

# What to do if you are exposed or test positive for COVID-19

## *Student Resources*

Do you have questions about COVID-19? Are you experiencing symptoms? Morningside can assist you!

**Use these campus services to ask questions, report symptoms, or discuss next steps for treatment or testing.**

**Monday-Friday, 8 a.m.-4 p.m.**  
Student Health: 712-274-5178

**Monday-Thursday, 4-10 p.m.**  
Health Hotline: 712-203-3553

**Late Night & Weekends**  
Campus Security: 712-274-5234

**Emergencies**  
Please call 911

**COVID-19 Information**  
[morningside.edu/covid](https://morningside.edu/covid)

**Other On-Campus Resources**  
Bobbi Meister, LISW, Personal Counselor, 712-274-5606  
Rev. Andy Nelson, Campus Chaplain, 712-274-5148  
Safety & Security, 712-274-5234  
Residence Life Office, 712-274-5161

**Area Hospitals**  
UnityPoint Health, 712-279-3500  
Mercy Medical Center, 712-279-2010



## **WHAT TO DO IF YOU ARE NOT FEELING WELL**

- Contact Morningside Student Health first to discuss your symptoms and review options for an appointment, testing, etc.
- If you are not feeling well, please do not go to class and limit your exposure to others. Wear a face covering whenever possible. Discuss your options for quarantine or isolation with Student Health.
- If you choose to see someone at a health care facility off-campus, please consider using one in Woodbury County (Sioux City area) and be sure to use your Morningside/Sioux City address. This will assist the college with contact tracing and other information if you test positive for COVID-19.
- Beginning Sept. 8, Morningside will be offering on-campus testing for any undergraduate student, faculty, or staff who wish to receive a test. Visit the [COVID-19 page](#) for details.

## **WHAT TO DO IF YOU HAVE BEEN EXPOSED TO COVID-19**

- If you believe you have been exposed to COVID-19, take care to self-quarantine in your room/home and wear a mask, then call Student Health or your health care provider to discuss next steps.
- Student Health and/or Siouxland District Health will handle contact tracing when a positive case is identified. They will contact those who have been directly exposed and require quarantine. They will also work with you to determine if you need to quarantine.
- If you are identified as someone who may have been exposed to COVID-19 through a contact tracing process, please answer all questions openly and honestly.

## WHAT TO DO IF YOU MUST SELF-ISOLATE OR SELF-QUARANTINE

- If you test positive for COVID-19 while at Morningside, you may choose to return home/to your permanent residence, or be moved to an on-campus quarantine or isolation unit. *For your own comfort, you are strongly encouraged to discuss this option with your family.*
- If you choose to stay on-campus to isolate or quarantine, Student Health will contact Residence Life, who will contact you to assign you a room and explain how to check in.
- On-campus isolation and quarantine units are supplied with a bed, linens, refrigerator, microwave, and hand sanitizer. Additionally, you will be provided with food delivery and other basic services.
- You will be required to follow all self-quarantine and self-isolation guidelines while on campus.

## ON-CAMPUS TESTING

- Beginning Sept. 8, Morningside will offer free on-campus testing for undergraduate students, faculty, and staff.
- Student will need to complete information through a Test Iowa URL to schedule testing. More information can be found on the [Morningside COVID-19 page](#).
- All undergraduate students, faculty, and staff will be required to show their Morningside-issued identification when they arrive for testing on-campus.
- Testing will be located outside or inside of the Alumni House (weather-dependent). Hours and information will be available on the [Morningside COVID-19 page](#).

# BE PREPARED WITH A GO BAG

In the event of illness or exposure to COVID-19, be prepared for potentially having to quarantine or isolate by having a bag ready to go so you can quickly return home or move to an isolation or quarantine unit.

- Extra cell phone charger
- List of emergency contacts, written out
- List of any allergies
- Several changes of comfortable clothing
- Blanket
- Thermometer
- Shampoo and conditioner
- Toothbrush and toothpaste
- Soap, lotion, or other hygiene products
- Comb, brush, or other hair supplies
- Tylenol
- VapoRub, cough drops, or other over the counter remedies
- Prescription medications
- Tissues
- Snacks or favorite beverage
- At least two face coverings
- Have your backpack ready to go with laptop, cords, and items needed for homework

## **DEFINITIONS AND LEVELS OF QUARANTINE & ISOLATION**

### **Self-Monitoring**

- ALL Morningside students should be monitoring for symptoms daily.
- Please take your temperature and watch for changes in your overall health.
- Wear your face covering, practice physical distancing, practice good hygiene, and refrain from gathering in large groups.

