

COVID-19 ISOLATING IN PLACE

CSB/SJU DORM OR ON-CAMPUS APARTMENT

KNOW THE SYMPTOMS OF COVID-19

- Fever (100.4 or greater) or if you feel feverish, even if it is not at 100.4 degrees
 - Cough
 - Shortness of breath
 - Loss of taste or smell
 - Gastrointestinal symptoms (nausea, vomiting, or diarrhea)
 - CSB+SJU encourages students who test positive for COVID-19 and live within 150 miles from campus to isolate at home. If unable, student should isolate in place or request on campus-isolation space. To request at CSB call 320-333-1330 and at SJU 320-363-3512.
- Congestion
 - Headache
 - Chills
 - Muscle pain
 - Sore throat
 - Fatigue

CLOSE CONTACTS & SELF-ISOLATION

- **Close Contact Definition:** someone who was less than 6 feet away from an individual with a current COVID-19 infection for a cumulative total of 15 minutes or more over a 24-hour period.
- Inform your close contact(s) and roommate(s) that you have tested positive for COVID-19 and self-isolate in your room.
- Close contacts should wear a mask around others for 10 days following exposure and should test on day 5 post exposure or earlier if symptoms develop.
- When self-isolating, maintain separate areas from others. Avoid using the same eating spaces, study areas, etc.
- Wipe down frequently touched areas such as doorknobs, tables, chairs, remotes, etc.
- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60-95% alcohol, covering all the surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- The COVID-19 positive individual should encourage roommate(s) and close contact(s) to contact Health Services at 320-363-5370 if they develop any COVID-19 symptoms.
- Self-isolating can be discontinued after 5 days if you no longer have a fever and are feeling better. You should continue to mask for an additional 5 days when coming out of isolation.

CARE FOR YOURSELF

- Rest, drink water to stay hydrated, and eat small meals frequently.
- Cover your cough and sneezes.
- Use over-the-counter fever-reducing, cough, and cold medicines as needed.
- Contact your professor for classroom accommodations.
- If applicable, inform your on-campus work supervisor.
- Do not leave your room to go to class, work, exercise, do laundry, etc.

MEALS/FOOD

CSB STUDENTS

- Meal orders can be placed using: www.csbsju.edu/csbs-residential-life/meal-request
- Culinary services need a 2-hour lead time to prepare a meal using this form. If you need a meal with less than 2 hours notice, please call 320-363-5112.
- If you need to make a change or cancel your meal request after you submitted the form, please call 320-363-5112.
- Pickup is required for all meals. List the person on the order form that will be picking up and delivering your meals to you.

SJU STUDENTS

- Contact your RA/FR and inform them you are self-isolating due to illness and are needing sick/injury meals.
- Ask your RA/FR to contact Dining Services and provide them with your information.
- Ask a friend to pick up your meal from the Refectory.
- Send your student ID with your friend to charge your meal.
- Once the Refectory cashier swipes your ID, your friend will be given a takeout container for your meal.

YOU MUST WEAR A MASK WHEN OUTSIDE OF YOUR ROOM.

CONTACT INFORMATION

Monitor your symptoms carefully and if your symptoms get worse, immediately call:

CSB/SJU HEALTH SERVICES

320-363-5605

Nurse Triage Line: 320-363-5370

Monday through Friday 8:00 a.m. – 4:30 p.m.

Closed Lunch: 11:45 a.m. – 12:45 p.m.

AFTER-HOURS & WEEKEND CONTACTS

Connect with CentraCare, Nurse Line: 320-200-3200

CSB/SJU RESOURCES

CSB Campus Security: 320-363-5000

SJU Life Safety: 320-363-2144

TO RESERVE AN ON-CAMPUS ISOLATION ROOM

CSB: 320-333-1330

SJU: 320-363-3512

****Notify the callee that you have COVID-19 symptoms.**

COLLEGE OF
Saint Benedict



HEALTH SERVICES
www.csbsju.edu/health-services