



Guidance and information for residential students who tested positive for or were exposed to COVID-19

The following is intended to provide more specific guidance to commonly asked questions for residential students who are in quarantine or isolation. Please refer to the [Fall Plan](#) for more comprehensive details about Milligan University's COVID-19 plans and policies.

I. Testing and Reporting

Am I required to report that I test positive for or have been exposed to a positive case of COVID-19?

Yes, all faculty, staff and students who test positive for COVID-19 or have been exposed to someone who tested positive should report this information to Health Services immediately by calling 423-461-8667.

1. For those who have been exposed to a positive case of COVID-19, Health Services staff will assess risk and provide guidance for quarantine and testing. Students, Faculty, and Staff are expected to abide by the decision of Health Services regarding the need to quarantine.
2. Those who test positive will be required to isolate. For more information on isolation, see section II of this document.

What do I do if I think that I have COVID-19?

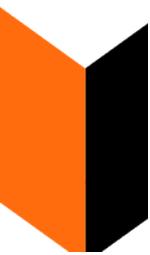
If you have symptoms such as fever, chills, cough, loss of taste or smell, body aches, or fatigue, please contact Health Services at 423-461-8667 right away. Do not come to campus/leave your room until you consult with Health Services.

Everyone is required to complete the daily assessment on the Ascend website before leaving their dorm room or arriving on campus. If you receive a red flag from your daily assessment on Ascend, contact Health Services to receive guidance on necessary next steps. Do not come to campus/leave your room until you consult with Health Services.

As we enter the flu season, many symptoms are similar to COVID-19. It is important to get a flu vaccination to protect yourself against illness as much as possible.

Do I have to pay to be tested for COVID-19?

No. The local health department is providing tests for free.



If I know my fellow students are acting in ways that I think are unsafe and putting me at risk for getting ill, what can I do?

Approach the situation with sensitivity and remember to be kind. Your goal is to make others aware of the University guidelines. If fellow students react negatively to your assistance, then please involve a faculty/staff person to assist in speaking with this student. The matter can also be referred to the Dean of Students, Tony Jones.

II. Quarantine and Isolation

What is the difference between quarantine and isolation?

Quarantine: separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Isolation: separates sick people with a contagious disease from people who are not sick.

Does Milligan require me to quarantine or isolate if I have been exposed to or test positive for COVID-19?

Yes. Please see page 8 of the [Fall Plan](#) for more details on this process and the duration of required Quarantines/Isolations.

If I get COVID-19 while I am living on campus, should I go home to recuperate?

Some students share their homes with family members who may be in high-risk groups such as being elderly, immuno-compromised, or having diagnoses that involve pulmonary or cardiac concerns. For that reason, and for other reasons involving personal safety, access to technology, and access to support and resources, students may not always be able to go home to recuperate.

However, those students who can do so without hardship, are encouraged to return home to recuperate. Having the support of family during medical recovery can be beneficial for both physical and emotional reasons.

If I have to quarantine or isolate, can I still have friends over, or make a quick trip to the store for necessities?

NO. Students who are required to quarantine or isolate must have NO human contact with ANYONE, including family, friends, other residents, and going out in public. If you need assistance with necessities, friends or family can leave items for you outside of your room for contactless delivery.

Being separated from social contact can be challenging. The Counseling Center provides free, confidential counseling to Milligan students via virtual means. During this time we encourage students to be proactive in taking care of their mental health. To schedule an appointment, please call 423-461-8500.

If I have to quarantine or isolate on campus, how will I get food?

Student Development has partnered with Pioneer College Catering to deliver meals to residential students in quarantine/isolation.

- Staff will deliver meals outside of quarantining/isolating students' doors during the following hours:
 - Lunch 11:30 a.m. - 1:00 p.m.
 - Dinner 5:00 p.m. - 6:30 p.m.
 - A boxed breakfast for the following day will be delivered with dinner

- Students who are not on the meal plan may choose to have meals delivered. These students must [add funds to their Flex Account](#) to cover the cost of these meals.
- Students who do not have meal plans and choose not to purchase daily delivered meals from the dining hall, will be responsible for ordering food through local restaurants or grocery delivery programs, or by having a friend provide contactless delivery of items from a local store.

