

**Guidelines for Care and Connection  
During On-Campus Quarantine and  
Isolation**

**Williams College Health Center**

Dear Ephs,

All of us at the Williams College Health and Wellness Center are here to offer support in the midst of these very challenging times. We want to assure you that, though our procedures have changed, we are available to support both your physical and mental health needs.

This guide provides information about what to expect should you or one of your fellow classmates become sick. It details preventative measures you can take to avoid becoming sick, describes what to expect should you become ill and explains how we will work together to care for your physical and emotional health in the weeks to come.

**The Health Center and IWS:**

Front desk.....413-597-2206

After-hours .....413-597-2206

Integrative Wellbeing Service (IWS): 413- 597-2353

**Monday - Friday, from 9am - 5pm Please call the Health Center to discuss any health related concerns.**

**If it is after 5 pm, please call the on-call physician at 413-597-2206 if you have an urgent medical concern that cannot wait until the next business.**

**Note:** If calling medical services after hours, an operator will take your message and have the on call physician call you back. If you do not hear back from the physician within 30 minutes, please call again.

## **Other Phone Numbers:**

Campus Safety: 413-597-4444

Office of Accessible Education: 413-597-4978

## **National Support Hotlines:**

National Suicide Prevention Hotline: 1-800-273-8255

The Trevor Project (LGBTQ Suicide Hotline):  
1-866-488-7386

Trans Lifeline: 1-877-565-8860

## **What Is the Difference Between Physical Distancing, Quarantine and Isolation?**

If you develop symptoms or test positive for COVID-19, the Health Center may advise you to take additional precautions to keep you and those around you safe. These precautions will always include physical distancing measures and good health hygiene practices, but may also include a recommendation to quarantine or isolate on campus. This section explains the [differences between these designations](#) and summarizes what to expect should it become necessary to temporarily relocate you so that we can closely monitor your recovery and limit additional exposure to COVID-19. Once placed in quarantine or isolation, pertinent departments across campus such as CSS, Dining Services, the Dean's office, Facilities, etc. will be notified of your quarantine status in order to provide needed services.

**Physical Distancing:** Physical distancing is deliberately increasing the physical space

between people to avoid spreading illness. Staying at least six feet away from other people lessens your chances of catching COVID-19. The current Massachusetts law requires that a face covering is worn indoors and outdoors if physical distancing cannot be practiced. Everyone should adhere to this practice for the duration of our current pandemic status.

### **Quarantine: Remaining in Your Room for a Designated Period of Time**

You may be asked to maintain “quarantine status” (stay in your room) until the Health Center determines that it is safe for you to return to the community.

#### ***While you are quarantined, you should do or expect the following:***

- Remain in your room. Do not allow visitors in your room.
- Use a mask when you leave your room to collect your meals.
- Dining services will deliver meals to your dorm.
- You will be asked to fill out a daily quarantine form through your patient portal. A Health Center nurse will be available as needed to check in with you, answer your questions, and discuss any concerns you may have. If you would like to speak with a nurse, please call 413-597-2206.
- If you have mental health concerns or wish to work with a counselor, please call 413-597-2353 or email at [IWS@williams.edu](mailto:IWS@williams.edu) to schedule an appointment.

**Isolation: Moving to an Assigned Location** if you have either tested positive for COVID-19, are awaiting testing results or are experiencing symptoms possibly consistent with COVID - 19. This is a protective measure that must be taken seriously to ensure the safety of the campus and community at large. You will be asked to maintain “isolation status” until the Health Center determines that it is safe for you to return to the community.

**Medical Isolation** – Medical isolation refers to confining a confirmed or suspected COVID-19 case to prevent contact with others and to reduce the risk of transmission of disease. Medical isolation ends when the individual meets pre-established clinical and/or testing criteria for release from isolation, in consultation with clinical providers at the Williams College Health Center.

***While you reside at your assigned location, you should do or expect the following:***

- Once placed in isolation housing, pertinent departments across campus such as CSS, Dining Services, the Dean's office, Facilities, etc. will be notified of your status in order to provide needed services.
- The expectation is that you will remain isolated in your room for the amount of days necessary as directed by the Health Center.
- You will be provided with a single room that has a private bathroom. It is imperative that you remain in your room and do not allow visitors.
- We ask that you do not leave your room for any circumstance other than a medical emergency. If you need a specific item, please call CSS or the Health Center so that arrangements can be made for delivery. ID access will be limited to your room building for the duration of the isolation.
- Meals will be delivered by Dining Services twice a day, outside of your designated room door. Please place all bagged trash in this location.
- You will be contacted daily by a Health Center medical provider to review your symptoms and discuss any questions or concerns that you may have. It is required that you take your temperature with a thermometer twice daily. If you do not have access to a thermometer, please contact the Health Center at 413-597-2206.
- We encourage you to remain connected with friends and family on and off campus via social media, and other technological means to ensure that you feel emotionally supported and engaged.
- Lastly, if you develop emergency signs for COVID-19, seek medical attention immediately by calling Campus Safety (413-597-4444) or 911.

**If you have severe symptoms such as:**

- ***Fever over 101 F (38.3 C) that does not come down within one hour of taking 500 mg to 650 mg of acetaminophen (also referred to as Tylenol or Paracetamol)***

- ***Chest pain or tightness***
- ***Difficulty taking deep breaths, wheezing or restricted breathing***
- ***Inability to speak in full sentences or walk to the restroom without gasping for breath, feeling weak, or needing to rest in order to catch your breath***
- ***Uncontrolled vomiting or diarrhea***
- ***Extreme lightheadedness, dizziness or fainting***

Thank you for your compliance. This measure helps to ensure the health and safety of our community. Failure to adhere to the above guidelines may result in loss of on-campus privileges as well as disciplinary action.

