



UNIVERSITY
of ARKANSAS
AT PINE BLUFF
1873

Student Isolation and Quarantine Protocols

Quarantine Protocol

The guidance within this document is provided by the Centers for Disease Control (CDC) and the Arkansas Department of Health (ADH). The goal is to mitigate the spread of Sars-Coronavirus 2, the virus that causes COVID-19 at the University of Arkansas at Pine Bluff. The guidance is subject to change as the science dictates.

If a UAPB student has recently had close contact with a person with COVID-19, the student should contact a medical provider or Student Health Services to make arrangements for a COVID-19 test **AND** quarantine for 14 days.

The student is **required** to notify the university by emailing pridestrong@uapb.edu.

What is Quarantine?

Quarantine is an important way to stop the spread of COVID-19. It means staying in your residence and **away from others** after you have been exposed to a person with the virus that causes COVID-19.

If you are a close contact, you are **required** to quarantine for 14 days even if you do not feel sick. The ADH requires that you complete the entire 14-day quarantine period even if you have a negative COVID-19 test.

What is a close contact?

The CDC and ADH define a close contact as an individual who has been within 6 feet of the COVID-19 patient for at least 15 minutes total during a 24-hour period. You are considered a close contact even if you were wearing a mask while you were around the COVID-19 patient.

COVID-19 patients are infectious two days before their symptoms start, or two days before their positive test results if they do not develop symptoms.

If you are a close contact, you are **required** quarantine for 14 days even if you do not feel sick and even if you have received a negative test result for COVID-19.

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What is a Contact Tracer?

A contact tracer is an individual hired by ADH to reach out to someone who has tested positive for COVID-19 or been exposed to a positive case. The University of Arkansas Medical Sciences (UAMS) has been contracted to oversee contact tracing for institutions of higher education.



Someone on behalf of ADH/UAMS:

Check on your health, The representative will

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- Discuss who you have been around, and
- Ask where you have spent time while you may have been able to spread COVID-19 to others.

UAMS contact tracers will call from locations throughout the state. Contact tracers cannot leave detailed messages so students should answer the phone, even if you do not recognize the number.

Length of Quarantine

The incubation period of the virus that causes COVID-19 is up to 14 days. Therefore, the quarantine period lasts the entire 14 days from the most recent exposure to a positive patient. If you are exposed again during quarantine, the 14-day period must start over again.

If you develop symptoms or test positive for COVID-19 during the quarantine period, you must follow the instructions for isolation.

How should I calculate my quarantine period?

Example: I was exposed on August 1, entered quarantine immediately, and was not exposed again.
August 1 + 14 days = August 15 is the last day of quarantine.
August 16 = return to work/school.

Who will place me in quarantine?

- The Arkansas Department of Health, the Dean of Student Life or Student Health

What are my responsibilities?

The employee should be prepared to work from home for 14- days.

- The Office of Human Resources will provide additional direction if working from home is not an option.
- Remain inside your home (your temporary housing assignment) and avoid **ALL** public activities. This means do not go to work, church, school, stores (including grocery stores), or any public events or places.



- Do not have visitors in your home.
- Stay in a separate room. If that is not possible, wear a facemask when you are in the same room as others and stay at least 6 feet away from them (i.e. practice social distancing even in your home).
- Wash your hands and use an alcohol-based hand sanitizer often. Do not share personal items such as dishes, hairbrushes, phones, towels, etc.
- Do not leave your home except to get medical care. If you need to see a doctor for reasons other than a medical emergency, please call your medical provider ahead of time to make proper arrangements.
- In the event of a medical emergency, call 911. Tell them that you are quarantining due to COVID-19 exposure (use the letter “medical emergency script” from ADH). Keep a facemask on until a health care provider asks you to remove it.
- Do not use any public transportation (buses, taxis, rideshare services, or airplanes).
- Check yourself for a fever twice a day. This means taking your temperature in the morning and before bed at night and writing down the reading each time. The ADH will need this information to determine when you can resume normal activities or if you need additional care.
- If you begin to have additional symptoms, or if you otherwise feel sick, contact your health care provider.

What happens if I am quarantined?

- You will receive a call notifying you of your status.
- If you reside in university housing, the Dean of Students or his designee will give you a temporary housing assignment. You should be prepared to stay in your temporary housing assignment for 14-days.
- You will receive your academic instruction online.
- You will receive a visit or a call from Student Health Services to monitor your symptoms.

Transportation

The University will provide transportation to the temporary housing location and back to the campus community when the quarantine period has expired.

Meals

Campus Dining Staff will prepare meals for all students in quarantine. Meals will be delivered to students quarantining in university-sponsored housing. Students should contact the Dean of Student Life at 870-575-8361.

Delivery times are:

Monday – Friday (three meals/day)

Breakfast: 8:30 am-9:30 am

Lunch: 11:30 am-12:30 pm

Dinner: 4:30 pm- 5:30 pm

Saturday – Sunday (two meals/day)

Brunch: 11:30 am-12:30 pm

Dinner: 4:30 pm-5:30 pm



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Mental Health

Students may experience stress, uncertainty, and anxiety during this COVID-19 experience. UAPB Students may contact the Student Counseling Center Monday – Friday 9:00 am – 5:00 pm. If you prefer, you can use online counselors by downloading the [META Teletherapy App](#). Students can download the app from the Apple Store or Google Play.

FOR MEDICAL EMERGENCIES please call Campus Polices at (870) 575- 8102 or dial 911.



Isolation Protocol

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Length of Isolation

If you have COVID-19 with mild symptoms, you must isolate until:

- 10 days have passed since your symptoms first appeared AND
- You have not had a fever of 100.4° F or higher for at least 24 hours without the use of fever-reducing medicine AND
- Your symptoms, such as cough or shortness of breath, are improving.

If you have COVID-19 and are not experiencing any symptoms, you must isolate until:

- 10 days have passed, and no symptoms have developed since your positive COVID-19 test.

If you have severe COVID-19 and have been hospitalized or if you have a weakened immune system, you must isolate until:

- 20 days have passed since your symptoms first appeared AND
- You have not had a fever of 100.4° F or higher for at least 24 hours without the use of fever-reducing medicine AND
- Your symptoms, such as cough or shortness of breath, are improving.

What are my responsibilities?

- The employee should be prepared to work from home for 14- days.
- The Office of Human Resources will provide additional direction if working from home is not an option.
- Remain inside your home (your temporary housing assignment) and avoid **ALL** public activities. This means do not go to work, church, school, stores (including grocery stores), or any public events or places.
- Do not have visitors in your home.
- Stay in a separate room. If that is not possible, wear a facemask when you are in the same room as others and stay at least 6 feet away from them (i.e. practice social distancing even in your home).
- Wash your hands and use an alcohol-based hand sanitizer often. Do not share personal items such as dishes, hairbrushes, phones, towels, etc.
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- If you begin to have additional symptoms, or if you otherwise feel sick, contact your health care provider.

What happens if I am placed in isolation?

- You will receive a call notifying you of your status.
- If you reside in university housing the Dean of Students or his designee will give you a temporary housing assignment. You should be prepared to stay in their temporary housing assignment for 14-days.
- You will receive your academic instruction online.
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