



Quarantine & Isolation 101 for Move-In Fall 2020

Updated: 8.21.20

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

Please note that this document is intended to provide guidance for students traveling to New York from out-of-state and moving into the residence halls in August 2020. Comprehensive, College-wide quarantine and isolation protocols for the full academic year will be shared via email and posted to the website prior to the beginning of the semester.

Travel Advisory and Quarantine Requirements

Per an Executive Order issued by New York State Governor Andrew Cuomo on June 25, 2020, a travel advisory is in place for travelers from many countries and states with significant rates of transmission for COVID-19. Anyone arriving to New York from one of the restricted locations will be required to observe a 14-day quarantine upon arrival.

An updated list of impacted states can be found here: <https://coronavirus.health.ny.gov/covid-19-travel-advisory>.

Residents arriving to New York from outside the U.S. must follow current international guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/from-other-countries.html>

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55th Street & Cooper Square Residence Hall

Before Arrival:

- Quarantine cannot be conducted in the resident's home state and unfortunately, a negative COVID-19 test prior to arrival or during the quarantine period **will not** exempt students from the quarantine requirement. Symptoms of COVID-19 can appear as late as 14 days after exposure, and therefore, a negative test cannot guarantee that you will not become sick.
- Students from a restricted state are exempt from the quarantine requirement **only** if they have already quarantined outside of their home state for 14 days from the last time they were present in a restricted state. If this is the case, the student must notify residencelife@mmm.edu with details including home state and the dates and location of the 14-day quarantine that will be completed prior to returning to campus.
- Residents are permitted **one helper** to assist with moving in; however, please note that **the travel advisory requires all New Yorkers, as well as all those visiting from out of state, to take**

personal responsibility for complying with the advisory in the best interest of public health and safety.

- Please choose your helper carefully. We will not be tracking your helper's quarantine status at move-in, but if they are from a state requiring quarantine, we urge you to recognize that their presence affects the health of our community members. If possible, consider having your helper quarantine for 14 days prior to the day they will be assisting you.
- To the extent possible, bring sanitizing and cleaning supplies with you at move-in. Students may also pre-purchase and have these supplies delivered to the residence hall.
 - **IMPORTANT NOTE: Do not** flush disinfectant wipes (i.e. Clorox or Lysol wipes)
- Residents **must bring a supply of face masks and a thermometer** with them for use throughout the semester.
- Students will be required to schedule a move-in time with Residence Life. We cannot accommodate arrivals any earlier than August 15, 2020, and move-in appointments are subject to availability.

Upon arrival:

- Residents and their helper will both have to participate in a [screening process](#) to determine if building entry is permitted for the helper or if the student is subject to quarantine.
- Residents must observe the 14-day quarantine upon arrival, and the full 14 days of quarantine are required for all students traveling from a state/country with a travel advisory. Passing the screening survey upon arrival does not exempt students from the travel quarantine requirement.
- Please consider what items you will need to support this mandate (i.e. towels, sheets, snacks) as you will not be allowed to leave your room once you've checked in for the 14-day period.
- Residents will be provided a Welcome Kit with sanitizer and one reusable mask. Each residence hall will have additional disposable masks on hand for emergency situations; however, students should plan to bring a supply with them.

During 14-Day Traveler Quarantine:

- Residents will need to remain in their room upon their arrival at the residence hall for **14 days**. The resident **must not** be in public or otherwise leave their assigned suite.
 - Unfortunately, this means that residents cannot participate in any in-person programs, activities, or Orientation events until the 14-day quarantine has expired. There will be virtual events for students in quarantine to participate in.
 - Residents cannot use elevators or common stairwells and must stay indoors.
- The list of restricted states is being updated constantly. Once a student has arrived and moved into the residence hall:
 - If the restricted state they traveled from is removed from the list, the student will still be required to finish their 14-day quarantine period.
 - If a state gets added to the restricted list within the first 14-days that the student has moved into the residence hall, the student from the newly added state will be required to quarantine for 14-days, which will begin the day the state is added.
- Roommates/Suitemates are considered members of a "family group" or "household" and can share the bathroom, kitchen, and common spaces *within* their suite. However, suitemates should

limit direct contact as much as possible until the 14-day quarantine period has expired. Students arriving from a non-restricted state do not require quarantine, even if their suitemate does require quarantine.

