



MarymountManhattan

Quarantine and Isolation 101

Updated: 1.12.22

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.

— 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 staff member will contact you shortly.
- If your symptoms are not severe or life-threatening, please remain in your room until a staff member 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 and proper safety protocols.

Moving Into Isolation

- **Notifications**
 - If you receive a positive COVID-19 test result, you must immediately alert the College by emailing Residencelife@mmm.edu and Safety@mmm.edu.
 - Residence Life will notify you that you 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 isolate at home.
 - 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 about quarantine procedures.
 - Quarantine protocol will apply for suitemates if it is determined that they have had close contact with the individual who has tested positive. Per CDC guidelines, close contact is defined [here](#).
- **Isolation Preparation**
 - You will need to collect necessary belongings from your room and move to the isolation space as quickly as possible.

- Necessary belongings include: bedding, blanket, pillow, computer, chargers, textbooks, toilet paper, towel, hygiene products, cups, plates, silverware.
- Residence Life will provide a shower curtain in the new room.
- Residence Life will work with Security so that you can use the elevators while moving to your isolation location.

During Isolation

- You must stay in your assigned isolation suite. You may not enter elevators or common spaces in the residence hall.
- If you order food delivery, Security will deliver food to the isolated apartment and leave it at your door after knocking.
- Packages will be delivered to you during the isolation period.
- You 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 During Isolation

- You will be encouraged to utilize Dining Dollars for delivery from off-campus vendors. You 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

Important Considerations

- If you need urgent assistance, you can contact Campus Safety:
 - [Campus Safety 55th Street: 212-371-2350](#)
 - [Campus Safety Cooper Square: 646-869-5126](#)
- If you need to leave the building to visit your doctor/urgent care, you must contact Campus Safety to arrange for an independent elevator 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 be assigned a release date designated by the Contact Tracer. Pursuant to updated guidance, you may request clearance to return to your 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 as stated to Contact Tracer 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

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: [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.