



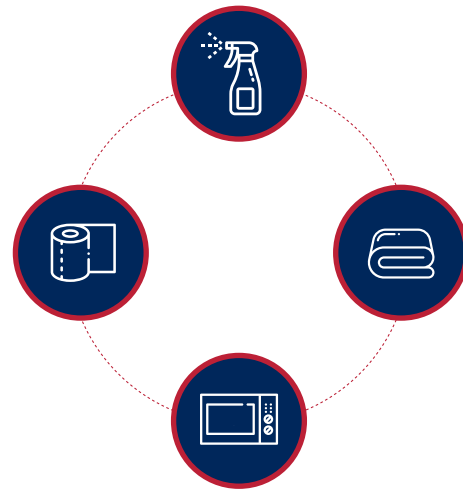
MOVING TO AN ISOLATION DORM

Moving to an isolation dorm might sound scary or overwhelming – but it's not anything to worry about. To give you the rundown, you'll be moved to a room that has some essentials to keep you healthy and away from others. These rooms are thoroughly cleaned and disinfected and offer a space for you to rest and recover – as well as continue to monitor your symptoms in privacy.



What will be provided in the isolation dorm?

- ▶ Mini fridge
- ▶ Microwave
- ▶ Linens
 - ▷ Pillow + Pillowcase
 - ▷ Comforter
 - ▷ 2 flat bed sheets
 - ▷ 2 bath towels
 - ▷ 1 washcloth
- ▶ Cleaning supplies
- ▶ Toilet paper



What do I need to bring with me?

- ▶ Clothing for 10 days (there will be no access to laundry services in this dorm assignment to minimize exposure)
- ▶ Any prescribed and over the counter medications
- ▶ Toiletries (toothbrush, shower supplies, Kleenex, personal care products, tampons, pads, etc.) and other necessary toiletries, including a towel or two.
- ▶ Your textbooks and other supplies needed to continue with your studies
- ▶ Your laptop and charger
- ▶ Your phone and charger

Other things to consider:

- ▶ You will have the option to have meals provided to you in your new room, but pack any of your favorite non-perishable snacks and a reusable cup or water bottle
- ▶ You will be provided with a mini-refrigerator in your room
- ▶ Toilet paper is provided
- ▶ Bring any bed linens that will make your stay more comfortable. Linens will be provided in your room but feel free to bring your favorite pillow or blanket. Bring what will make you feel more comfortable and at home.
- ▶ No front desk services are available
- ▶ No mail or package delivery is available during your stay

**Transportation services will be arranged to help you with your relocation when you are able to move into your fall assignment.*

WHAT CAN I EXPECT WHILE LIVING IN AN ISOLATION DORM?

Upon receiving notification of your positive test result, you will receive an email from the isolation coordinator providing you with the check-in process and additional resources for your stay.

- ▶ **Meal Service:** Breakfast, lunch and dinner will be provided to you at no cost during your stay in the isolation dorm. Housing will collect any dietary preferences and allergies you may have, and will relay that information to the Meal Plans Office. Food delivery services are permitted, however deliveries must be contactless; please meet deliveries in the lobby area only.
- ▶ **Tele-medicine:** For the duration of your stay, you will be contacted by a health professional to monitor your physical wellbeing. We know isolating for a prolonged period of time can be stressful, uncomfortable and lonely. If you wish to speak to someone about these difficulties, please contact Counseling & Psych Services at (520) 621-3334 (available 24 hours) and they can arrange a tele-health appointment for you as well.
- ▶ **Continuing classes virtually:** You should communicate with your professors that you will need to switch to the online modality for your classes as you are not able to attend classes in person while in isolation. Analía Powell, the Student Assistance Coordinator with Housing & Residential Life, will send professor notifications. If you need additional assistance in communicating with your professors, please reach out to her at acuevas@arizona.edu.
- ▶ The [Disability Resource Center](#) is a good resource if you wish to explore any temporary accommodations related to your health.

WHAT ARE THE EXPECTATIONS OF ME WHEN LIVING IN ISOLATION?

Isolation requires you to remain on the premises of your assigned isolation dorm for the duration of your stay. In other words, you need to stay put for about two weeks. If you leave your assigned isolation dorm room, please remember **YOU MUST** wear a mask and social distance.

The following safety restrictions are put into place for all residents in isolation:

- ▶ No guests who are not also assigned to the isolation dorm are permitted inside of your isolation dorm room. Guests cannot be hosted in any room or common areas of the isolation dorm.
- ▶ You cannot attend classes in person, go to the Student Union, or any other campus eateries or services, nor attend in person events until you have been cleared by Campus Health.
- ▶ You cannot return to your original assigned dorm until you are cleared by Campus Health.
- ▶ Upon receiving notification of your positive test result, you will receive an email from the Isolation Coordinator providing you with the check-in process and additional resources for your stay.

Students who violate these expectations will be referred to the Dean of Students Office and held accountable via the Student Code of Conduct. Sanctions may result in suspension or expulsion.

ADDITIONAL ISOLATION RESOURCES:

Campus Health

Nurses line: (520) 621-6493

After Hours: (520) 570-7898

Counseling & Psych Services (CAPS) 24/7:
(520) 621-3334 | health.arizona.edu/

Housing & Residential Life

Isolation Coordinator: (520) 591-8543

Student Unions/Meal Plans

Isolation Meal Delivery:
(520) 621-1414

Meal Plans:
(520) 621-7043

UAPD

(520) 621-8273

Virtual Student Support Services

<https://studentsuccess.arizona.edu/resources>