



# WESTERN ILLINOIS UNIVERSITY QUARANTINE & ISOLATION HANDOUT

## What is the purpose of this handout?

The purpose of this handout is to provide more specific COVID-19 information pertaining to the protocols established at Western Illinois University. Individuals receiving this handout have either tested positive for COVID-19 or have been directed to quarantine due to be in close contact with another individual who has tested positive for the COVID-19 virus. It is the expectation Western Illinois University that all members of the campus community adhere to the protocols and procedures surrounding COVID-19 mitigation.

## What is the difference between quarantine & isolation?

Isolation and quarantine are public health practices used to protect the public by preventing exposure to people who have or may have a contagious disease.

- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. These people may have been exposed to a disease and do not know it, or they may have the disease but do not show symptoms.
- **Isolation** separates sick people with a contagious disease from people who are not sick.

## WIU Self-Reporting

If you took an at-home test with a positive result or tested positive at the campus testing clinic, the University requests that you self-report by going to the [COVID-19 Self Report Form](#).



## Quarantine and Isolation Protocols

The following quarantine and isolation protocols have been established under the guidance of medical personnel. It is the expectation that all members of the campus community follow the procedures outlined to the best of their abilities.

### *Students Residing On-Campus:*

- **Step 1:** After you have received a positive COVID-19 test result or have been informed that you are a close contact of an individual who has tested positive for COVID-19, you should complete a self-report by going to the [COVID-19 Self Report Form](#) and then return to your residence hall room, apartment, house, etc.
- **Step 2:** If you need professors and instructors notified that your absences are COVID-19 related, please send an email to [SDSC@wiu.edu](mailto:SDSC@wiu.edu) and COPY ALL OF YOUR PROFESSORS asking the SDSC to confirm COVID-19 related absences. SDSC will reply all and confirm.

- **Step 3:** The University, along with University Housing and Dining Services, will work with you, as well as your roommate(s) (if applicable) to remain in your assigned residence hall room for the duration of your quarantine or isolation period.
  - After 5 days, you will take another antigen-based test to determine if you are still positive (or have become positive). If the result is negative, you will no longer be required to isolate or quarantine, but will be required to wear a face covering for the remaining 4 days of isolation/quarantine. If the test is positive, you will remain in isolation/quarantine for the remaining 4 days. After 10 days of isolation/quarantine, no further testing is required.

***Students Residing Off-Campus:***

- **Step 1:** After you have received a positive COVID-19 test result or have been informed that you are a close contact of an individual who has tested positive for COVID-19, you should complete a self-report by going to the [COVID-19 Self Report Form](#) and then return to your residence hall room, apartment, house, etc.
- **Step 2:** If you need professors and instructors notified that your absences are COVID-19 related, please send an email to [SDSC@wiu.edu](mailto:SDSC@wiu.edu) and COPY ALL OF YOUR PROFESSORS asking the SDSC to confirm COVID-19 related absences. SDSC will reply all and confirm.
- **Step 3:** You and any roommate(s) (if applicable), must remain in your off-campus residence for the duration of your quarantine or isolation period.
  - After 5 days, you will take another antigen-based test to determine if you are still positive (or have become positive). If a test is needed, you can contact Beu Health Center at [beuhealthcenter@wiu.edu](mailto:beuhealthcenter@wiu.edu) or (309) 298-1888 (recommended 2-3 hours before arrival) and the test will be distributed outside of the health center in a designated pick up box. If the result is negative, you will no longer be required to isolate or quarantine, but will be required to wear a face covering for the remaining 4 days of isolation/quarantine. If the test is positive, you will remain in isolation for the remaining 4 days. After 10 days of isolation/quarantine, no further testing is required.

***Employees:***

- **Step 1:** After you have received a positive COVID-19 test result or have been informed that you are a close contact of an individual who has tested positive for COVID-19, you should complete a self-report by going to the [COVID-19 Self Report Form](#) and then return to your residence hall room, apartment, house, etc.
- **Step 2:** For information related to work time off, visit the HR Office's "[COVID-19 Information for Employees](#)" and notify your supervisor.
- **Step 3:** You should remain in your off-campus residence for the duration of their quarantine or isolation period.
  - After 5 days, you will take another antigen-based test to determine if you are still positive (or have become positive). If a test is needed, you can contact Beu Health Center at [beuhealthcenter@wiu.edu](mailto:beuhealthcenter@wiu.edu) or (309) 298-

1888 (recommended 2-3 hours before arrival) and the test will be distributed outside of the health center in a designated pick up box. If the result is negative, you will no longer be required to isolate or quarantine, but will be required to wear a face covering for the remaining 4 days of isolation/quarantine. If the test is positive, you will remain in isolation for the remaining 4 days. After 10 days of isolation/quarantine, no further testing is required.

## What can I do in quarantine or isolation?

- It's important that you limit interactions with others and stay inside your room, apartment, or house as much as possible.
- You should not attend class or work in person. Please reference the quarantine and isolation protocol section for additional information.
- It is encouraged for individuals in quarantine/isolation to utilize delivery services, driver throughs, curbside drop-offs, etc. to minimize interactions with others.
- If you leave your dwelling for any reason, you **MUST** wear a face covering.

