

# ***Quarantine and Isolation Resources for Students Living Off Campus***



**IUPUI**

DIVISION OF STUDENT AFFAIRS



# Division of Student Affairs Resources



**IUPUI**  
DIVISION OF STUDENT AFFAIRS



With students at the center of all that we do, the Division of Student Affairs is committed to supporting you as you pursue your academic goals during the COVID-19 pandemic.

We understand the rapidly changing events around COVID-19 may create a wide range of emotional responses and increased distress. The Division of Student Affairs offers a range of virtual resources to aid you in your time of quarantine and isolation.

The staff of our 9 units are here to offer you support. Simply put, we are here to help. Remember, you are not alone, and we are IUPUI strong.

## First and foremost, plan ahead.

It is strongly recommended all students develop a plan prior to when they may be asked to isolate or quarantine for 14 days due to a COVID-19 related issue. For students who are able, we strongly recommend they return home to isolate or quarantine.

## What should I do about my academics during quarantine/isolation?

- If you have any in-person classes, contact your instructor(s), indicate you will not be able to attend class, and ask for instructions on making up coursework you will miss.
- If you are in an online class and are feeling well enough to attend, please do so. If you are feeling too sick to attend, please notify your instructor(s), indicate you will not be able to attend class virtually, and ask for instructions on making up coursework you will miss.
- If you are in need of assistance due to your instructor(s) response to your request, please email [stuadvoc@iupui.edu](mailto:stuadvoc@iupui.edu), and an advocate will respond to you promptly.

## Student Advocates Office

If you're facing an issue that is affecting your ability to succeed at IU, you can get help from a Student Advocate. Student Advocates are retired IU faculty and staff members who volunteer their time and expertise to help students facing academic and personal challenges.

## Academic Assistance

- Withdrawal from all courses
- Grade change requests
- Grade appeals
- Help students better communicate with faculty and staff, especially when addressing concerns
- Assistance with navigating IUPUI policies and procedures

## Personal and Emergency Assistance

- Connecting you with campus and local community resources to meet your basic needs
- [helpmeroar.iupui.edu](http://helpmeroar.iupui.edu): Local resources within a 5-mile radius of IUPUI
- Paws' Pantry and Paws' Closet: Food and hygiene products, everyday clothing, and work attire. Make appointments for these services at [paws.iupui.edu](http://paws.iupui.edu).
- Emergency resource support and referrals

## Get in touch with an advocate

- Phone: 317-274-4431
- Email: [stuadvoc@iupui.edu](mailto:stuadvoc@iupui.edu)
- Website: [advocate.iupui.edu](http://advocate.iupui.edu)
- Virtual walk-in hours: 12 noon–3 p.m., Wednesdays and Thursdays. Connect via Zoom: [go.iu.edu/2n8c](https://go.iu.edu/2n8c).

## Student Conduct

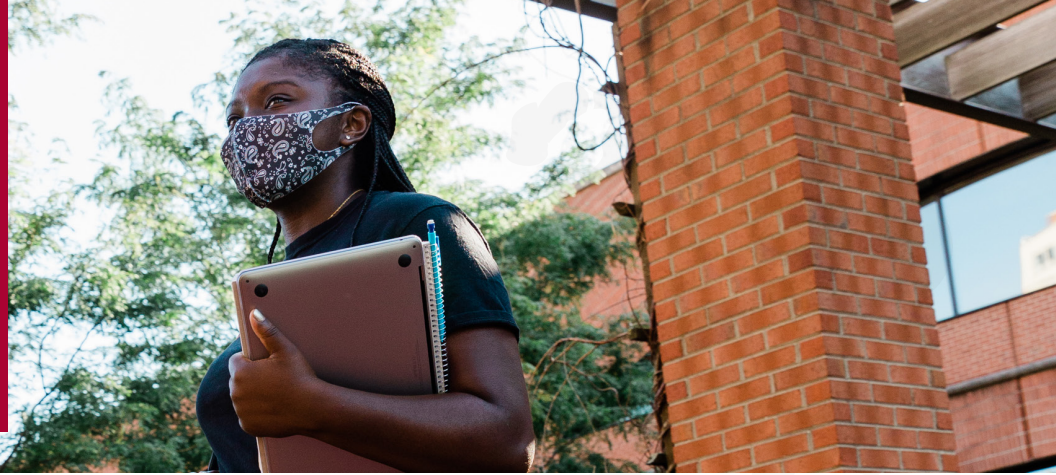
For questions regarding conduct-related issues, please call the Office of Student Conduct at 317-274-4431.

To submit a report regarding personal misconduct, sexual misconduct, and incidents of bias, discrimination, harassment, and hate, visit [go.iu.edu/2n2m](https://go.iu.edu/2n2m).

