



Back-to-School Quarantine Instructions for Residence Hall Students

Quarantine is an essential component of reducing the risk of spread of COVID-19. This sheet provides some of the more important information you will need regarding your quarantining.

We have staff available to assist you! You can contact your RA if you need additional assistance. Also, you can contact each building’s RA on Call or Campus Security if you need more immediate assistance.

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

DEFINITION AND EXPECTATIONS

Quarantine keeps someone who was in close contact with someone who has COVID-19 away from others. If you are quarantining, you should stay in your room or apartment, avoiding common areas of your building, including the hallway, elevators, and lounge spaces, until your quarantine period ends.

If you live with others in the Buckingham:

- Stay in a separate room (e.g. bedroom) as much as possible;
- Wear a face covering when in shared spaces;
- Use separate materials to prepare food and eat;
- Avoid spending too much time within close proximity (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.

Mandated Quarantine

Guidance from the Centers for Disease Control and Prevention (CDC) and the Chicago Department of Public Health (CDPH) requires students coming from abroad or from states [experiencing a surge in new COVID-19 cases](https://www.chicago.gov/city/en/sites/covid-19/home/emergency-travel-order.html) ([chicago.gov/city/en/sites/covid-19/home/emergency-travel-order.html](https://www.chicago.gov/city/en/sites/covid-19/home/emergency-travel-order.html)) to quarantine for 14 days upon arrival in Chicago.

[Chicago’s order](#) is updated every Tuesday and goes into effect the following Friday. If your state is added to the list after you arrive, you will not be required to quarantine.

Length of Quarantine

You should plan to quarantine for 14 days after your arrival in Chicago. 1 day would count as one 24-hour period. For example, if you arrive and check into the residence hall at noon on August 15 you would be able to leave your room at noon on August 29. You are expected to follow all SAIC policies found in the Student Handbook (saic.edu/studenthandbook) while in quarantine.



Parents/family members who are dropping off their student do not need to stay in Chicago for 14 days. But, they should quarantine in their hotel or other residence for their entire time in Chicago.

TAKING CARE OF YOURSELF/GETTING TO KNOW OTHERS

RAs are excited to get to know you and will check in with you every few days. We encourage you 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 mediate – 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 programs and will have at least one activity every day. To access the programming schedule go to the events section of the **MySAIC** app. For more information about MySAIC and how to download the app, visit the App Store/Google Play and search “MySAIC/AIC.” Once you download the app, select the Student persona and log-in with your SAIC credentials.

We will offer programs such as yoga, meditation and online games. Specific events you will want to attend include:

- New Student Orientation (August 10 - September 1)
- Campus Resource Fair (August 25 and 26)
- Student Groups Fair (August 27)

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 (saic.edu/counseling) to schedule an appointment.

ACADEMICS DURING QUARANTINE

Students quarantining when they first arrive in Chicago should arrive early enough to begin their classes on time. You should check your email for any correspondence with faculty regarding preparation needed for the start of classes.

QUARANTINE LOCATIONS

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. We will notify you by 8/14 of your quarantine location.

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 at all possible. Once they are moved in students have two options:

Meal Plan - Food for Thought, our food service partner, will be delivering meals to students' rooms beginning on Sunday, August 16. Students have the option to use their meal plan to order food for lunch and/or dinner every day. Meal plan food delivery should be ordered through the SAIC Mobile Ordering app. To get the app, visit the App Store/Google Play and enter "Transact Mobile Ordering." Search and select "SAIC" as your campus location. During the quarantine period, students will select the "Res Hall Quarantine Delivery" where they will see the menu options - including sandwiches, grill, cooked items prepared to reheat and a few groceries, like milk, cereal, etc. Students need to place their order no later than 8pm each night. Only students who are in quarantine should use the delivery service.

Grocery Orders - the second option is for students to place an online grocery order to have delivered to their residence hall. We will have specific dates and times that students should plan their deliveries in each building. We have hired a team of students who will be available during the delivery times to accept the deliveries in the lobby and to deliver them to the student's room. Go [here](#) to sign up for a time for staff to deliver your items and then order the items on your own to be delivered as close to the window you signed up for as possible. The form can also be found at <https://www.saic.edu/life-at-saic/housing/on-campus/move-in> under "What do I need to know about quarantine?" In the residence halls, 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.) direct from the store for groceries or pharmacy. Grocery delivery may not include alcohol.

Because we are offering these two options, and because students cannot leave their room to accept deliveries, we will not be able to facilitate pizza and other food deliveries.

QUARANTINE ESSENTIAL ITEMS

We recommend you pack 1 or 2 bags before you arrive on campus with all of the items you think you will need. 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 you that long. Here is a brief checklist of items you may want to consider bringing:

- Enough clothing to last you two weeks;
- Any materials you would need to complete coursework (e.g. laptop, art supplies, books, notebooks, etc.);
- Sheets, Pillows, Blanket, Towels;
- Kitchen items: plates, bowls, cups, glasses, silverware (consider disposable);
- Toiletries: soap, toothpaste, toilet paper, hand sanitizer, shampoo, conditioner, toothbrush, shaving supplies, deodorant, feminine hygiene products, hair dryer;
- Glass/contacts;
- Medical supplies: thermometer, cough drops, pain reliever, medication (regularly taken and for cold symptoms);
- Chargers;

- Face coverings;
- Cleaning supplies (e.g. disinfecting wipes and sprays);
- Wallet, purse, credit card, cash;
- Identification (e.g. driver's license, ARTICard, passport) and credit card/bank information.

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](#) page.

FACILITIES AND SERVICES

Laundry. During quarantine, students may not be able to access laundry facilities. Students should plan ahead and bring enough clothing so as not to need to do laundry during their quarantine period.

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/life-at-saic/housing/on-campus/move-in> under “What do I need to know about quarantine?”

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/life-at-saic/housing/on-campus/move-in> under “What do I need to know about quarantine?”

Fire Alarm. If the fire alarm goes off, evacuate the building. Make sure you are wearing your face covering and follow appropriate physical distancing.

Facilities Issues. If you have a time sensitive or urgent facilities concern (e.g. flood, no power in room, etc.) that needs to be addressed prior to the end of your quarantine, contact Campus Security at 312.899.1230.

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 faculty or staff need non-urgent medical advice or care, they should contact their primary care provider.

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