## How do I get my meals if I am quarantining or isolating?

To obtain meals during quarantine and isolation when living on-campus, students will be able to call their respective dining center and will be allowed to pick up meals at the cashier station in lieu of entering the dining facility.

**Step 1:** Students should first download the BITE app, which provides the menus for the all of the dining centers on campus.

**Step 2:** Call your respective dining center and let them know of your situation and inform them what you would like based on your selections from the BITE app.

Thompson Hall Dining Center (309) 298-3608  
Corbin-Olson Dining Center (309) 298-2832  
Lincoln-Washington-Grote Convenience Store (309) 298-2263

**Step 3:** Pick up at the cashier's station, swipe your card, and return to your room. You should NOT eat in the dining center facilities during quarantine or isolation.

If you live off-campus, you can also utilize the dining center services noted above and should follow the same protocols. If you choose to eat elsewhere, it is encouraged that you utilize drive through or delivery services in lieu of going out in public.

For more information regarding the BITE app and on-campus dining menus, please visit [www.wiu.edu/uahds](http://www.wiu.edu/uahds)

## What if my roommate tests positive for COVID-19 and I do not want to quarantine in the same on-campus room as them?

For the purposes of contact tracing, the University considers a room and all roommates assigned as a "family unit" when providing guidance surrounding COVID-19. If an individual does not wish to quarantine in their assigned room, University Housing and Dining Services does have designated space that the individual can temporarily move to. If you are wanting to move to this designated campus location, please contact your Complex Director.

## What should I do to monitor my symptoms during quarantine?

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

The [CDC Coronavirus Self-Checker](#) is an interactive clinical assessment tool that will assist individuals ages 13 and older, and parents and caregivers of children ages 2 to 12 on deciding when to seek testing or medical care if they suspect they or someone they know has contracted COVID-19 or has come into close contact with someone who has COVID-19.

For more information related to symptoms, please visit the [CDC website](#).

## What do I do if I start to develop or my COVID-19 symptoms worsen?

Most individuals who get COVID-19 have mild illness and are able to recover without having to receive medical care or even a visit to the hospital. You can relieve many of your symptoms with over the counter medication. Please see the next section below for additional information. Make sure you get a lot of rest and stay hydrated.

If your COVID symptoms worsen to the point where you need medical attention, students should contact **Beu Health Center (309) 298-1888** / [beuhealthcenter@wiu.edu](mailto:beuhealthcenter@wiu.edu) or your primary care provider. Make sure you call ahead before arriving to the Beu health center as they will work with you on entering from a designated location. It is important that you wear a face covering. WIU-QC Students and Employees should contact their primary care provider.

After-Hours and Weekends if medical treatment is needed, **McDonough District Hospital (309) 833-4101** can be reached. If you have an emergency, please contact the **Office of Public Safety 309-298-1949** or dial **911**, notifying the dispatch personnel that you have, or are being evaluated for COVID-19.

## Is there anything I can take to relieve COVID-19 symptoms if I begin to feel sick?

*It is recommended that you contact your primary care physician before you take any medication.*

To help relieve **achiness, pain or fever**, adults should use 2 tablets of Tylenol 350mg-500mg every 6 hours as needed. Do not exceed 4000mg in 24 hours. Do not take medication with alcohol.

For **nasal congestion**, over the counter pseudoephedrine, phenylephrine or decongestant of choice should be used as directed on the packaging.

For **cough**, you may try over the counter robitussin or cough suppressant of choice as directed on the packaging. Be certain to look at ingredients on packaging, as many over the counter cough and cold medications (such as Tylenol cough and cold,

Dayquil, Nyquil etc.) have combinations of these medications and you could take excessive amounts of medication, if you combine several products that are combination products.

## What if I have questions while I am quarantining or isolating on campus?

The University is here to help and has many resources available for your assistance.

**General COVID-19 Questions:** If you have general COVID-19 questions, it is recommended that you first visit the University's dedicated COVID-19 website at [wiu.edu/coronavirus](http://wiu.edu/coronavirus). In addition, the [Center for Disease Control & Prevention \(CDC\)](https://www.cdc.gov) provides great information to reference. Lastly, you can contact [covid-19@wiu.edu](mailto:covid-19@wiu.edu) if you cannot find the answer to your question via website.

**Student class absence:** If you need professors and instructors notified that your absences are COVID-19 related, please send an email to [SDSC@wiu.edu](mailto:SDSC@wiu.edu) and COPY ALL OF YOUR PROFESSORS asking the SDSC to confirm COVID-19 related absences. SDSC will reply all and confirm.

**Employee work absence:** For information related to work time off, visit the HR Office's "[COVID-19 Information for Employees](#)" and notify your supervisor.

**Medical Questions:** If you develop COVID-19 symptoms, your COVID symptoms worsen, or you have COVID related medical questions, students should contact **Beu Health Center (309) 298-1888** / [beuhealthcenter@wiu.edu](mailto:beuhealthcenter@wiu.edu) or your primary care provider. Employees should contact their primary care provider. After-Hours and Weekends if medical treatment is needed, **McDonough District Hospital (309) 833-4101** can be reached.

