.edu/cc/group](http://studentaffairs.pitt.edu/cc/group) for additional information.
- Outreach programs and presentations are now being offered virtually. Please visit our Wellness Education & Outreach page at [studentaffairs.pitt.edu/cc/outreach](http://studentaffairs.pitt.edu/cc/outreach) for additional information.

## Code of Conduct Violations

Failure to comply with the expectation of quarantine or isolation will be seen as violation of the Student Code of Conduct. As with every violation of the code, when student misconduct occurs, Student Affairs oversees impartial procedures and opportunities for personal development and improvement. Students who violate the Code of Conduct may be restricted from campus facilities, including classrooms when classes resume in person. Violations can also result in sanctions as serious as semester suspensions.

**By staying apart when necessary, we are working together and together, we can stop the spread of infection.**

**If you have any questions while in quarantine or isolation, please call Student Health Service at 412-383-1800. If you're in medical distress, call 911.**

