



### How to quarantine:

Symptomatic students will quarantine in their dorm rooms while they await test results regardless of vaccination status. We anticipate test results within 24-48 hours. You will receive notification that your results are available in your Middlebury email. Unvaccinated students who are close contacts of a positive COVID case may also be in quarantine. Always wear your cloth face covering in public spaces and keep a 6-foot distance from others. Stay in your room. You may leave your room to use the bathroom and to pick up your meals at a designated location. You may access a shared kitchen but only if no one else is in the kitchen. When you must leave your room, sanitize your hands.

In some cases, students in quarantine may be moved to other locations. If you need to move to another location,

### you will need:

- Any medications that you take daily
- Fever reducing medication (Tylenol/Acetaminophen or Ibuprofen)
- Thermometer & toiletries
- Clothes for 4 days or more
- Electronics, chargers, books, notebooks
- Supplies/activities to keep you occupied, e.g. yoga mat, art supplies
- Water bottle
- Hand Sanitizer

Laundry facilities may be available in a quarantine location OR you can put your laundry in a plastic bag and request that a friend bring it to a laundry room. They can dump the bag of clothes in the washing machine without directly touching your soiled clothing. Your friend can then complete the laundry process for you.

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

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**.