# Information for Students Who Have Been Tested for COVID-19



**IUPUI**  
STUDENT HEALTH SERVICES  
Division of Student Affairs



## What should I do if my test is positive?

- Stay calm. IUPUI is ready to support you through this. It may be overwhelming, but we are prepared and here to help.
- Listen. The contact tracing team from IU will provide you with important information and resources, including information about the Twistle app, which checks in with you daily to monitor symptoms. The app will ultimately let you know when you can end your isolation or quarantine.
- Stay put. Stay in your off-campus residence. If you learn this information while away from your residence, then immediately return to your home/apartment and wait there until your plan is developed.
- Implement your plan. Stay in your off-campus housing location.
  - Call your support network and discuss what is best for you in terms of where to isolate.
  - If staying in your off-campus apartment, make sure you set up a way to have food and supplies delivered to you.
- You should remain in isolation until ALL of the following conditions are met:
  - It has been at least 1 day (24 hours) since your last fever (without the use of fever-reducing medications).

### AND

- Your symptoms are improving.

### AND

- At least 10 days have passed since your symptoms first appeared.
- If your symptoms get worse (see the list of signs of severe illness), seek medical care. Call the healthcare facility/ER to let them know you are coming and follow instructions about wearing a mask when you arrive to the facility.
- If you have never had symptoms but had a known exposure you should isolate until at least 10 days have passed since the date of your positive COVID-19 test. If you develop symptoms while self-isolating, see above

conditions that must be met (listed above) to discontinue isolation.

## What do I need to do about my contacts?

- If you feel comfortable, please notify individuals on your contact list that you tested positive (as outlined above in "What should I do while I wait for my result"). They will be advised to quarantine for 14 days following the last time they had contact with you. Close contacts must be notified as soon as possible to decrease the chances of spreading the virus to more people.
- You should also expect a text and call from a contact tracer who will gather contact and activity information from you to be sure all measures are taken to prevent more infections. Please answer your phone, even if you don't recognize the number. The contact tracer will keep your identity confidential when notifying your contacts.

## Self-Care

- Take your temperature with a thermometer daily and write down your results. Fever=100.4 F or greater.
- Drink plenty of non-alcoholic fluids.
- Take acetaminophen (Tylenol) for fever and/or pain.
- Eat as tolerated without restrictions.
- Watch for signs of severe illness. Call 911 or go to the emergency room if you develop any signs of severe illness. Call the facility to alert them you are coming.

## Signs of severe illness:

- Difficulty breathing or shortness of breath.
- Persistent dizziness, confusion, or inability to respond.
- Not drinking enough fluids or not urinating.
- Severe or persistent vomiting.
- Persistent pain or pressure in the chest or abdomen.
- Fever or cough that improves but then returns or worsens.
- Worsening of chronic medical conditions.



# Information for Students Who Have Been Tested for COVID-19



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STUDENT HEALTH SERVICES  
Division of Student Affairs



## IUPUI Campus Health hours

- Campus Center clinic: 9 a.m.–4 p.m., Mondays and Thursdays; 9 a.m.–6 p.m. Tuesdays and Wednesdays; 9 a.m.–2 p.m., Fridays.
- Call 317-274-2274 to make an appointment or speak with a member of the Campus Health team. Please call for a screening before visiting the clinic. Telehealth visits will be offered, depending on your needs.
- Coleman Hall clinic: 7:30 a.m.–5 p.m., Mondays, Tuesdays, and Wednesdays; 9 a.m.–5 p.m., Thursdays; 7 a.m.–4 p.m., Fridays.
- Call 317-274-8214 to make an appointment or speak with a member of the Campus Health team. Please call for a screening before visiting the clinic. Telehealth visits will be offered, depending on your needs.

## IU Health Resources

- Access to IU Health Virtual Hub via [one.iu.edu](https://one.iu.edu). Available at no cost to students 24/7.

## Indianapolis Community Resources

- IU Health Methodist Hospital: 1701 N. Senate Blvd, Indianapolis, IN.
  - Emergency Room: 317-962-8355
- Eskenazi Health: 1002 W. 10th St, Indianapolis, IN.
  - Emergency entrance located on Wishard Blvd.
  - Operator: 317-639-6671
- Franciscan Health ExpressCare CityWay: 325 S. Alabama St, Suite 100, Indianapolis, IN.
  - Phone: 317-705-4785
- IU Health Urgent Care Centers:  
<https://iuhealth.org/find-medical-services/urgent-care>
  - Enter your ZIP Code to find a clinic near you.
- 911 for IU Health Indianapolis hospital ambulance service.