If you have an emergency, please contact the **Office of Public Safety 309-298-1949** or dial **911**.

**University Housing & Dining Services questions:** Questions regarding housing and dining can be directed to [uhds@wiu.edu](mailto:uhds@wiu.edu).

**Mental Health:** The University recognizes the impact that the COVID-19 pandemic has had on mental health and encourages individuals needing assistance to seek aid from the University Counseling Center and other available mental health resources.

- [WIU Counseling Center](#)
- [CDC COVID-19 Mental Health Information](#)



**Protect the 'Necks**

- Continue to have a face covering with you in case you get asked to wear it
- If you don't feel well, stay home!
- Wash hands or use sanitizer
- Consider getting the COVID-19 vaccine
- Test regularly for COVID-19

For more info go to [wiu.edu/coronavirus](http://wiu.edu/coronavirus)

**W**  
Western Illinois  
University



# When can I discontinue quarantine or isolation?

## Calculating Quarantine & Isolation


### Calculating Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.**

<p><b>IF YOU</b> Were exposed to COVID-19 and are <b>NOT up-to-date</b> (primary series and boosted) on COVID-19 vaccinations</p>	<p><b>Quarantine YES</b></p> <p><b>Quarantine for 5 full days</b></p> <p>Wear a well-fitted mask if you must be around others in your home.</p> <p><b>Get tested</b> After day 5, complete an antigen test. If negative, end quarantine. If positive, continue quarantine until day 10</p>	<p><b>Watch for symptoms</b></p> <p>Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p><b>If you develop symptoms</b> <u>Isolate</u> immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p><b>Take precautions until day 10</b></p> <p><b>Wear a mask</b> Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p><b>Avoid travel</b></p> <p><b>Avoid being around people who are at high risk</b></p>
<p><b>IF YOU</b> Were exposed to COVID-19 and are <b>up-to-date</b> (primary series and boosted) on COVID-19 vaccinations</p>	<p><b>Quarantine NO</b></p> <p><b>No quarantine</b> You do not need to stay home unless you develop symptoms</p> <p><b>Get tested</b> After day 5, individuals should complete a test.</p>	<p><b>Watch for symptoms</b></p> <p>Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p><b>If you develop symptoms</b> <u>Isolate</u> immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p><b>Take precautions until day 10</b></p> <p><b>Wear a mask</b> Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p><b>Avoid travel</b></p> <p><b>Avoid being around people who are at high risk</b></p>
<p><b>IF YOU</b> Were exposed to COVID-19 and are fully vaccinated (primary series-no booster) and have previously had COVID-19</p>	<p><b>Quarantine: NO</b></p> <p>Wear a well-fitted mask if you must be around others in your home.</p> <p><b>Get Tested</b> After day 5, individuals should complete an antigen test.</p>	<p><b>Watch for symptoms</b></p> <p>Watch for symptoms until 10 days after you last had close contact with someone COVID-19.</p> <p><b>If you develop symptoms</b> <u>Isolate</u> immediately and get tested. Continue to stay home until you know your results. Wear a well fitted mask around others.</p>	<p><b>Take precautions until day 10</b></p> <p><b>Wear a mask</b> Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p><b>Avoid travel</b></p> <p><b>Avoid being around people who are at high risk</b></p>
<p><b>IF YOU</b> were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)</p>	<p><b>Quarantine NO</b></p> <p><b>No quarantine</b> You do not need to stay home unless you develop symptoms.</p>	<p><b>Watch for symptoms</b></p> <p>Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p><b>If you develop symptoms</b> <u>Isolate</u> immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p><b>Take precautions until day 10</b></p> <p><b>Wear a mask</b> Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p><b>Avoid travel</b></p> <p><b>Avoid being around people who are at high risk</b></p>

### Calculating Isolation

Day 0 is the day that you took a COVID-19 viral test. **Day 1 is the first full day after your test specimen was collected.**

<p><b>IF YOU</b> Tested positive for COVID-19 or have symptoms, regardless of vaccination status</p>	<p><b>Isolation: YES</b></p> <p><b>Stay home for 5 full days</b> and <u>isolate</u> from others.</p> <p>Wear a well-fitted mask if you must be around others in your home.</p> <p> <b>Get Tested</b> After day 5, complete an antigen test. If negative, end isolation. If positive, continue isolation until day 10.</p>	<p><b>Ending isolation if you had symptoms</b> <u>End isolation after 5 full days</u> if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.</p> <p><b>Ending isolation if you did NOT have symptoms</b> <u>End isolation after at least 5 full days</u> after your positive test.</p> <p><b>If you were severely ill with COVID-19</b> You should isolate for at least 10 days. <u>Consult your doctor before ending isolation.</u></p>	<p><b>Take precautions until day 10</b></p> <p><b>Wear a mask</b> Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p><b>Avoid travel</b></p> <p><b>Avoid being around people who are at high risk</b></p>
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