- Residents should follow [hygiene and cleaning best practices](#) and frequently disinfect commonly touched surfaces like bathrooms, faucets, doorknobs, light switches, etc.
- During the mandatory quarantine period:
 - a. Stay home and away from campus;
 - b. Watch for fever (100.4°F or above), shortness of breath, or other symptoms of COVID-19;
 - c. To the extent possible, stay away from others;
 - d. Whenever possible, wear face coverings when in shared space within suite;
 - e. If symptoms develop or worsen, consider seeking medical attention and/or getting tested for COVID-19;
 - f. If you experience any emergency warning signs like trouble breathing, chest pain, confusion, inability to wake or stay awake, and/or bluish lips or face, call Security, 911 or call ahead to your local emergency medical facility.
- Residents must bring a thermometer with them and check their temperature every day during the 14-day period. If at any time the resident's temperature is above 100.4 degrees Fahrenheit (38 degrees Celsius) the resident must notify safety@mmm.edu and residencelife@mmm.edu immediately.
- Should a resident develop a fever or other [COVID-related symptoms](#), they must immediately alert the College by emailing residencelife@mmm.edu and safety@mmm.edu. Residents may be required to relocate to one of the identified isolation rooms (see procedures below).
- Residents are able to prepare food in their apartment/suite or order delivery using their Dining Dollars or personal funds. Residents cannot go down to the lobby to accept food deliveries; Campus Safety will deliver food during specified time windows each day. Local resources for delivery are listed below. Delivery windows will be:
 - 8:00 – 10:00 am
 - 12:00 – 2:00 pm
 - 5:00 – 8:00pm
- Residents may also choose to use an off-campus pick-up/drop-off laundry services with personal funds. Campus Safety will deliver during the same specified time windows as food deliveries. Local resources are listed below.
- An MMC staff member will drop off mail or packages outside the students' doors. Delivery windows are established by the mailroom.
- Virtual programming will be offered to encourage socializing and online connections between residents who are quarantining. Students should check MMC Engage for a schedule of events. Additionally, Resident Advisors (RAs) will hold virtual events for residents.

Identifying and tracking residents who need to quarantine or isolate:

- Residents who do not require quarantining or isolation will receive a Tyvek wristband that should be visible when out of their room- either on a keychain or worn around the wrist. Replacement bands can be obtained from a Residence Director; email residencelife@mmm.edu for assistance.

- If a resident needs to quarantine or move to isolation:
 - Student will be asked to forfeit their wristband. After obtaining clearance to resume normal activities/campus engagement, they can obtain a new wristband from MMC staff or Security.
 - Student's ID card access will be deactivated until quarantine/isolation period expires.

After 14-Day Traveler Quarantine:

- After the end of the 14 days, if students have not developed any symptoms of COVID-19 and pass the screening survey, they are allowed to leave their rooms and participate in activities in accordance with the College's Health & Safety guidelines, the *Keep MMC Healthy* pledge, MMC *Residential Wellness Pledge*, and state and local guidelines and public health directives.
- Return to normal activities/engagement on campus post quarantine will proceed as follows:
 - a. **If you were quarantining because you have had close contact with a confirmed COVID-19 case** and have quarantined in your suite for 14-days from the date of close contact with a confirmed case and have not developed any symptoms, you will be able to resume normal activities/engagement on campus once you have notified residencelife@mmm.edu and received confirmation for end of quarantine.
 - b. **If you were quarantining because you traveled to/from an area for which a quarantine travel advisory has been issued** and have quarantined for 14-days upon arrival or return to NYC, you will be able to resume normal activities/engagement on campus once you have notified residencelife@mmm.edu and received confirmation for end of quarantine.
 - c. **If you were quarantining because you were experiencing [COVID-related symptoms](#)** and have tested negative for COVID-19 and are no longer experiencing symptoms, you will be able to resume normal activities/engagement on campus once you have notified residencelife@mmm.edu and received confirmation for end of quarantine.

Isolation Procedures for Students Who May Become Ill During Quarantine:

Should a student test positive for COVID-19 or develop COVID-19 symptoms during the mandatory traveler quarantine period, isolation procedures are as follows:

Moving Into Isolation:

- **Notifications:**
 - Should a resident develop a fever or other [COVID-related symptoms](#), they will need to immediately alert the College by emailing residencelife@mmm.edu and safety@mmm.edu.
 - 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 quarantine 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. 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.
- 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 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.
- The student will need to collect necessary belongings (clothing, chargers, laptop, etc.) from their room and leave for the isolation space as quickly as possible.
 - Should additional personal items be needed, the Residence Director or a friend can FaceTime the isolated student to collect items, and then drop a bag outside the isolation apartment/suite.
 - Should a resident need a college laptop during isolation, they should contact residencelife@mmm.edu for assistance.
- Residence Life will provide a shower curtain, bath mat, toilet paper, sheets, comforter, pillows, and limited utensils in the new room if needed.

