



How do I isolate in my on-campus residence?

Students who have tested positive for COVID-19 and who are unable to isolate off-campus at home may isolate in their on-campus residence, but are expected to follow the following instructions:

1. **Communicate with/notify your roommate(s)** according to the agreement you developed with each other at the all-hall meeting during move-in weekend. If you have issues you need to discuss or need help resolving please contact your RD.
2. **Communicate with your RA that you will be isolating in your residence** so that they are able to provide you with appropriate support and assistance.
3. **Remain in your room** unless using the bathroom, leaving to pick up meals or seeking medical attention. If you feel well enough, you may also exercise alone outside if you wear a mask and maintain a 6-foot distance from others.
 - If you are in an apartment, you should stay in your own room and away from the common living areas and other apartment residents.
4. **On the limited occasions you leave your room, you are expected to wear a KN95 at all times.**
 - When using the bathroom in your residence, please mask unless you are using the shower, brushing your teeth, etc. to minimize the risk of close contact with others (i.e., unmasked within 6 feet of others for 15 minutes or more). All campus restrooms are equipped with cleaning supplies for sanitizing your spaces after use.
5. **To order your meals from Dining Services during isolation, please use follow the instructions below. You may leave your room to pick up your meals if you wear a KN95 mask; or, you may arrange for someone to pick up your meals for you during this time.**
 - Email dining@messiah.edu to notify Dining Services when you begin isolation.
 - Once notified, Dining Services will email you the link to the Quarantine Menu Program (Q-Menu) for a review of policies and protocols.
 - When you complete the Q-Menu on-line program with your name and ID#, Dining Services will receive your menu selections via email.
 - Dining Services will prepare the Q-Menu meal for pick up at:
 - 11:30 a.m. for lunch pick up
 - 4:45 p.m. for dinner pick up (includes the next day's breakfast)
 - You, or someone you designate, will report to the Lottie Dining Room cashier to request their pickup meal.
 - The Lottie team will gather the meal and bring it to the cashier station for pick up.
 - This process will continue for the duration of the time you are in isolation.
 - **Note:** you may also order from the Falcon and the Union Café online and pick up.

Questions regarding isolating in your campus residence may be directed to Doug Wood, Dean of Students, at ext. 3200 or DWood@messiah.edu.