Bemidji State University
COVID-19 Quarantine Protocols

Overview of quarantine on campus
In order to provide for the safety and health of our staff, vendors and those in quarantine, the following protocols will be put in place when quarantine of a BSU residence hall student is necessary. These protocols may be altered at any time as Bemidji State University continues to receive ongoing guidance from government officials such as the Center for Disease Control (CDC), Minnesota Department of Health (MDH) and MinnState. Also, these protocols may be altered by BSU officials and departments as different issues and needs arise. These efforts are designed to reduce the risk of exposure, transmission and overall spread COVID-19.

Who needs to quarantine? (CDC.gov)
People who have been in close contact with someone who has COVID-19 or is awaiting test results

* What counts as close contact?
- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Steps to take:
The first step is to call the COVID Hotline at: 218-755-2901 and self-report.
Residents will either speak directly with a COVID-19 Case Management Team member on the phone or will be directed to the BSU COVID website https://www.bemidjistate.edu/coronavirus/student-resources/ for further instructions. If a staff member is not able to answer the call, the resident should leave a message and call back phone number and someone will reach out as soon as possible.
Make an appointment with the SCHC or personal healthcare provider

If a residence hall student is required to isolate or quarantine at the direction of health or BSU officials, because of the communal nature of the residence halls it is recommended that if it is safe they return to a family or guardian residence during the isolation or quarantine period so they can receive health and other support needed. In these situations, BSU officials will communicate the absence to faculty.

Information about safely isolating or quarantining in a family residence can be found at: https://www.bemidjistate.edu/coronavirus/student-resources/ or https://www.health.state.mn.us/diseases/coronavirus/sick.html
If returning to a family/guardian residence is not possible:

Requirements for quarantine for residents who may have been exposed to COVID-19 but don’t yet have symptoms, haven’t been diagnosed, or are awaiting test results:

- A resident that may have been exposed to someone with COVID or has been tested and is waiting for results should quarantine in their assigned room for 14 days or until cleared by a health provider.

  **Stay in your assigned room and monitor your health**

  - Residents should stay in their assigned room for 14 days after your last contact with a person who has COVID-19
  - Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
  - If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19

- Residents in quarantine should only leave their assigned room for bathroom use, laundry use or emergencies.

- Residents in quarantine may not have any visitors.

- **Bathroom use:**
  - If a resident has their own bathroom they should clean and disinfect it after use.
  - If a resident is sharing a bathroom, try to clean and disinfect after use, residents should wear face coverings whenever leaving their room to use the bathroom facilities.

- Residents in quarantine should have their food delivered by a friend or floormate. Residents should call the food requisition number at 218-444-7576 extension 36 to arrange food delivery by friend or floormate.

- Residents can have access to the hall laundry room but must wear face coverings and practice social distancing.

- Daily health checks will be provided virtually by the SCHC when appropriate.

- Residents in quarantine will have access to alternative modes of course instruction. Contact Student Life & Success for information.

- Staff who need to interact with residents in quarantine should have appropriate personal protective equipment.

- Notify the SCHC or personal healthcare provider if symptoms develop.

*Follow isolation protocol if notified of positive test result. If negative test result is received resident must follow healthcare providers recommendation for ending quarantine.

Additional information on quarantining: