



September 18, 2020

Dear Students,

Over the past couple of days, many of you have asked questions about the types of activities that are permitted during our current quarantine and remote learning situation. This question is more complex than it may seem, so we want to take this opportunity to try to help all of us understand what is allowed and not allowed, as defined by three levels of quarantine: soft quarantine, strict quarantine, and isolation.

SOFT QUARANTINE

You are in soft quarantine if you do not currently have a positive COVID-19 test and you have not been contacted by Stoner Health & Counseling Center as someone who has been exposed to someone who has tested positive.

- You should stay in your room or bathroom area.
- You can leave to pick up your meals and bring them back to your room and to pick up your mail/packages.
- You can do your laundry at your residential location.
- You can work at your on- or off-campus jobs. For on-campus jobs, please check first with your supervisor before reporting to work.
- Those involved in off-campus endeavors -- such as student teaching, internships, practicums or clinicals -- should not report to your sites the week of 9/21-9/25. We will re-evaluate this after the first week of quarantine and notify you of any changes. You should check with the faculty or staff member who works with you to coordinate your off-campus endeavor.
- Please take your trash to a nearby dumpster.

STRICT QUARANTINE

You are in strict quarantine if you have been exposed to someone who has tested positive for COVID-19 and you have been identified through contact tracing. You should have been notified by Stoner Health & Counseling Center.

- You are confined to your room and you should only leave your room to use the bathroom.
- Your meals will be delivered to you by Parkhurst Dining. For the safety of the dining team, please make sure to wear your mask and maintain 6 feet distance.

- Your trash will be picked up daily beginning Monday, September 21, if it is set outside your room door by 11 a.m. Clear plastic trash bags are being placed outside your door. Double bag your trash and tie the open end off in a knot to prepare for pickup. Use the online work order form to request additional bags.
- You are **not** permitted to use laundry facilities in your residence hall or apartment.
- You are **not** permitted to go to your on-campus or off-campus job, internship or practicum, student teaching, or clinical.
- You may strict quarantine at home or on campus.

ISOLATION

You have been placed in isolation by Stoner Health & Counseling Center because you have tested positive or are currently symptomatic for COVID-19.

- You have been moved into isolation housing and you should not leave your residence.
- Your meals will be delivered to you by Parkhurst Dining. For the safety of the dining team, please make sure to wear your mask and maintain 6 feet distance.
- Your trash will be picked up on a regular basis.
- You are **not** permitted to go to your on-campus or off-campus job, internship or practicum, student teaching, or clinical.
- You may isolate at home or in your designated isolation housing. If you return home to isolate, you are **not** permitted to return to campus until you have received clearance from your local health department and Stoner Health & Counseling Center.

We understand the challenges these next two weeks have thrown our way. Supporting each other, we will get through this time. There are several opportunities you can take advantage of to help you maintain your mental and physical health:

Keep the Castle Connected

Stoner Health and Counseling Center staff will be providing students an opportunity to remain connected with others on campus during the quarantine. All Heidelberg students will be able to connect via Zoom for approximately 45 minutes a day with a Stoner Health and Counseling Center staff member as well as other students. This will take place Monday, Wednesday, Friday from 10-10:45 a.m. and on Tuesday and Thursday from 1-1:45 p.m.

Email counseling@heidelberg.edu to sign up for a specific day. Meetings will include brief mindfulness activities and engage students in casual conversations. These meetings are not meant to be therapy sessions.

Quarantine Dorm Workouts

It's important to stay as active as possible, especially during the quarantine. The Department of Athletics and coaches are organizing a series of dorm workouts. Check out [BergAthletics on Twitter](#) for the daily link to the campus-wide workouts.

Please continue to self-monitor for any COVID-19 symptoms **and** complete the [self-evaluation form](#) every day. If you are experiencing any COVID-19-related symptoms, your first call should be to the Stoner Health & Counseling Center at 419-448-2041, and they will guide you through

the correct next steps to take.

Remember, it's going to take every member of the Heidelberg community to practice preventative measures -- wearing masks, social distancing, good hygiene, and sanitizing your space -- all of the time if we are going to successfully reach the end of the semester living and learning on campus. That is our goal!

We are all Student Princes in this together!

Chris Abrams
Dean of Student Affairs

Janelle Baldosser
Director of Stoner Health & Counseling Center

Rob Huntington
President

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Chief Human Resources Officer and Coordinator of Title IX

Bryan Smith
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