



Quarantine Information for the Chicago Emergency Travel Order and International Travel

Welcome to the spring semester. We hope you had a nice winter break and whether you are returning to campus or are new to our community, we are glad you are here! We know that current public health guidance about COVID-19 and quarantine requirements can be confusing, so we have prepared a handout to help you understand these requirements. Do not hesitate to contact Mike Blackman, Assistant Dean of Student Affairs, at mblackman@saic.edu if you have any questions. Thanks for doing your part to help keep the SAIC community safe and healthy!

Quarantine keeps someone who may have been exposed to COVID-19 away from others. In response to increased and high rates of COVID-19 transmission across the United States, Chicago issued a travel order on domestic travel and the CDC issued guidance regarding international travel including quarantine and testing requirements.

Domestic Travel

- **Orange**: States with higher spread. Travelers from these states must quarantine for 10 days upon arrival in Chicago OR submit a negative COVID-19 test no more than 72 hours prior to arriving in Chicago.
- **Yellow**: States with less spread. Travelers from these states do not have quarantine or testing requirements.

International Travel

Beginning on January 26, all travelers coming from an international location will need to provide a negative COVID-19 diagnostic test result, with the test having been taken no more than 72 hours prior to travel, to the airline in order to board a plane for the United States. The CDC also provides guidance for what to do upon arrival in the US. Travelers must:

- Quarantine for 10 days upon arrival in Chicago; or
- Quarantine for 7 days and submit a negative COVID-19 diagnostic test with the test being administered 3-5 days after you arrive in Chicago.

ALL STUDENTS must continue to follow SAIC's community expectations found on the [Make Ready page](https://saic.edu/makeready) (saic.edu/makeready) including monitoring their symptoms, maintaining physical distance, and wearing a face covering.

If you live in the residence halls, you may update us on your spring travel plans or submit negative COVID-19 test results using [this form](https://forms.gle/qXZjbLa1cowHLCC37) (https://forms.gle/qXZjbLa1cowHLCC37).

We have staff available to assist you!

In the residence halls, you can contact your building's RA if you need additional assistance; they will be available starting January 11, 2021. Also, you can contact your residence hall's RA on Call (from 6pm - 8:30am or all day on weekends) or Campus Security (24/7) if you need more immediate assistance.

<i>162 N. State St. Residences</i>	<i>Jones Hall</i>	<i>The Buckingham</i>
Security, 24 hrs – 312.846.2100 RA on Call – 312.502.4409	Security, 24 hrs – 312.516.5300 RA on Call – 312.502.4038	Security, 24 hrs – 312.535.0405 RA on Call – 312.502.4434

Outside of the residence halls, if you need immediate assistance, contact Campus Security at 312.899.1230.

EXPECTATIONS

If you are quarantining, you must stay in your room or apartment, avoiding common areas of your building, including the hallway, elevators, and lounge spaces, until your quarantine period ends.

Students who live in Jones Hall and the 162 N. State Street Residences have been assigned a single room if they need to quarantine. Because students in the Buckingham have private bedrooms, they will be quarantining together. Those students should adhere to the following:

- Stay in a separate room (e.g. bedroom) as much as possible;
- Always wear a face covering when in shared spaces, such as the kitchen and living room;
- Prepare your own meals and use separate cooking items to prepare food and eat;
- Make sure to wash all utensils and other items before using it again;
- Maintain your distance, do not come within six feet of others in the space; and
- Take extra care to practice good sanitation, wiping down surfaces, particularly in shared spaces like bathrooms and kitchens.

You are expected to follow all SAIC policies found in the Student Handbook (saic.edu/studenthandbook) while in quarantine.

Parents/family members traveling from a location with required quarantine do not need to quarantine in Chicago. But, they should quarantine in their hotel or other residence for their entire time in Chicago.

TAKING CARE OF YOURSELF/GETTING TO KNOW OTHERS

For students living in the residence halls, staff members from Residence Life and Student Affairs will check in with you every few days.

We encourage all students quarantining to keep busy and plan to:

- Keep up with your social network and remain connected to family and friends. Use video conferencing programs so that you can see faces;
- Bring comfort/familiar items from home (photos, decorations, etc.);
- Plan your time – keep a schedule, prepare for the semester, engage in activities;
- Exercise and meditate – keep active;
- Engage in SAIC digital content (Visiting Artist Program, Gene Siskel Film Center, SAIC John. M Flaxman Library, and learn a new skill with LinkedIn Learning) – get to know these resources which can be found at saic.edu/students.

We have developed a slate of virtual programs for you. To access the programming calendar go to engage.saic.edu.

SAIC's Wellness Center, including Counseling Service is aware of the quarantine requirements and is available to meet with students virtually. You can contact them at 312.499.4271 or counselingservices@saic.edu to schedule an appointment.

ACADEMICS DURING QUARANTINE

Spring classes begin on Thursday, January 28, 2021. Students who are required to quarantine should arrive early enough to begin their classes on time. If you are still in quarantine after in-person classes begin, notify your faculty.

MEDICAL CARE AND SUPPORT

If a student needs non-urgent medical advice or care, contact **SAIC Health Services** at healthservices@saic.edu or **312.499.4288** during business hours, Monday - Friday, 9am-5pm.