During Isolation:

- Student must stay in assigned isolation suite and cannot 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, members of the MMC Community are asked to 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.
 - Student 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 outside after knocking.
 - Residence Director On Call (RDOC) will call the student daily to check in. If student needs to contact the RDOC, they should call Campus Safety (55th Street: 212.371.2350 or Cooper Square: 646.869.5126), and Campus Safety will notify the RDOC.

- Should the isolated student need to leave the building to visit their doctor/urgent care, they must contact Campus Safety to have the elevator turned off for an independent ride. Student must wear a mask when in the elevator.
- The Dean of Students will coordinate communication with the student regarding their academics and return to campus. Student should email safety@mmm.edu with any questions.
- 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 their 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

- **Campus Safety will deliver food or grocery orders to student suites during the following windows each day:**
 - **8:00 – 10:00 am**
 - **12:00 – 2:00 pm**
 - **5:00 – 8:00pm**
- **C-Store will deliver food or grocery orders to student suites. Please find instructions for placing orders [here](#).**
- **MMC Off-Campus Vendors Accepting Dining Dollars** (continuous updates are available [here](#))
 - [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 2nd Avenue (between 5th & 6th Streets)
212-420-8050
- [Heavenly Market](#)
77 Third Avenue (between 11th and 12th Streets)
212.260.0060
44 East 8th Street
646.609.3166
- **Restaurant Delivery Apps**
 - Seamless
 - GrubHub
 - Postmates
- **Groceries for Delivery**
 - [Whole Foods](#)
 - [Peapod](#)
 - [Fresh Direct](#)
 - [Instacart](#)
 - [West Side Market](#)
- **Laundry Pick-up and Delivery**
 - Near Cooper Square:
 - E6 Best Cleaner: 646.858.3617
 - Near 55th Street:
 - [NYC's Finest Laundries](#)
 - [J's Cleaners](#)
- **Medicine Delivery**
 - [CVS](#)
 - Duane Reade (delivery thru Postmates)

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

1760 Residence Hall

Before Arrival:

- Quarantine cannot be conducted in the resident's home state and unfortunately, a negative COVID-19 test prior to arrival or during the quarantine period **will not** exempt students from the quarantine requirement. Symptoms of COVID-19 can appear as late as 14 days after exposure, and therefore, a negative test cannot guarantee that you will not become sick.
- Students from a restricted state are exempt from the quarantine requirement **only** if they have already quarantined outside of their home state for 14 days from the last time they were present in a restricted state. If this is the case, the student must notify residencelife@mmm.edu and 1760thirdsls@gmail.com with details including home state and the dates and location of the 14-day quarantine that will be completed prior to returning to campus.
- Residents are permitted **one helper** to assist with moving in; however, please note that **the travel advisory requires all New Yorkers, as well as all those visiting from out of state, to take personal responsibility for complying with the advisory** in the best interest of public health and safety.
 - Please choose your helper carefully. We will not be tracking your helper's quarantine status at move-in, but if they are from a state requiring quarantine, we urge you to recognize that their presence affects the health of our community members. If possible, consider having your helper quarantine for 14 days prior to the day they will be assisting you.
- To the extent possible, bring sanitizing and cleaning supplies with you at move-in. Students may also pre-purchase and have these supplies delivered to the residence hall.
 - IMPORTANT NOTE: **Do not** flush disinfectant wipes (i.e. Clorox or Lysol wipes)
- Residents **must bring a supply of face masks and a thermometer** with them for use throughout the semester.
- Students will be required to schedule a move-in time with Residence Life. We cannot accommodate arrivals any earlier than August 26, 2020 and move-in appointments are subject to availability.

Upon arrival:

- Residents and their helper will both have to participate in a **screening process** to determine if building entry is permitted for the helper or if the student is subject to quarantine.
- Residents must observe the 14-day quarantine upon arrival, and the full 14 days of quarantine are required for all students traveling from a state/country with a travel advisory. Passing the screening survey upon arrival does not exempt students from the travel quarantine requirement.
- Please consider what items you will need to support this mandate (i.e. towels, sheets, food) as you will not be allowed to leave your room once you've checked in for the 14-day period.
- Residents will be provided one reusable mask. Each residence hall will have additional disposable masks on hand for emergency situations; however, students should plan to bring a supply with them.