Meals are standard according to what is on the menu in the dining hall that day. Unfortunately, Pioneer is not equipped to handle individualized orders for delivery at any volume. If students have dietary restrictions or concerns about the meals, they are encouraged to contact Mark Henry at MHenry@milligan.edu.

Will I be moved from my residence hall room if I must quarantine or isolate because of COVID-19?

Students who must quarantine will continue to stay in their residence halls until a positive test result is received. Students who test positive for COVID-19 and are unable to go home to recuperate will be relocated to isolation rooms. Students who must relocate to another area must take supplies with them to last for the quarantine or isolation period.

Students should be prepared to pack the following supplies in the event of a relocation:

- | | |
|---|---|
| <input type="checkbox"/> Clothes for 10 days | <input type="checkbox"/> Bedding |
| <input type="checkbox"/> Schooling | <input type="checkbox"/> Sheets |
| <input type="checkbox"/> Paper | <input type="checkbox"/> Pillows |
| <input type="checkbox"/> Pen | <input type="checkbox"/> Comforter |
| <input type="checkbox"/> Pencil | <input type="checkbox"/> Mattress pad |
| <input type="checkbox"/> Highlighter | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> Books | <input type="checkbox"/> Toothbrush |
| <input type="checkbox"/> Miscellaneous/extras | <input type="checkbox"/> Toothpaste |
| <input type="checkbox"/> Snacks | <input type="checkbox"/> Hand soap |
| <input type="checkbox"/> Garbage bags | <input type="checkbox"/> Body wash |
| <input type="checkbox"/> Electronics | <input type="checkbox"/> Shampoo |
| <input type="checkbox"/> Computer | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Phone | <input type="checkbox"/> Eyewear (glasses/
contacts) |
| <input type="checkbox"/> Chargers | <input type="checkbox"/> Toilet paper |
| <input type="checkbox"/> Gaming consoles | <input type="checkbox"/> Wash Rags |
| <input type="checkbox"/> Headphones | <input type="checkbox"/> Towels |
| <input type="checkbox"/> Powerstrip | <input type="checkbox"/> Razor |
| <input type="checkbox"/> Medicine | <input type="checkbox"/> Shaving cream |
| <input type="checkbox"/> Prescriptions | <input type="checkbox"/> Skin care/ makeup |
| <input type="checkbox"/> First aid kit | |

What happens if I get locked out of my room?

Students who are locked out of the quarantine/isolation room should call Campus Security at 423-461-8911. If students leave quarantine or isolation without permission or in violation of University guidance, then Security will refer the matter to the Dean of Student's office.

If I have to quarantine or isolate on campus, how will trash removal work?

Student Development will coordinate with housekeeping to have the trash removed. The student will receive instructions on when and how to provide access to their trash.

If I have to quarantine or isolate on campus, how will I do my laundry?

There is a designated laundry room and designated day for students who are in quarantine/isolation. This information will be communicated upon the start of quarantine/isolation periods.

III. Academics and Technology**If I have to quarantine or isolate on campus, how will I be able to keep up with my classes?**

Faculty will work with students who are unable to attend classes due to COVID-19 illness or symptoms. Many classes are structured in such a way that remote participation may be an option. Upon being placed on quarantine or isolation, students should consult with their faculty as soon as possible to make arrangements for individual classes during the quarantine/isolation period.

IV. Student Support Services – Counseling, Health, Financial and Engagement

Being in quarantine and isolation can be challenging. I may wish to get confidential counseling support.

Could the university connect me with a counselor?

Yes. The Counseling Center provides free, confidential counseling to Milligan students. During this challenging time we encourage students to be proactive in taking care of their mental health. To schedule an appointment, students should call 423-461-8500.

Will someone be checking on me if I am quarantining or if I have been diagnosed with COVID-19?

Students who are quarantining because of contact exposure with COVID-19 and who are isolating because of a positive COVID-19 receive periodic check-ins from Milligan staff who are following up with students.

Health Services staff will be available to answer any health-related questions or concerns you may have. They can provide guidance regarding symptoms, laboratory testing, as well as your overall health and well-being. The phone number to reach the staff from Health Services is 423-461-8667. You should also follow any specific guidance you are provided from them.

Students are encouraged to contact 911 and/or Security (423-461-8911) in the event of a medical emergency. You are also encouraged to share your medical status with relatives or friends so that they, too, can check on you.