



RESPONSIBLE RAIDERS

What to do if you tested positive for COVID-19

ISOLATION means you have tested positive for COVID-19 and you must isolate yourself from others.

Please follow these guidelines while in isolation:

- Do not go to class, to church, to the store, or to any gathering.
- As much as possible stay 6 feet away from people so you do not expose them to the virus.
- Wash your hands frequently, and wipe down commonly touched surfaces frequently.
- You may go outside for fresh air and exercise but must stay more than 6 feet away from others at all times.
- Continue to complete your daily screenings on Raider Check while in] isolation.
- Respond to requests and messages from the COVID Medical Responder via Raider Check.
- Complete your contact tracing survey promptly.
- If your symptoms worsen and you experience any of the following, seek medical care immediately: difficulty breathing, shortness of breath, persistent pain or pressure in your chest, mental confusion or bluish lips or face.

Where do I isolate?

If you live within 250 miles of campus and are well enough to travel, you are urged to go home for your isolation period. If you live too far from campus or have another reason why you cannot go home, you will be moved into isolation housing on campus.

What is contact tracing?

We need to inform anyone you may have exposed in order for them to quarantine to stop the spread of the virus. You have received a contact tracing survey on Raider Check that will help you think through who you may have exposed. The survey asks for details so that our COVID Medical Responders can contact those you have exposed and give them instructions on quarantine. **Please complete the contact tracing survey as soon as possible.**

When can I leave isolation?

If you have symptoms, you must isolate until you have met ALL 3 of these criteria:

- At least 10 days have passed since your symptoms started
- At least 24 hours with no fever (without fever-reducing medications)
- Symptoms have improved

If you have had no symptoms, you must isolate until 10 days have passed since your COVID test.

What do I do if I'm feeling depressed or anxious?

It is important that you take care of your mental health while you are in isolation. If you are feeling depressed, anxious, or lonely, consider reaching out to a friend or to one of these contacts:

- Northwestern College Counseling Center | 712-707-7321
- Student Life Office | 712-707-7200
- Campus Ministry Office | 712-707-7190
- Your RD

Brief Instructions for those who you may have exposed to COVID-19

If you complete your contact tracing survey quickly, those you had contact with will be given instructions during the contact tracing process. In general:

- People who live with you in your home/dorm/apartment have been exposed to the virus and need to quarantine **for 14 days, starting from the last day they were exposed to you.**
- People with whom you have been within 6 feet for longer than 15 minutes are also considered exposed and will need to quarantine.
- Exception: close contacts do not need to quarantine if you and the contacts were consistently and correctly masked for the entirety of your interaction, such as in the classroom setting.

Instructions for students who are isolating on campus

What do I do for meals?

Check the email from Michael Simmelink, COVID Coordinator, (michael.simmelink@nwcsiowa.edu). He will help you get meals and provide a link to order delivery meals from the café.

- Delivery meals must be ordered by 10:00 pm the evening before.
- Meal delivery begins at 8 am (breakfast), 12 pm (lunch), and 5:30 (dinner)—please allow at least 30 minutes for delivery.
- Meals will be packaged in sacks. Use that sack to dispose of your meals in the outside dumpster. Please wear a mask when disposing of your garbage outside your room.
- Meals that exceed your meal plan allowance will be charged on a per-meal basis. Flex dollars can be used to pay for meals that exceed your meal plan allotment.

What if I need something else?

If you are in need of essential medical items, such as fever reducer, cough drops, or other items while in isolation, please let Michael Simmelink, COVID Coordinator, know.