

Covid-19 Isolation/Quarantine Resources (September, 2023)

Isolation/Quarantine Resources

If you test positive for COVID-19, please contact Health Services at 206-281-2231, healthservices@spu.edu, or through the Patient Portal (<https://spu.medicatconnect.com/home.aspx>).

Health Services will initiate the isolation process, let you know your anticipated exit date, and provide next steps for isolation location

(**If you test positive after 4:30pm on a weekday or on a weekend, you should isolate in place and contact Health Services at 9am on the next business day.)



Important Guidelines

- Students may isolate at home (off-campus) if that is a viable option. Please notify Health Services before doing this.
- Students who test positive for COVID-19 and live in the traditional residence halls (HILL) will be asked to relocate to one of the on-campus apartment units that have been set aside for this purpose for the duration of their isolation time.
- Students who test positive for COVID-19 and live in on-campus apartments or suites (Emerson/Arnett) may be asked to isolate in their current residential assignment.

Helpful Links

- [Relocation Process](#)
- [Residential Quarantine / Isolation](#)
- [University Services](#)
 - [Meals and Meal Plan](#)
- [Academic Support](#)
- [General Support](#)

RELOCATION FOR ISOLATION

When notifying Health Services of your positive test, Health Services will discuss next steps with you and will notify facilities of your relocation to one of the isolation apartments. Facilities staff will then contact you by cell phone to initiate the move process. They will let you know your temporary housing location and will help you move.

You will need to start packing belongings you want to take with you. It is recommended that you think through the following (this will be an empty apartment with basic furniture/appliances):

- Toiletries
- Clothing as needed (including shoes)
- Bedding for a single bed
- Electronics, cables, chargers, etc.
- Specific food items you might want to have with you
- Items for making food, tea, coffee, etc. (utensils, cooking items, water kettle, etc.)
- How you will wash cooking items (scrubbers, dish soap, etc.)
- Supplies for academics, classes, etc.

Please also remove all bedding from the bed in your residential space (you could place this in your own laundry) and open a window upon leaving your room.

Exiting Isolation & Returning to Housing:

Health Services has discussed with you the date you are able to exit isolation as long as you meet the criteria of symptoms improving and no fever for the prior 24 hours. If you meet those criteria, you are able to return to your residence on the exit date given. If you have not met these criteria on your exit date, please contact Health Services for an extension on your exit date.

After this happens, you need to return to your permanent housing location as soon as you are able. You should lock the apartment behind you as you leave and leave key in unit.

Please feel free to contact Facilities at 206-281-2330 if you need assistance in your return.

ISOLATION IN YOUR RESIDENTIAL SPACE

Students who need to quarantine or who are directed to isolate in their residential space should be sure to follow these guidelines and processes:

- Wear a high-quality mask (KF94, KN95, or N95) if you must be around others. High quality masks will be provided to you for this purpose.
- Stay in your residential space during the isolation period, unless for the exceptions listed below. Do not attend class, work, gatherings, or other obligations.
 - Bathing or restroom usage

- Meal delivery or pick up
- Going to/from the nearest dumpster or trash chute
- Travel for medical treatment (please consult with Health Services in advance)
- Emergency evacuation (fire, earthquake, etc.)
- Separate from others as much as possible.
- Use a separate bathroom, if the configuration of your suite or apartment allows.
- Take steps to improve ventilation, if possible. For example, keep a window open in your room.
- Avoid sharing personal household items, like cups, towels, or utensils.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately by calling 911 or x 2911 from a campus phone

Bathroom use: Students who are isolating and quarantining in their rooms will be allowed to use shared bathrooms. Please take the following precautions while doing so:

- Travel only straight to the bathroom and back when needed. No lingering or spending time in common spaces.
- Do not spend any time beyond what is necessary in the bathrooms. Personal grooming should take place in your rooms to the extent that it is possible.
- Avoid bathroom use when others are present (single occupancy only).
- You should wear a mask in the bathrooms (except for brushing teeth and washing your face) and traveling to and from the bathroom.
- Many bathroom fans in campus housing turn on automatically when the bathroom is in use (or is tied to the lighting). If your bathroom fan uses a manual switch, please run it 24/7 while isolating.

Meal Management: Students who are isolating and quarantining in their rooms should use these processes for meals.

- **Ordering meals with a meal plan:** You can utilize our on-campus meal ordering services. The link and instructions for ordering food are provided below in the University Services Section. Meals should be picked up during the designated time window and you should be masked when leaving your unit to pick up meals.
- **Outside Delivery:** UberEATS, Door Dash, etc. delivery drivers should not be given access to the residential buildings. Students isolating in place may have a friend bring their meal delivery to their door (preferred) or pick up contactless meal delivery from a designated exterior door while masked.

