



This document details what is expected of you and the services that are available to you while in isolation or quarantine. We are committed to helping you feel as comfortable and as safe as possible during your isolation or quarantine period. You might be by yourself, but you are not alone.

Best wishes and healthy thoughts,
Your Residence Life Team

Important contact information:

- **Residence Life:** (716) 673-3341 | reslife@fredonia.edu, Monday - Friday 8:00AM - 4:00PM (4:30PM beginning 08/24);
- **Residence Director on Duty:** (716) 679-8524 (24/7);
- **Dining Services:** (716) 680-6221 (Urgent Needs (716) 499-2076);
- **Health Center:** (716) 673-3131, Monday - Friday 8:00AM - 4:00PM (4:30PM beginning 08/24);
- **Counseling Center:** (716) 673-3424, Monday - Friday 8:00AM - 4:00PM(4:30PM beginning 08/24);
- **Chautauqua County Crisis Hotline #:** 1-800-724-0461 (24/7) - for an online chat options, visit: <https://suicidepreventionlifeline.org> or Crisis Text Line: Text HOME to 741741, and;
- **University Police:** (716) 673-3333 (24/7).

What is isolation?

Isolation is required when a student is symptomatic and awaiting testing or is COVID-19 positive. As a result, Residence Life must relocate you to an isolation room in Hendrix Hall <https://www.fredonia.edu/about/campus-maps>. This will protect the health of your fellow students as well as that of custodians and other campus service providers.

What is quarantine?

Although our Coronavirus isolation and quarantine protocols for students are essentially the same, *quarantine* is required when a person who is not known to be COVID-19 positive has been in close contact with someone who is COVID-19 positive. In addition to exposure, a precautionary quarantine is required for students who are traveling from areas indicated by the Governor to be on the travel advisory list or for students who have arrived in NYS from international travel. In contrast, *Isolation* is used when a student has contracted a contagious disease, or when it is suspected that a student has contracted it.

What will isolation or quarantine mean for me?

You must stay within your assigned bedroom and suite bathroom. Using common areas or walking the hallways is not permitted. We recognize that this severely limits your freedom; for the health of the campus community, however, it is imperative that you remain in your immediate living space.

How long will I remain isolated or quarantined?

You will be isolated or quarantined until you are released by both the Health Department and the Director of the Fredonia Health Center. As stated in the previous section, this means that *you must stay within your assigned bedroom and suite bathroom*. If you decide not to comply with these directives, you could be subject to conduct sanctions, including immediate removal from the residence halls.

What should I bring to Hendrix Hall for quarantine/isolation?

You can be allowed only 1 trip from your current residence hall/location to Hendrix Hall so you should bring possessions that you consider essential. When you leave your room, you will not be allowed to return, and staff members will not be able to retrieve any items that you forget. ***Please remove all your personal belongings from common spaces and place them in your bedroom prior to moving into quarantine. These common spaces will be thoroughly disinfected prior to your return.***

Suggested Items to Bring:

- Clothes (enough for 2 weeks, if possible);
- Electronics (e.g., computer, mobile telephone, chargers, etc.);
- Textbooks and class notes;
- Eyeglasses and contact lenses;
- Toiletries (e.g., toothpaste, toothbrush, shower supplies, contact lens solution, liquid laundry detergent, etc.);
- Medications; and
- A few snacks and beverages (a microwave and refrigerator is provided in your new room).

What help is available for my move?

You can use a yellow wagon to move your possessions to Hendrix Hall. Again, due to how quickly and easily the Coronavirus spreads, you will be permitted only 1 trip. You are also welcome to an industrial-strength trash bag, which could be helpful for transporting clothes.

How will I obtain food?

Meals will be delivered to you, outside of your bedroom door. Please complete the FSA google form the evening prior to your first day in quarantine so FSA can prepare your meals for delivery.

Monday - Sunday:

- Please review the FSA link with menu items attached on the FSA [Quarantine Dining Website](#).
- You will be able to complete a Google form daily to order from the Cranston Marche **Quarantine menu** for breakfast, lunch, and dinner, [FSA Google Form for Meals](#).
- Breakfast will be delivered with the previous day's evening meal;
- Lunch will be delivered starting at approximately 12:00pm; and
- Dinner will be delivered starting at approximately 5:30pm.



You are encouraged to communicate any dietary restrictions to the Director of the Health Center, who will convey this information to those preparing your food.

Please note that meal plans will be used for food and if you do not have a meal plan Fredonia's Student Co-Vid Relief Fund will assist students with food costs. You will not incur additional charges. If you do not have a meal plan indicate that by checking the appropriate box on the google form.

How can I wash and dry my clothes?

Due to the potential of cross-contamination, students in isolation or quarantine will be unable to use campus laundry services. You should hand-wash clothing articles in your assigned bathroom.

How can I remove trash from my room?

You can leave your trash, double-bagged and tied shut, outside your suite door (not in the small hallway), using the trash bags provided. The trash bags will be retrieved at approximately 1:30pm on Mondays, Wednesdays, and Fridays, so you should plan to place your trash bags outside your suite door at 1:00pm on MWF..