## Where can I read more about COVID-19?

- The latest, up-to-date information on COVID-19 in the US and worldwide can be found on the CDC website: [www.cdc.gov](https://www.cdc.gov).
- Indiana State Department of Health Resources on COVID-19: [www.coronavirus.in.gov](https://www.coronavirus.in.gov).

## Important information regarding COVID-19 testing

Because COVID-19 is relatively new, there are still many unknowns about the virus and testing for the virus. The test results are intended to give information for use in determining whether to seek additional medical treatment and/or take other actions, such as self-quarantine or self-isolate, in an effort to prevent the potential spread of the virus to others. There are risks inherent in any COVID-19 testing. You should consider the following:

- There are still many uncertainties about the transmission of COVID-19.
- If your test result is positive, IUPUI Campus Health is required by law to report that result to certain public health agencies, including the Indiana State Department of Health and the Centers for Disease Control and Prevention. In addition, IUPUI Environmental Health and Safety (EHS) will be notified for purposes of tracking contacts and cleaning any campus locations where you might have been. IUPUI EHS is required by IU policy and applicable law to safeguard the privacy and security of any such information we share, but may be required to re-disclose such information in order to comply with applicable local, state, and federal laws.

# Information for Students Who Have Been Exposed to Someone with COVID-19



**IUPUI**  
STUDENT HEALTH SERVICES  
Division of Student Affairs



## What does quarantine mean?

- Quarantine is the separation of a well person who has been exposed to a contagious disease to see if they become sick. Quarantining individuals exposed to COVID-19 helps prevent spread of infection to others.

## What should I do during quarantine? What does it mean for me?

- Stay in your room and do not allow others to enter your room.
- Do not go out in public.
- Wear a mask and stay 6 feet away from others if you have to have brief contact with anyone.
- Take your temperature daily and watch for symptoms such as:
  - Fever—a temperature of 100.4 F or greater
  - Cough
  - Shortness of breath
  - Sore throat
  - Nausea, vomiting, or diarrhea
  - Muscle aches
  - Headache
  - Fatigue
  - Congestion or runny nose
  - New loss of taste or smell

## What do I do if I develop symptoms?

- If you are in Indianapolis, call IUPUI Campus Health at 317-274-8214 and ask to speak with a nurse, OR access the IU Health Virtual Hub 24/7 through [one.iu.edu](https://one.iu.edu) in order to be connected with an IU Health nurse at no charge.
- If you are at home, contact your health care provider.
- Drink plenty of non-alcoholic fluids.
- Take acetaminophen (Tylenol) for fever and/or pain.
- Eat as tolerated without restrictions.
- Watch for signs of severe illness. Call 911 or go to the ER if you develop any signs of severe illness. Call the facility to alert them you are coming.

## Signs of severe illness:

- Difficulty breathing or shortness of breath.
- Persistent dizziness, confusion, or inability to respond.
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## Information for Students Who Have Been Exposed to Someone with COVID-19



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STUDENT HEALTH SERVICES  
Division of Student Affairs



### Why do I have to quarantine for 14 days after contact with someone with COVID-19?

- The time it takes someone who has been exposed to COVID-19 to show evidence of infection is typically 4 to 5 days, but may be anywhere between 2 and 14 days. This is called the incubation period.
- It is possible for someone infected with COVID-19 to spread the virus to others up to 2 days BEFORE they develop symptoms.
- It is also possible to be exposed to COVID-19 and develop what is called an asymptomatic infection. Individuals with asymptomatic infections do not exhibit any illness symptoms, but they can still spread the infection to others.
- At the end of 10 days following an exposure, if you haven't developed symptoms, you are able to be released from quarantine. A small percentage of people may still develop infection between days 10-14. During that time, it is important that you avoid crowds, stay 6 feet away from other people, wear your mask when you are around other people, and practice good hand hygiene.  
At the end of 14 days following an exposure, if you haven't developed symptoms, you are no longer considered at risk of developing symptoms or spreading the infection to others.

### Where can I read more about COVID-19?

- The latest up to date information on COVID-19 in the US and worldwide can be found on the CDC website: [www.cdc.gov](https://www.cdc.gov).
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- IU Health Urgent Care Centers:  
<https://iuhealth.org/find-medical-services/urgent-care>
  - Enter your ZIP Code to find a clinic near you.
- 911 for IU Health Indianapolis hospital ambulance service.

# Wellness Resources



**IUPUI**

HEALTH AND WELLNESS PROMOTION  
Division of Student Affairs

IUPUI Health and Wellness Promotion offers a wide variety of individualized services and programs on everything from eating a healthy diet to managing stress. Learn more about the services listed below at [wellness.iupui.edu](https://wellness.iupui.edu).

## Student Wellness Directory

Find online and on-campus resources to help you stay healthy and well as an IUPUI student. Explore the virtual directory at [wellness.iupui.edu](https://wellness.iupui.edu).