### **Self-Quarantine: Self-Determined**

- Students who are NOT recommended to self-quarantine by a health care professional but wish to take that step out of an abundance of caution may choose to self-quarantine in their residence hall, apartment, or home. You should use to-go food options and must make your own arrangements for other items or services.
- You should NOT attend classes in-person. Contact professors to arrange remote learning options.
- Do not attend athletic practices, strength and conditioning workouts, clubs, organizations, or campus events.

### **Self-Quarantine: Asymptomatic, Pending Test Results**

- Students who are awaiting test results AND have NOT been directly exposed to COVID-19 may remain in their residence hall. You will be encouraged to wear a mask as frequently as possible and should refrain from contact with others. Please use to-go food options. You may briefly leave quarantine to pick up food, etc., if you use a mask and practice physical distancing.
- You should NOT attend classes in-person. Contact professors to arrange remote learning options.
- Do not attend athletic practices, strength and conditioning workouts, clubs, organizations, or campus events.

### **Self-Quarantine: Symptomatic, Pending Test Results**

- Students who are awaiting test results AND are symptomatic will be moved to a quarantine unit. You will receive food delivery and other services and will be periodically monitored by Student Health.
- You may briefly leave quarantine to pick up food, etc., if you wear a mask and practice physical distancing.
- You should NOT attend classes in-person. Contact professors to arrange remote learning options.
- Do not attend athletic practices, strength and conditioning workouts, clubs, organizations, or campus events.

### **Self-Quarantine: Known Exposure to a Positive Case**

- A student who is identified as having been exposed to COVID-19 by a health care provider through contact tracing will be moved to the quarantine floor. You will receive food delivery and other services. Student Health will work with you to arrange testing and determine a course of action. You may briefly leave quarantine to pick up food, etc., if you wear a mask and practice physical distancing.
- You should NOT attend classes in-person. Contact professors to arrange remote learning options.
- Do not attend athletic practices, strength and conditioning workouts, clubs, organizations, or campus events.

### **Self-Isolation**

- Students who test positive for COVID-19 will be moved to an isolation unit on campus OR may choose to return to their home/permanent residence. If you choose to remain on-campus, you will be provided with food delivery and other services as needed. You must strictly adhere to isolation guidelines.
- You should NOT attend classes in-person. Contact professors to arrange remote learning options.
- Do not attend athletic practices, strength and conditioning workouts, clubs, organizations, or campus events.

## **IMPORTANT NOTES**

- Students are urged to consider completing quarantine or isolation at their home/permanent address to ensure comfort.
- If an apartment/group that is living together is required to quarantine, it is possible that those individuals may isolate or quarantine together and/or remain in their living space.
- Asymptomatic students who are being tested for COVID-19 in advance of a medical procedure (ie. surgery, etc.) are not expected to follow quarantine guidelines.

## ON-CAMPUS ISOLATION GUIDANCE & REQUIREMENTS

- Student Health will determine if you require isolation. You will be given the option to isolate off-campus if you wish. If you choose to isolate on-campus, Student Health will notify Residence Life, who will contact you with more information. Until you are moved to an isolation unit or choose to return to your home/permanent address, you should isolate in your residence hall.
- Stay in your room and only come out for essential activities such as bathroom usage, food pick-up, laundry, or garbage disposal.
- Wear a mask at all times when outside your room.
- All meals can be pre-ordered through Sodexo and delivered to the floor.
- Guests and visitors are not permitted.
- Gathering in groups of any size is not permitted.
- If an emergency arises and you need to leave the building, you should use one of the three stairwells leading to your floor and avoid others once outdoors.

## QUARANTINE HOUSING GUIDELINES & REQUIREMENTS

- Student Health will determine if you require quarantine. You will be given the option to quarantine off-campus if you wish. If you choose to quarantine on-campus, Student Health will notify Residence Life, who will contact you with more information. Until you are moved to a quarantine unit or choose to return to your home/permanent address, you should isolate in your residence hall.
- You are only permitted to be on the floor where you are assigned to quarantine.
- Masks must be worn at all times when in hallways.
- All meals may be pre-ordered through Sodexo and delivered to the floor.
- Guests and visitors are not permitted.
- Gathering in groups of any size is not permitted.
- You are not permitted in campus buildings outside of the building where you are quarantining.

**Provided you observe all face covering, physical distancing, and hygiene expectations, you may leave your quarantine space to:**

- Pick up meals.
- Go outside for solo walks and other exercise away from busy campus areas.
- Dispose of garbage.

**If leaving the building while in quarantine, you must:**

- Wear a mask.
- Use one of the three stairwells leading to your floor to immediately leave the building.
- Not use the elevator.
- Not stop to chat with others.
- Not walk through other areas of the building or visit other rooms, lounges, or common kitchens.

**Students quarantining or isolating at home or off-campus are NOT allowed on campus or in any campus owned building until cleared by Student Health.**