What if I get locked out of my bedroom?

1. If you are locked out of your room, use the nearest campus hard line telephone to call for help. These telephones are located in Hendrix lounges 201, 205, 209, 305, and 309. If you have your cell phone, you may use that instead.
2. You will find by the telephones:
 - a. Face masks to use if you do not have yours with you.
 - b. Hand sanitizer
 - c. Towels to cover up if you are in a state of undress
3. Put on a mask, use the hand sanitizer, and use the other items as needed.
4. Call University Police at 3333 from the land line or 716-673-3333 from your cell phone.
5. You will need to provide your assigned room number.
6. Walk to the ground floor of the nearest stairwell door and wait by the door on the ground floor. DO NOT open the door. Stand where someone can see you through the window of the stairwell door.
7. Someone will help you soon.
8. Upon a staff member's arrival, a key will be passed to you under the stairwell door. It is important for social distancing that you do not open the door to pass the key.
9. Unlock your room, retrieve your own key, and immediately return the borrowed key to the staff member, who will wait for you at the stairwell door.
10. For first floor resident's only:
 - a. DO NOT enter the lobby to use a telephone. Instead, walk to the second floor and use the nearest campus telephone in lounge 201, 205, or 209.
 - b. Call for assistance as noted above and await help on the first floor of the stairwell. DO NOT open the stairwell door.
 - c. Someone will help you soon.



- d. Upon a staff member's arrival, a key will be passed to you under the stairwell door. It is important for social distancing that you do not open the door to pass the key.
- e. Unlock your room, retrieve your own key, and immediately return the borrowed key to the staff member, who will wait for you at the stairwell door.

What if I need support or have questions?

Residence Life staff, including the Counselor-in-Residence (CIR), will provide regular outreach and appropriate virtual programming based on the need and interest of each student. Students can reach the RD on duty.

SUNY Fredonia staff will provide routine check ins daily with both quarantined and isolated students Monday - Friday from 8am-4:30pm. Students will be encouraged to keep a log of any new onset of symptoms, and to take their temperature. If a student has new or worsening of their symptoms during normal business hours, they should contact the Student Health Center at 716-673-3131. After hours, including evenings or weekends, it is recommended that they contact University Police at 716-673-3333.

To talk to a mental health counselor at the Counseling Center, call 716-673-3424, email counseling.center@fredonia.edu, or visit <https://www.fredonia.edu/student-life/counseling> to connect with the virtual receptionist during normal business hours.

Other supportive resources include:

- **Chautauqua County Crisis Hotline** at **1-800-724-0461** (available 24/7)
- **National Suicide Prevention Lifeline** at **1-800-273-8255** or Chat Option <https://suicidpreventionlifeline.org/> (both available 24/7)
- **Crisis Text Line** for students, faculty, and staff who are dealing with emotional challenges. Access the confidential text line 24/7 by **texting Got5U to 741-741** for help. The text line can be used to help alleviate depression, anxiety, stress, and suicidal thoughts. It also provides a way for people to talk about substance use, relationship issues, domestic violence, and school stressors, as well stress and anxiety related to the COVID-19 pandemic.
- **Non-Crisis Peer Support** daily 5pm-11pm Warm Line Call: 1-877-426-4373 Text: 716-392-0252 - great resource if you are just looking for someone to talk to
- **NYS COVID-19 Mental Health: Coping Circles** - Coping Circles are free six-week support and resilience groups, held by video or phone, facilitated by licensed mental health professionals. <https://rc-1.nyspi.org/surveys/?s=44YWTJMF3T>
- **OMH Emotional Support Helpline** (1-844-863-9314)- provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency: <https://omh.ny.gov/omhweb/covid-19-resources.html>



Who will contact me to tell me I have completed quarantine and that I am clear?

As you near the end of quarantine, we are asking that if we have not already discussed this with you, you contact the student health center at health.center@fredonia.edu to arrange for an evaluation for discharge from quarantine. This evaluation will likely take place as a zoom telemedicine meeting. Once this has been complete, the student health center will send a formal notice to Enrollment and Student Services and Residence Life (if a residential student) noting that you have completed the required time in quarantine (dates will be included), you are free from symptoms, and are able to return back to in-person activities on campus. A copy of this letter will be forwarded to you as well.

What do I do if the fire alarm is activated?

You must respond to any and all Fire Alarms and Emergency Evacuation Orders. If a Fire Alarm sounds, put on your protective mask, wear appropriate weather condition clothing, and proceed to the [nearest evacuation exit](#).

- Hendrix Hall has three stairwells for emergency exiting;
- Immediately outdoors of each stairwell exit there is a large covered patio area;
- Once outside, distance yourself at least 6 feet from another person while staying on the covered patio and wait for direction from first responders;
- When directed to return, please do so in an orderly fashion avoiding any close contact with anyone while enroute to your assigned room;
- Police or Fire personnel will be on scene to open the exterior doors to allow you to return.