***What should you bring to your assigned location:***

- Personal-needs items: clothing, routine medications, personal hygiene items, extra pillow and blanket if you want, comfort items
- Electronic needs: computer, phone, chargers
- Academic materials

**Preventing the Spread of the virus while in Quarantine/Isolation:**

The Williams College facilities department will provide you with the necessary supplies to keep your living area clean and disinfected. In addition to complying with the preventative measures above, please adhere to the following additional guidelines to prevent the spread of the virus. If you run out of supplies, please let someone from the Health Center or CSS know.

**Strategies for Symptom Relief :**

**Over-the-Counter Medications:**

ALWAYS be sure to read the label for instructions. Do not exceed recommended doses. Call the Williams College Health Center or your pharmacy with any questions about possible drug interactions.

**For fever, headache and body aches:**

- Tylenol (acetaminophen) taken as recommended by your medical provider can help reduce fever and discomfort.
- Ibuprofen-containing products (including: Aleve, Advil, Naproxen, or Naprosyn) You should not take more than 3200mg of Ibuprofen in 24 hours.

**For cough and related sore throat:**

- Coughing sometimes can cause muscle soreness and throat irritation.
- Cough drops can soothe and quiet the cough reflex.  
Drink tea with honey.
- Throat lozenges such as Cepacol or Chloraseptic soothe throat pain. These products contain numbing agents that can make your throat and mouth feel tingling and numb. This is expected and is a normal sensation.

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**General self-care that can help alleviate symptoms:**

- Fluids: try to drink the equivalent of at least 64 oz. or two liters of water per day. This can include water, teas, soups, juices, gatorade, popsicles and broth.
- Rest: Make sure you are getting at least 8 hours of sleep per day. Nap as much as you need as long as it does not interfere with your sleep at night.
- Steam: Hot, steamy showers may help with your cough. The steam can help loosen mucus in nasal passages and your chest, so that you can blow it out or spit it out more easily. This is important, because it helps prevent pneumonia. Apply a warm washcloth to your chest to help soothe and loosen your cough.
- Stay occupied: Attend to your classwork as you are able. Watch Netflix. Play an online game. Doodle. Engage in any activities you enjoy that can be done in your room.
- Stay connected: Maintain human contact through phone calls, texting and video calls. Reach out to Integrated Wellbeing Services if you are concerned about how isolation is impacting your mental health.

**Additional Recommendations If You Are on Quarantine/Isolation Status:**

While continuing to be mindful of healthy physical distancing, try to incorporate the following into your day as a part of your recuperation.

- Get plenty of rest, sleep and fluids. Try to eat healthy, well balanced meals. Avoid alcohol and drugs.
- Do some movement to boost your immune system. Try some low impact movement to keep your body and mind active.
- Take advantage of web- and phone-based social interactions. Check in with family and friends often.
- Do an activity that you enjoy and that will help to speed your overall recovery—doodle, journal, watch YouTube videos/Netflix (Netflix even has party mode for friends to join you), and so on.
- *Challenge yourself to stay in the present.* Perhaps your worry is compounding—you are not only thinking about what is currently happening, but also projecting into the future. When you find yourself worrying about something that hasn't happened, gently bring yourself back to the present moment. Notice the sights, sounds, tastes and other sensory experiences in your immediate moment and name them. Engaging in mindfulness activities is one way to help stay grounded when things feel beyond your control. Take deep breaths, stretch and meditate.
- If you have a pre-existing mental health concern, continue with your current treatment and pay attention to new or worsening symptoms.

### **Appointments with the Williams College Health Center:**

You will communicate regularly with a nurse or primary care provider by phone and/or google meet. Expect daily check-ins to start. As you recover, we may adjust the frequency of our check-ins, depending on your specific needs.

### **Communication with the Williams College Health Center:**



It is important that you check your email/medical portal frequently for messages from the Health Center and provide us with your current, active phone number. Please confirm that the correct number is in People Soft. Please keep your phone charged and be ready to accept our calls. We sometimes find that students have phone numbers that do not accept incoming calls or voicemail. Please adjust your settings so that we can reach you quickly, if needed.

### **Medical supplies:**

We will provide you with a basic self-care kit, including over-the-counter medication for fever and pain, thermometers, masks, cough lozenges, and salt if needed. If you run out of these basic medical supplies, please let the Health Center know and we will provide you with additional items as needed.

### **Academic Support While in Isolation/Quarantine:**

**If you are ill but feel able to continue your coursework**, you should do so. You may want to contact your class dean and keep the dean informed. Continue to attend class sessions and hand assignments in on time.

**If you are ill and your symptoms are interfering with your ability to attend classes and keep up with your coursework**, contact your class Dean who can send a “health difficulties” email to your instructors as well as the Office of Accessible Education which can be reached at 413-597-4672 to help you navigate your work load. These memos provide you a brief window of time to catch up on your work. The memos do not contain details about your illness.

**If your illness affects your work for more than two or three days**, notify your class Dean, who will be in touch with your professors and adviser(s). Make sure, however, that you are also in touch with the Health Center. The Dean and the Health Center will work with you to ensure that you are able to make academic progress while maintaining your health.

### **Additional Resources you may find helpful:**

[www.health.williams.edu](http://www.health.williams.edu)

[www.cdc.gov](http://www.cdc.gov)