



### COVID-19 Isolation Exposure Plan for Fall 2023

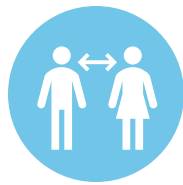
Based on guidelines from the Centers for Disease Control and Prevention (CDC) and other public health officials, Tulane will not provide off-campus isolation space for students who test positive for COVID-19 or quarantine space for their close contacts during the Academic Year 2023-2024. Today, thanks to highly effective vaccines, mutations in the virus that are associated with milder illness, higher population-level immunity, and more widely available medication (when clinically indicated), students are rarely getting severely ill from COVID-19. These reasons — coupled with Tulane's very high rates of boosters — make Tulane especially well-positioned to use an isolate-in-place protocol instead of relocating students to a temporary housing assignment.

Based on current guidelines, Tulane has developed the *COVID-19 Isolation Exposure Plan* below to serve as quick guide for what to do if you are exposed to someone with COVID-19 or if you test positive for COVID-19.

As is the case with any illness, if you test positive for COVID-19, you should email your professors directly to plan the best way to keep up with your coursework while you isolate. Refer to the information shared by each professor to determine what accommodations (i.e., Zoom access, lecture recordings, allowing late work, etc.) are available to ensure that your studies are not disrupted. If you need assistance coordinating necessary short-term accommodations such as test proctoring and have not already been connected to a Case Manager, please complete a [concern report](#).

If you have not yet received your COVID-19 vaccination or booster, you can visit [COVID-19 Vaccinations](#) to learn more.

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### *Exposure Guidelines*

Currently, the CDC and Louisiana Department of Health guidelines call for a combination of a symptom-based and test-based strategy for determining what to do when you have been exposed to COVID-19. Tulane is following these guidelines.

#### **What to do if you tested POSITIVE for COVID-19**

- Start isolation immediately!
- Stay in your room/home and separate from others as much as possible.
- Wear a high-quality mask. Do not go places where you are unable to wear a mask.
- Do not travel.
- Use a separate bathroom, if possible
- Do not share personal household items like cups, towels, or utensils.
- Self-care:
  - Rest as much as possible to allow your body to heal.
  - Increase hydration (water, herbal teas with honey, fruit juices)
  - For sore throat, fever, body aches, headache: Take Ibuprofen 2 tablets every 6 hours alternating with Tylenol 2 tablets. (If no allergies to either medication)
- Monitor your symptoms. (If you have trouble breathing, call TUPD at 504-865-5911 to arrange hospital transport or go to the nearest emergency room)

#### **Ending Isolation**

- If you tested positive, and you have/had **mild symptoms**, which are improving, and no longer have fever or the need to take fever-reducing medications:
  - You may **end isolation on day 5**.
  - **Continue to use face mask until day 10**.
- If you tested positive and had **moderate to severe symptoms** such as shortness of breath or other breathing issues, and are NOT improving:
  - You need to **isolate until day 10** AND consult a medical provider before ending isolation.
- If you tested positive and **never had symptoms**: You may end isolation after day 5.

**FOR MEDICAL QUESTIONS OR CONCERNS:** Call Campus Health's Nurse Advice Line during regular business hours (9 a.m. to 5 p.m.) at **504 862 8121** or schedule a telehealth visit through the patient portal to speak to a provider.

**To make an appointment please** go to our website: [campushealth.tulane.edu/patient-portal](https://campushealth.tulane.edu/patient-portal), click "**patient portal login**" button to schedule a **telehealth** visit at your earliest convenience or request an on-demand telehealth visit via the [24/7 Virtual Urgent Care](#).

**What to do if you were EXPOSED to someone with COVID-19 – if your roommate/close contact has COVID-19**

If you have a close contact with COVID-19:

- Start Precautions Immediately (continue precautions for 10 full days)
  - Wear a mask as soon as you find out you were exposed (start counting from day 1)
  - Day 0 is the last day of your exposure to someone with COVID-19, Day 1 is the first full day after your last exposure.
  - Do not go places where you are unable to wear a mask.
  - Avoid people who are more likely to get very sick from COVID-19
  - **Get tested on DAY 6 of exposure** - you may purchase a test at Campus Health's Pharmacy or schedule a telehealth appointment with one of our providers to get an appointment for testing.
    - If you test **NEGATIVE**: continue precautions through day 10.
    - If you test **POSITIVE**: isolate immediately, call Campus Health's Nurse Advice Line during regular business hours (9 a.m. to 5 p.m.) at 504-862-8121 OR book an appointment via the Campus Health Patient Portal and schedule a telehealth visit with one of our providers for instructions and recommendations or request an on-demand telehealth visit via the [24/7 Virtual Urgent Care](#).

*Source CDC "What to do if you were exposed to COVID-19". Last updated 8/24/22.*

To help better understand when you should be in [isolation](#) or [quarantine](#), visit the [CDC website](#).

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### *Students in Isolation*

If you are a residential student, you will isolate in your residence hall (e.g., your residence hall room or apartment). If you are an off-campus student, you will isolate at your off-campus residence.

During this period, it is important that you do not leave your room or apartment except to seek medical care or to get food. If you must leave, wear an acceptable and well-fitting mask while you are out. If you are isolating or quarantining in a shared suite, you should remain in your room unless you need to use the suite facilities (kitchen, bathroom, etc.), and be sure to maintain physical distance and wear a mask when you do. Avoid common spaces, including common areas in your residence, as much as possible.

Avoid contact with others in your room/suite as much as possible. You and your roommates should not invite visitors to your room/suite until your isolation period ends. Don't share personal household items, like cups, towels, and utensils. Take steps to improve ventilation in your residence hall room or apartment by opening the windows if it is possible and safe to do so.

Follow the [CDC recommendations](#) on the best way to clean high-touch areas (light switches, door knobs, counters, bathroom, kitchen, etc.) to reduce the incidence of infection.

### **Dining Options**

Watching out for your friends and the Tulane community to decrease the spread of illnesses is essential. We encourage students sick with COVID-19, flu/cold symptoms to be mindful when eating in common areas. Below are to-go options available for food:

#### **Meal Swipe options:**

- Howie T PJs, Starbucks, and Provisions
- Packaged sushi and small bottle of water and packaged sandwich with bag of chips and bottle of water.
- Lemongrass at Le Gourmet using Everyday app
- Food truck MAC located next to McAlister Auditorium
- Food truck located on Academic Quad
- Food Truck HUB located on McAlister in front of Lake Hall

**Wave Buck options:**

- Lemongrass at Le Gourmet using Everyday app
- LBC Food Court
- Food truck MAC located next to McAlister Auditorium
- Food truck located on Academic Quad
- Food Truck HUB located on McAlister in front of Lake Hall
- Everyday App
- Kiwibots

Students may also choose to order food through UberEATS, WAITR, GRUBHUB, etc. but must be masked when meeting the delivery person.

***Support During Isolation*****Medical Support**

Students can reach out to the Student Health Center to schedule [telehealth appointments](#) while in isolation for medical support. Learn more about [Emergency and After-Hours Care](#).

**Mental Health Support**

The Counseling Center offers 24/7 confidential support for any student in need. You can call or text The Line, a 24/7 mental health crisis support line, at 504-264-6074, or you can access additional [online resources](#). Learn more about [Emergency and After-Hours Care](#).

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