



## What To Do When You Are In Isolation

### How to Isolate:

Stay in your room. You may leave your room to use the bathroom and to pick up your meals at a designated drop off location. When you must leave your room, sanitize your hands. Always wear your cloth face covering in public spaces and keep a 6-foot distance from others. There are multiple isolation spaces on campus. It is important to maintain a physical distance from others. Friends may not visit in isolation housing. If you need something from your room, a friend can bring it to the door and drop it off for you.

If you have been relocated to an isolation housing location, **here is what you need:**

- Any medications that you take daily/regularly
- Fever reducing medication (Tylenol/Acetaminophen or Ibuprofen)
- Thermometer & toiletries (include wash cloths, towels)
- Clothes for 4 days or more (washer/dryer is available in isolation housing)
- Electronics, chargers, books, notebooks
- Supplies/activities to keep you occupied, e.g. yoga mat, art supplies
- Water bottle
- Hand Sanitizer
- Sheets and a pillow will be provided.

### Medical and Mental Health Support while in isolation:

Center for Health and Wellness Health Services staff will provide direction about daily monitoring of your symptoms through the student health portal. Vermont Health Department staff may contact you to identify any close contacts. It is important to work with the Health Department and Health Services in identifying close contacts to prevent further spread of the virus.

Being separated from your friends can be challenging and stressful. We encourage you to maintain connections with friends and family. If you would like to speak with a counselor, please contact **Counseling Services at 443-5141**.

If you are in quarantine over the weekend and you need medical care, you can contact [MiddTeleHealth](#). If you have an urgent medical concern, contact Public Safety at 802-443-5133 to request a ride to UVMHC Porter Hospital Emergency Department. Please notify the hospital on arrival that you are a Middlebury student to ensure continuity of care. If you have symptoms that may be related to COVID19, please review the [CDC Guidelines for self-care](#). If an acute emergency, dial **911**.

If you have any medical questions or concerns, please reach out to the **Center for Health and Wellness nurse line at 443-3290**.