## Nutrition

Looking for some tips on healthy eating during quarantine and isolation? Make an appointment with one of our health and wellness coaches today.

- Make an appointment by emailing [hwpindy@iupui.edu](mailto:hwpindy@iupui.edu) or calling 317-274-3699.
- Appointments will be conducted virtually via Zoom.
- This service is free for IUPUI students.

## Health and Wellness Coaching

Meet with a health and wellness coach who can share strategies for staying healthy during quarantine and isolation. Our coaches offer supportive, positive guidance to help you define your own vision and objectives in a way that fits into this challenging time.

- Make an appointment by emailing [hwpindy@iupui.edu](mailto:hwpindy@iupui.edu) or calling 317-274-3699.
- Appointments will be conducted virtually via Zoom.
- This service is free for IUPUI students.

## Tobacco Cessation Program

During quarantine and isolation, you may find yourself unable to get tobacco and/or e-cigarettes and may be experiencing difficult withdrawal symptoms. Our tobacco cessation program can help. You'll get judgment-free support and coaching as well as nicotine replacement therapy.

- Request your IUPUI Quit Coach at [go.iu.edu/3bY5](https://go.iu.edu/3bY5).
- Contact the team by emailing [hwpindy@iupui.edu](mailto:hwpindy@iupui.edu) or calling 317-274-3699.
- This service is free for IUPUI students.

## Addiction Recovery Support

Health and Wellness Promotion offers a safe, judgment-free space for drug and alcohol use and recovery support through the Collegiate Recovery Community. Virtual weekly support meetings are 11 a.m. to 12 noon on Tuesdays. You can connect at [events.iu.edu/studentaffairsiupui](https://events.iu.edu/studentaffairsiupui).

- Learn more by contacting [hwpindy@iupui.edu](mailto:hwpindy@iupui.edu).
- Connect with the Collegiate Recovery Community student organization at [recovery@iupui.edu](https://recovery@iupui.edu).

# Mental Health Resources



**IUPUI**

COUNSELING AND PSYCHOLOGICAL SERVICES  
Division of Student Affairs



The trained, professional staff in Counseling and Psychological Services (CAPS) will give you the confidential support you need. CAPS is currently offering services by phone/video only. In-person visits have been suspended due to the ongoing pandemic.

## COVID-19 and personal well-being resources

During any large-scale and evolving event, it's normal for people to have a wide range of reactions. CAPS has developed an emotional wellness guide with tips for taking care of yourself; online local resources; and apps for meditation, relaxation, breathing, yoga, and more. A virtual care package has also been developed to assist with coping, maintaining connections, self-help thoughts, and more.

- Emotional wellness and COVID-19 guide: [go.iu.edu/3bYC](https://go.iu.edu/3bYC)
- Virtual care package: [go.iu.edu/3bYD](https://go.iu.edu/3bYD)

## Virtual workshops

Try a CAPS virtual, drop-in workshop. These aren't group counseling sessions--they're more like a class led by CAPS counselors. This fall, our workshops include a relationship workshop and mindfulness meditation. Learn more and register at [go.iu.edu/3bYE](https://go.iu.edu/3bYE) or by emailing [capsindy@iupui.edu](mailto:capsindy@iupui.edu).

## Individual and group counseling

CAPS is currently offering counseling services by phone/video only. In-person visits have been suspended due to the ongoing pandemic. An initial consultation is free, and IUPUI students will pay a \$15 service fee at the time of individual intake or group screening. The first 6 sessions for individual counseling are free and \$10 per session beyond the 6 sessions. Group counseling is also free.

- Learn more at [caps.iupui.edu](https://caps.iupui.edu).

## Emergency services

If you're experiencing suicidal thoughts, are having trouble completing daily tasks, or are facing an acute stressor that threatens the safety of yourself or others, we'll arrange a same-day emergency appointment.

CAPS on-call counselors are available 9 a.m.–4 p.m., Monday through Friday. Call us at 317-274-2548.

For after-hours crisis management or additional support, contact one of the following 24-hour numbers or resources:

- Crisis and Suicide Hotline: 317-251-7575
- National Suicide Prevention Line: 1-800-273-TALK (8255)

If you are in imminent danger or require immediate assistance, call 911 or the Indiana University Police Department at 317-274-7911.

If you've experienced a sexual assault or other types of sexual violence, you can contact a CAPS confidential advocate at [saadv@iupui.edu](mailto:saadv@iupui.edu) or 317-274-5715, 9 a.m. to 5 p.m., Monday through Friday.

National Sexual Assault Hotline: Call 1-800-656-HOPE to get free, confidential counseling from the Rape, Abuse and Incest National Network (RAINN).