UNIVERSITY SERVICES

MEALS

The GET Mobile App is used on our campus to order meals while in Isolation. This is the same app you use to manage your Falcon Card. Meals will be available for pickup outside of Gwinn Commons, at the 6th Avenue West entrance to Upper Gwinn, between 5-5:30pm. You must order meals between 8am-4pm in order for them to be ready during the pickup window. See instructions below.



Reminders!

You must order between **8:00am and 6:00pm** each day in order to receive meals in the nightly delivery (which begins at 5:00pm). You must submit an order for meals each day that you want a delivery. They are not automatic. Your meal(s) will be delivered to the entrance of your unit, door to your room, or other central location.

Ordering Online via the GET Mobile App

1) Download and set up the GET Mobile App

Search for the free GET Mobile app in [the Apple](#) or [Android app stores](#). Once you download and open the app, you can select Seattle Pacific University as your institution and input your SPU credentials to access your account and create a login PIN.



Remember...

NOTE: To place an order, you must first save your phone number under “Settings.”

2) Place an order using the GET Mobile App

Select “Order” from the bottom menu.

Select “Meals for Isolation/Quarantine” to order daily meals

As you begin your first order you will need to enter and save your on-campus residence address (hall room number or apartment number) which you can then use every time you order. This address will be how your order is identified at the pick up location.

You can order any combination of up to 3 meals that you would like for tonight's dinner, and tomorrow's breakfast and lunch. Simply choose a meal, select any options you would like from the choices available, then add the meal to your cart.

If you have dietary restrictions, there is some information listed in the App (gluten-free, vegan, etc.). If you have additional dietary restrictions or food allergies that need to be noted, please add them in the open comment box at the end of the order process (and not the comment boxes within each meal). For full nutrition information, please go to the daily menu on the Dining Services website or the BITE App

3) Please review your cart carefully before placing your order

Orders cannot be edited or cancelled once they are placed. You may place an additional order if you would like but it will not replace the previous order.

4) Proceed to the 6th Ave entrance to Upper Gwinn to pick up your meal

Due to food safety, orders will be made available between 5-5:30pm daily. Any food remaining at the pick-up location after 5:30pm will be discarded, charges remain applicable for food provided whether picked up or not.

More Information

If you have any questions or concerns about ordering meals or problems with your order being available at the pick-up location, call 206-281-2693.

Meal Charges in the GET Mobile App: When you submit an order for meals, the payment method option will be "Early-Arrival Meals" which will appear to have a 0 balance. This is normal — proceed with your order using this payment method.

At the end of your isolation/quarantine period, the Office of Housing and Meal Plans (HMP) will bill for the meals you received by deducting meal swipes from your meal plan (or Dining Dollars, followed by Falcon Funds, at the rate of \$10 per meal if you don't have swipes).

If you do not anything on your Falcon Card account, HMP will add Falcon Funds to cover the balance owed for the meals you ordered, charging your Student Financial Services account for these added Falcon Funds. Email mealplan@spu.edu if you have questions about meal plans or charges.

If you think the cost of your meals will be prohibitive, you may be eligible for SPU's "Swipe Out Hunger" meal assistance program. To apply, fill out the [application form](#).

Troubleshooting:

- Be sure your phone number is saved under "Settings" before placing your first order in the App. Otherwise, the order won't go through, and you'll have to exit the order and add your phone number in "Settings" before proceeding.
- If you are unable to add an item to your cart, you may have inadvertently selected too many of a particular option. Check the number of items you've selected and try again.
- If the app freezes or doesn't allow you to check out, try closing the app completely and then start over.

If you try all the troubleshooting steps above and are still having trouble, please send an email to falconcards@spu.edu with details about the issue so we can help troubleshoot.

ADDITIONAL RESOURCES

ACADEMICS

Faculty are prepared to work with students who are unable to attend classes due to Covid-19 concerns. Please email them to coordinate what this might look like, given your circumstances.

If you need faculty contacted on your behalf to let them know you will not be present in class, please contact Chuck Strawn, Dean of Students for Community Life, at cstrawn@spu.edu. He'll work with you to help ensure your faculty are aware of your circumstances, and can be an advocate regarding deadlines and assignments.

GENERAL SUPPORT

If you need general support or want to check in with someone, please reach out. Here are some resources for you:

- During business hours, the **Office of Residence Life** can be reached at **206-281-2044**. You can also contact the professional Residence Life staff or your RA for support.
- After business hours or on weekends, **The Office of Safety and Security** can also be called at **206-281-2922** for OSS assistance or to contact the RLC On-Call.
- **Health Services** can be contacted at healthservices@spu.edu, through the **Student Health Portal**, or at **206-281-2231** if you have any questions or need health consult.
- Connecting with the **Student Counseling Center** can be done via **their website**, by email (scc@spu.edu) or by **phone at 206-281-2657** (Monday - Friday 9am - 4:30pm)
- **Campus Ministries** are also available by contacting them via [their website](#).

We also encourage you to reach out to friends, family, and various offices on campus if you need support via video chat.