

Harvard COVID-19 On-Campus Self-Isolation Instructions

This document outlines instructions on how to self-isolate on campus, should you be directed to do so by Harvard University Health Services (HUHS) or your Primary Care Physician. If you have additional questions after reviewing this document, please contact Harvard University Health Services (HUHS) Urgent Care 24-hours per day at 617-495-5711. If you are required at any point to self-isolate:

Meals

You will be contacted by Restaurant Associates (RA) about meal delivery. RA will ask if you need meals for your first day in self-isolation. You should refrigerate your meals until you're ready to eat them. Food providers will prepare and deliver bagged meals and provide disposable utensils, napkins, cups, and plates. For food deliveries, it is important that both you and delivery person are familiar with the following strategy, which uses social distancing to prevent exposure:

- You must remain in your room with the door closed.
- When the food is delivered, the delivery person will place it on the floor in front of your room/front door.
- You should wait a full two minutes after the delivery person knocks, so that he or she can move away from the door.
- After waiting two minutes, you may open the door and retrieve the food, closing the door behind you.

Support kits

The Facilities Management Office will deliver you a kit each week with fluids, snacks, toiletries, and medical supplies. Please see meal delivery instructions above for guidance on how you should receive these kits.

HUHS Health & Well-Being Check-Ins

An HUHS nurse will call you at least twice a day to check on your condition. You may also contact HUHS Urgent Care 24-hours per day at 617-495-5711 with any questions, concerns, or issues.

School Check-Ins

A representative from HLS will check in daily by phone or by email and help you with any academic or other needs that may arise due to your self-isolation. You can also contact the Dean of Students Office at 617-495-1880.

Visitors / Leaving the Room

You may not have guests visit, and you may not leave the room until noon on date you are released from self-isolation. You must remain in your room with the door closed (per the instructions above, you may open the door to get your meals and other supplies that are delivered to you). These rules are intended to protect both you and others, and we appreciate your cooperation in limiting the spread of illness. If you must leave your room because of a building emergency, wear the mask that will be provided to you by HUHS.

Trash

You should each day place your room trash and food waste into the trash containers provided within your room, or directly into the trash bags with which you have been supplied. Pour liquid waste (drinks) down your bathroom sink, not into the trash bag. Trash will be picked up every few days. You will be alerted via email when to leave your trash bag outside your door. When readying trash for disposal, put it into a second trash bag, knot it, and leave it just outside of your room door at the designated time. These trash procedures will help keep your room and the area outside of your door in a clean and sanitary condition.

Windows

You may open the windows or adjust the thermostat in your room to achieve a comfortable room temperature.

Room Cleaning

You should clean your room regularly, as you are able, during your period of self-isolation. When your self-isolation period is complete, you should thoroughly clean the room and bathroom, being careful to wipe down all surfaces.

Release Day Check-Out

HUHS will inform you of the date you may leave isolation. You may leave the room at noon on that date unless told otherwise by HUHS.