Housing and Residential Life has reserved spaces that are designated for isolation and quarantine purposes. As space is available, residents with a COVID positive test may be able to isolate in these units. If all isolation spaces are occupied, residents may also be able to isolate or quarantine in place in their permanent housing assignment.

They may also be able to isolate or quarantine in place if the style of housing is appropriate (some suites and apartments). The overall goal is to provide residents with a safe and comfortable place to recover.

The Centers for Disease Control definitions:
- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.
- **Exposure** is defined as being within 6 feet of a COVID-positive person for more than 15 minutes.

**DESIGNATED ISOLATION SPACES**

Each on-campus isolation unit is furnished with a bed and linens are provided. There is a kitchen in the unit, and a microwave which can be used to reheat meals. Regardless of the isolation location, individuals may be asked to share the space with another COVID-positive resident.

Once a resident enters isolation, they will not be allowed to return to their permanent living space, so it is important to bring all the items they think you will need. Please bring the following items:
- Bedding and towels will be provided, but for maximum comfort residents may want to bring their own pillow or blanket (chills is one of the symptoms of COVID-19).
- Personal toiletry items including soap, shampoo, toothpaste, toothbrush, razor, feminine hygiene products, etc.
- Any medications including over-the-counter and prescription medicine.
- All necessary items to complete classwork including text books, notebooks, computer, and any necessary chargers, power cords or attachments.
- Comfortable clothing for the recommended time prescribed by University Health Services or your doctor.
- Favorite snacks and non-alcoholic beverages.
- If a resident has an approved Emotional Support or Service Animal it can come with them to the isolation space. Please bring all necessary items including food, toys, litter box/puppy pads, to make the animal comfortable.

**ISOLATION GUIDELINES**

Whether in a designated on-campus isolation space, off-campus isolation location, or staying in their permanent housing assignment, there are important guidelines all residents must follow.
- Residents are expected to stay in the unit and not leave. The only exceptions are:
- To visit University Health Services or other medical provider.
• To allow an approved ESA or service dog to use the bathroom. Residents must wear a mask at all times, dog should always remain on a leash, and not engage in conversation with anyone. These trips should be made as quickly as possible, and residents should return immediately to their assigned isolation space.
• No visitors are allowed while in isolation. Individuals are to remain apart from others during the isolation period.
• All OSU and Housing and Residential Life policies are still in effect while in isolation.
• Please leave any trash outside of your unit door, in a securely wrapped trash bag. ABM Housekeeping Staff will collect it and dispose of it properly. Please do not leave your unit to empty trash.
• Residents will receive phone calls from University officials or Payne County Health Officials as part of the tracking procedures. **These calls must be answered!**
• Residents will receive the all-clear to leave isolation from either OSU University Health Officials or Payne County Health Officials.
• Designated Isolation Space: Once the all-clear is received, please call the Residential Life Community Educator on call at 405-612-3328 to coordinate the check-out process.

**AVAILABLE RESOURCES**

Many campus and local resources are available to make the isolation period as easy as possible. Some are free of charge while others may have a cost associated with them. All costs are the responsibility of the resident.

- **Academic Support**: Each student will be assigned an academic case manager to assist with information about missed classes or other academic issues. For assistance, please contact Kyndal Roark in the Academic Affairs Office at 405-744-8783 or kyndal.roark@okstate.edu.
- **Emergency Response**: Call 911 or OSU Police Department at 405-744-6523. Please be sure to download the Orange Shield app on your phone or tablet.
- **Housing Questions**: For any housing questions, please contact the Housing and Residential Life Office at 405-744-5592. Office hours are Monday- Friday, 8 am to 5 pm. For after-hours and weekends, please call the Housing COVID Hotline at 405-334-7021.
- **IT/Connectivity**: Please contact the IT Help Desk at 405-744-4357 or helpdesk@okstate.edu if you have information technology or connectivity issues.
- **Laundry Services**: Duffy Dry Cleaners and Laundry in Stillwater will pick up laundry for a $3 fee, and will wash/fold the laundry for $1.35/pound. Items to be washed must be in a sealed bag (large garbage bags are good), left outside of the room/unit, and they are delivered back in the same manner. Items are washed separately in a heated cycle for 45 minutes. Please contact them directly at 405-743-0730 to sign up for this service.
- **Mail Service**: Residents will not be able to leave their designated quarantine or isolation space to collect mail and/or packages. If a resident is expecting a shipment of medicine or other critical items, please call the Housing COVID Hotline at 405-334-7021.
- **Maintenance Issues**: While in on-campus quarantine or isolation, there may be maintenance issues that need to be reported. Please contact Housing and Residential Life at 405-744-8510, Monday – Friday, 8 am to 5 pm. For after-hours and weekends, please contact OSU Facilities Management at 405-744-7154. Please be sure to let them know this is a quarantine or isolation space. To maintain safety for everyone, only emergency work orders will be addressed during the quarantine/isolation period.
- **Meal Service**: University Dining Services is providing once daily delivery of three meals: breakfast, lunch and dinner. This is an opt-in service, and residents can sign up here. The cost is $20/day, and can be paid with a campus meal plan or charged to your Bursar account. Meals will be delivered once per day from 4:00-5:30 pm.
  • Food will be left outside of the main entrance door of the specified quarantine or isolation location, delivery personnel will knock, and step away from the door. No entry will be needed. Note: no other food delivery is permitted while a resident is in quarantine or isolation. This includes, but is not limited to: local restaurant delivery services, Grub Hub, UberEats, meal kit delivery, etc.
- **Mental Health**: **Therapy Assistance Online (TAO)** is a digital platform providing resources in behavioral therapy. Another resource is SAM (Student Assistance by Mercy). This confidential 24-hour hotline can be reached at 855-225-2726, and also provides supportive mental health resources.
- **University Health Services**: For any health-related questions, please contact University Health Services at 405-744-7665.