During 14-Day Traveler Quarantine:

- Residents will need to remain in their room upon their arrival at the residence hall for **14 days**. The resident **must not** be in public or otherwise leave their assigned suite.
 - Unfortunately, this means that residents cannot participate in any in-person programs, activities, or Orientation events until the 14-day quarantine has expired. There will be virtual events for students in quarantine to participate in.
 - Residents cannot use elevators or common stairwells and must stay indoors.
- The list of restricted states is being updated constantly. Once a student has arrived and moved into the residence hall:
 - If the restricted state they traveled from is removed from the list, the student will still be required to finish their 14-day quarantine period.
 - If a state gets added to the restricted list within the first 14-days that the student has moved into the residence hall, the student from the newly added state will be required to quarantine for 14-days, which will begin the day the state is added.
- Residents should follow [hygiene and cleaning best practices](#) and frequently disinfect commonly touched surfaces like bathrooms, faucets, doorknobs, light switches, etc.
- During the mandatory quarantine period:
 - g. Stay home and away from campus;
 - h. Watch for fever (100.4°F or above), shortness of breath, or other symptoms of COVID-19;
 - i. To the extent possible, stay away from others;
 - j. Whenever possible, wear face coverings when in shared space within suite;
 - k. If symptoms develop or worsen, consider seeking medical attention and/or getting tested for COVID-19;
 - l. If you experience any emergency warning signs like trouble breathing, chest pain, confusion, inability to wake or stay awake, and/or bluish lips or face, call Security, 911 or call ahead to your local emergency medical facility.
- Residents must bring a thermometer with them and check their temperature every day during the 14-day period. If at any time the resident's temperature is above 100.4 degrees Fahrenheit (38 degrees Celsius) the resident must notify safety@mmm.edu and residencelife@mmm.edu and 1760thirdsls@gmail.com immediately.
- Should a resident develop a fever or other [COVID-related symptoms](#), they must immediately alert the College by emailing residencelife@mmm.edu and safety@mmm.edu and 1760thirdsls@gmail.com. Residents may be required to quarantine or isolate in their room (see procedures below).
- Residents are able to purchase grocery items and order delivery using their Dining Dollars or personal funds. Residents cannot go down to the lobby to accept deliveries. Building staff will deliver these items during specified time windows each day. Local resources for delivery are listed below. Delivery windows will be shortly after 3pm each day with more delivery windows to be determined soon.
- Building staff will drop off mail or packages outside the students' doors shortly after 3pm each day.

- Virtual programming will be offered to encourage socializing and online connections between residents who are quarantining. Students should check MMC Engage for a schedule of events. Additionally, Resident Advisors (RAs) will hold virtual events for residents.

Identifying and tracking residents who need to quarantine or isolate:

- If a resident need to quarantine or move to isolation:
 - Student's ID card access will be deactivated until quarantine/isolation period expires. Students will request clearance from Residence Life and/or Dow Zanghi to obtain access.

After 14-Day Traveler Quarantine:

- After the end of the 14 days, if students have not developed any symptoms of COVID-19 and pass the screening survey, they are allowed to leave their rooms and participate in activities in accordance with the College's Health & Safety guidelines, the *Keep MMC Healthy* pledge, *MMC Residential Wellness Pledge*, and state and local guidelines and public health directives.
- Return to normal activities/engagement on campus post quarantine will proceed as follows:
 - d. **If you were quarantining because you have had close contact with a confirmed COVID-19 case** and have quarantined in your suite for 14-days from the date of close contact with a confirmed case and have not developed any symptoms, you will be able to resume normal activities/engagement on campus once you have notified residencelife@mmm.edu and received confirmation for end of quarantine.
 - e. **If you were quarantining because you traveled to/from an area for which a quarantine travel advisory has been issued** and have quarantined for 14-days upon arrival or return to NYC, you will be able to resume normal activities/engagement on campus once you have notified residencelife@mmm.edu and received confirmation for end of quarantine.
 - f. **If you were quarantining because you were experiencing COVID-related symptoms** and have tested negative for COVID-19 **and** are no longer experiencing symptoms, you will be able to resume normal activities/engagement on campus once you have notified residencelife@mmm.edu and received confirmation for end of quarantine.

Isolation Procedures for Students Who May Become Ill During Quarantine:

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 - Nearby residents will be notified that someone on their floor has been moved into isolation. They will be encouraged to disinfect their rooms.
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77 Third Avenue (between 11th and 12th Streets)
212.260.0060
44 East 8th Street
646.609.3166
- **Restaurant Delivery Apps**
 - Seamless
 - GrubHub
 - Postmates

- **Groceries for Delivery**
 - [Whole Foods](#)
 - [Peapod](#)
 - [Fresh Direct](#)
 - [Instacart](#)
- **Laundry Pick-up and Delivery**
 - Near 1760:
Bliss Cleaners: (212) 987-8887
 -
- **Medicine Delivery**
 - [CVS](#)
 - Duane Reade (delivery thru Postmates)

Questions or concerns? Please contact the Residence Life team at residencelife@mmm.edu or 1760thirdsls@gmail.com