



ELMIRA COLLEGE
CLARKE HEALTH CENTER

COVID-19 Self-Isolation Guidelines Winter 2023

If you have been informed that you need to “self-isolate,” you need to minimize your contact with others as much as possible. **For residential students**, you have the option of going home to isolate, if your situation (health and family) allows you to do so. Otherwise, the expectation is that aside from using the restroom while wearing a mask, you will stay in your room as much as possible and WILL NOT leave the building until your isolation period is over. **For commuter students**, the expectation is that you will not come to campus until your isolation period is over.

If you live on campus and need to self-isolate, EC staff will make deliveries for necessities, check on you, and answer questions as needed. If you have a roommate, you will both need to wear masks while sharing the room. If you would like to be moved to another room to isolate, please make this known to residence life; however, it may be in a location other than your assigned residence hall. This is the contact information for key personnel on campus, should you need any assistance:

- Rachel McEvoy '14, Nurse Practitioner – rmcevoy14@elmira.edu
- Residence Life duty phone - 607-873-4539
- Campus Safety - 607-735-1777 (24 hours a day/7 days a week)
- Clarke Health Center - 607-735-1750

If you are on campus and have any worsening of symptoms, or if you feel you are having a health emergency, you must call Campus Safety or 911 immediately.

If you have a need for emotional support, Dr. Kevin Murphy will be available via a virtual meeting. Please reach out to him at kmurphy@elmira.edu, if you would like to talk with him.

If you are isolating on campus, meals will be delivered by the residence life staff as close to the times listed on this schedule as possible: Monday through Friday: 9 AM breakfast, Noon lunch, and 6 PM dinner. Weekends: 10 AM breakfast, Noon lunch, and 6 PM dinner. If there are any problems with your meals, please reach out to residence life as soon as possible.

There will be **no special provisions provided for classes**. You will not be able to attend classes in person so as not to expose others, and there will not be an online option. You are responsible for contacting your faculty members and making up any missed work.

Your isolation period will last for 5 days after developing symptoms or testing positive for COVID-19. If you are still experiencing symptoms after 5 days, your isolation period may be extended. When your isolation time is over, you may resume your normal schedule.

Students who do not comply with the isolation guidelines are subject to conduct sanctions.