



MarymountManhattan

Quarantine and Isolation 101

Updated: 9.2.21

Please note that this document will be updated as guidance changes.

This document is intended to provide guidance for students living in the residence halls. Comprehensive, College-wide quarantine and isolation protocols for the full academic year will be shared and posted to the website.

Travel Advisory and Quarantine Requirements

As of June 25, 2021, the New York State Travel Advisory is no longer in effect. All travelers, domestic and international, should continue to follow all CDC travel requirements. Please follow these links for CDC guidance on travel for [domestic](#) and [international](#) travel.

— Quarantine and Isolation Procedures for MMC Residence Halls —

If You Develop Symptoms of COVID-19:

- **Next steps:** Immediately alert the College by emailing Residencelife@mmm.edu and Safety@mmm.edu. Please include your cellphone number in your message. A member of the Residence Life team will contact you shortly.
- If your symptoms are **not severe or life-threatening**, please remain in your room until a member of the Residence Life staff has contacted you.
- **If your symptoms are severe**, please seek medical attention at the nearest urgent care clinic or emergency room.
- Residence Life staff will provide more information on next steps including testing locations and proper safety protocols.

Moving Into Isolation

- **Notifications**
 - Should a resident receive a positive COVID-19 test result, Residence Life will notify the student that they need to move into an identified isolation space.
 - Students who are able to go home will be encouraged to do so instead of isolating in the residence hall, although students should not travel on mass transit or airplanes to do so.
 - Residence Life will work with students who wish to remain in the residence hall to implement isolation procedure.
 - Residence Life will alert Campus Safety that the student will be isolated within the residence hall (including specific suite and room).

- Residence Life will notify suitemates that the student is moving to isolation. Suitemates will be asked to remain in their bedroom while the student packs their personal belongings.
 - Suitemates will be contacted by an MMC Contact Tracer to determine whether quarantine will be required on their part.
 - Quarantine protocol will apply for suitemates if suitemate is unvaccinated and determined to have had close contact with the individual who has tested positive. Per CDC guidelines, close contact is defined [here](#).
 - Nearby residents will be notified that someone on their floor has been moved into an isolated space. They will be encouraged to disinfect their rooms.
 - Residence Life will email building residents identifying the isolation apartments/suites and encouraging residents to avoid those rooms/floors.
- You will need to collect necessary belongings (clothing, chargers, laptop, etc.) from your room and move to the isolation space as quickly as possible.
 - Should additional personal items be needed, the Residence Director or a friend can FaceTime you to collect items, and then leave the items in a bag, box, or other container outside the isolation apartment/suite.
 - Should you need a College laptop during isolation, please contact residencelife@mmm.edu for assistance.
 - Residence Life will provide a shower curtain, bathmat, toilet paper, sheets, comforter, pillows, and limited utensils in the new room if needed.
 - Professional cleaning will be conducted in the shared spaces within the suite and the suitemate will need to remain in their bedroom during the cleaning.

During Isolation

- You must stay in your assigned isolation suite and may not access elevators or common spaces in the residence hall.
- Residents should follow [hygiene and cleaning best practices](#) and frequently disinfect commonly touched surfaces like bathrooms, faucets, doorknobs, light switches, etc.
- While in isolation, we ask that you continuously monitor symptoms and be aware of emergency signs like trouble breathing, chest pain, confusion, inability to wake or stay awake, and/or bluish lips or face.
 - If you experience any of these symptoms, or a severe worsening of other symptoms, call Campus Safety, 911, or call ahead to your local emergency medical facility.

Dining Options

- You will be encouraged to utilize Dining Dollars for delivery from off-campus vendors. Student will not be permitted to pick up deliveries in the lobby. Security will deliver food to the isolated apartment and leave it at your door after knocking.
 - **MMC Off-Campus Vendors Accepting Dining Dollars** (continuous updates are available [here](#)). Keep in mind delivery is location-specific; vendors may not deliver to your specific residence [hall](#).
 - [Morning Star Café](#)
949 Second Avenue (between 50th and 51st Streets)
212-588-1050
 - [Midnight Express Diner](#)
1715 Second Avenue at 89th Street (delivers to 55th Street)
212-860-2320

- [The Kitchen Sink](#)
88 Second Avenue (between 5th & 6th Streets)
212-420-8050
- [Heavenly Market \(2 locations\)](#)
 1. 77 Third Avenue (between 11th and 12th Streets) 212-260-0060
 2. 44 East 8th Street (Orders can be placed on GrubHub at this location) 646-609-3166

Checking In

- The Residence Director on Call (RDOC) will call you daily to check in. If you need to contact the RDOC, please call Campus Safety: **55th Street: 212-371-2350; Cooper Square: 646-869-5126**
- Should you need to leave the building to visit your doctor/urgent care, you must contact Campus Safety to have the elevator turned off for an independent ride. A proper face cover is required in the elevator.
- The Dean of Students will coordinate communication with you regarding your academics and return to campus. Please email Safety@mmm.edu with any questions.

Leaving Isolation

Students in isolation will need to consult and request clearance with Residence Life and/or the Dow Zanghi Student Health Center about the termination of your isolation period. Per CDC guidance, testing is no longer required to terminate required isolation. Pursuant to updated guidance, the student may request clearance to return to their normally assigned room and to campus when the following conditions are met:

- a. If you tested positive and had symptoms:**
 - i. At least 10 days since symptoms first appeared and
 - ii. At least 24 hours with no fever without fever-reducing medication and
 - iii. Symptoms have improved (e.g. cough, shortness of breath)
 - b. If you tested positive and have a weakened immune system:**
 - i. May need to isolate for longer than 10 days
 - ii. Speak to healthcare provider before returning to normal activities
 - c. If you tested positive, but had no symptoms:**
 - i. 10 days after initial test and
 - ii. You continue to have no symptoms
- Alternatively, if someone who was required to isolate has access to testing and/or whose healthcare provider recommends testing, those individuals may request clearance to return to normal activities/regular engagement after they receive two negative test results in a row, at least 24 hours apart.
 - Students will remain in isolation until confirming with Residencelife@mmm.edu, completing the screening survey, and obtaining clearance to resume normal activities/engagement on campus.

Available Resources During Quarantine/Isolation

Health Resources

- MMC's Counseling and Wellness Center (CWC)
 - Personal Wellness and Psychological Support — counseling@mmm.edu
- Dow Zanghi Student Health Center
 - Primary Medical Care — healthcenter@mmm.edu

- NYC WELL
 - New York City's Free, Confidential Mental Health Support — 1-888-NYC-WELL

Goods and Services

- Restaurant Delivery Apps: Seamless, GrubHub, Postmates
- Groceries for Delivery: [Whole Foods](#), [Peapod](#), [Fresh Direct](#), [Instacart](#), [West Side Market](#)
- Laundry Pick-up and Delivery
 - Near 55th Street: [NYC's Finest Laundries](#), [J's Cleaners](#)
 - Near Cooper Square: E6 Best Cleaner, 646-858-3617
- Medicine Delivery: [CVS](#), Duane Reade (delivery thru Postmates)

Questions or concerns? Please contact the Residence Life team at residencelife@mmm.edu.