If you are experiencing a medical emergency, call **911** or **Campus Security at 312.899.1230**. Signs that you may be in need of emergency medical assistance related to COVID-19 include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

QUARANTINING IN THE RESIDENCE HALLS

All residents will be allowed to quarantine on-campus at no additional charge. If you live in:

- a **Single room** in 162 or Jones – you will quarantine in that room;
- a **Private** bedroom in the Buckingham – you will quarantine in that room;
- a **Double room** in Jones or 162 – you will not quarantine with your roommate. Residence Life has notified you of your quarantine location. If you cannot locate the email, contact stulife@saic.edu

Quarantine locations will depend on move-in dates and times and room type. SAIC will provide you with a space to quarantine at no additional charge if you live on-campus.

Food and Meals

Students should arrive with groceries if possible. Once they are moved in, students have two options:

Meal Plan Delivery - Food for Thought, SAIC's Food Service, will deliver meals to residence hall rooms. In order to place an order, you need to download the Transact Mobile Ordering app that is available through the App Store and Google Play. Once the app is downloaded, select SAIC as the campus location. Select "Res Hall Quarantine Delivery" to see menu options. Students can customize almost any entree to be vegan or gluten-free by clicking "customize." Students must order their meals by 10:00 p.m. the day before they want the delivery. Meal plan delivery is available Mondays through Fridays.

Grocery, Pharmacy, and Restaurant Delivery – Students can order takeout, groceries, or pharmacy items to be delivered to their residence hall any day between the hours of 1- 6pm. Students should order their items through the delivery service within that time and then go [here](#) to input the time that the food will be delivered. Staff will accept the items to bring them to the student's door, knock, and then drop off the items outside of the room. The form can also be found at <https://www.saic.edu/covid19/quarantine-and-isolation-0> under “In the Res Halls”

For groceries, we recommend ordering directly from Mariano's (333 E. Benton Place) via Instacart, Target (1 S. State St.) via Shipt, or Jewel-Osco (550 N. State St.) directly from the store for groceries or pharmacy. Grocery delivery may not include alcohol.

Essential Items

If you are moving rooms due to quarantine, you will not be permitted to return to your previous room until you complete quarantine, so please take enough supplies to last that entire time period. Here is a brief checklist of items you may want to consider bringing:

- Enough clothing to last two weeks
- Any materials needed to complete coursework (e.g. laptop, art supplies, books, notebooks, etc.)
- Sheets, pillows, blanket, towels
- Kitchen items: pots, pans, plates, bowls, cups, glasses, silverware
- Toiletries: soap, toothbrush, toothpaste, toilet paper, hand sanitizer, shampoo, conditioner, shaving supplies, deodorant, feminine hygiene products, hair dryer
- Glasses/contacts
- Medical supplies: thermometer, cough drops, pain reliever, medication (regularly taken and for cold symptoms)
- Alarm clock
- Chargers
- Face coverings
- Wallet, purse, credit card, cash Identification (e.g., driver's license, ARTICard, passport) and credit card/bank information Cleaning supplies (e.g., disinfecting wipes and sprays)

More information on move-in and other move-in related questions including shipping items to campus, information on cafés, and guests can be found on the [Residence Life Move-In](https://www.saic.edu/life-at-saic/housing/on-campus/move-in) (<https://www.saic.edu/life-at-saic/housing/on-campus/move-in>) page.

Facilities and Services

Laundry. During quarantine, students in Jones Hall and the 162 N State Street Residences will not have access to laundry facilities. Students should plan ahead and bring enough clothing so as not to need to do laundry during their quarantine period. Students in the Buckingham may use their in-unit laundry.

Trash. Staff will provide you with some large trash and recycling bags when you begin quarantine. Housekeeping staff will do a trash pickup on Mondays, Wednesdays, and Fridays on the schedule below. Double bag your trash/recycling bags and leave them directly outside your apartment/room during these times if you have trash to be picked up. For the cleanliness of the building, please do not leave your trash out prior to these time slots.

- **162 N State St, Floors 10-16:** 3:45 - 4pm
- **162 N State St, Floors 5-9:** 4:15 - 4:30pm
- **Jones Hall:** 4:45pm - 5pm
- **Buckingham:** 5:15pm - 5:30pm

If you need additional trash bags, fill out the service request form [here](#). The form can also be found at <https://www.saic.edu/covid19/quarantine-and-isolation-0> under “In the Res Halls”

Mail. Residence Life staff will hold mail at the mailroom until your quarantine period has ended. If you are expecting urgent mail or an urgent package, click [here](#) and request it be delivered to you. The form can also be found at <https://www.saic.edu/covid19/quarantine-and-isolation-0> under “In the Res Halls”

Fire Alarm. If the fire alarm goes off, evacuate the building. Follow appropriate physical distancing and wear your face covering.

Other Issues. If you have a time sensitive or urgent facilities concern (e.g. flood, power outage) that needs to be addressed prior to the end of your isolation or quarantine, contact Campus Security at 312.899.1230.

QUARANTINING OUTSIDE OF THE RESIDENCE HALLS

Food and Health Supplies

We recommend relying on delivery services. This could include restaurant takeout or using a grocery or pharmacy delivery service such as Amazon Fresh, Shipt, or Instacart.

Laundry

If you do not have in-unit laundry, minimize laundry use during your isolation and quarantine period. When doing laundry, either utilize a laundry service or practice good sanitation practices while in a laundry facility. Use clean, disposable bags to transport your laundry and do not place your laundry on surfaces other than the inside of the units.

Trash

Check with your landlord or association regarding any recommendations for trash removal. You may need to leave your apartment to dispose of trash. Be sure to wear a mask and wash your hands before and after leaving your apartment.