Quarantine Instructions for Students in the Residence Halls (July & August 2021)

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 email joneshalloffice@saic.edu and staff will respond shortly. You can contact each building’s RA on Call or Campus Security if you need immediate assistance.

Campus Security – 312.516.5300 (24 hr);
RA on Call – 312.502.4409 (6pm - 8am Monday - Friday, 24hrs on Saturday & Sunday)

DEFINITION AND EXPECTATIONS

Make Ready Shared Responsibilities
SAIC expects all students to follow SAIC’s Make Ready Shared Responsibilities including covering your face, monitoring your health, practicing good hygiene and more. See here for more details: www.saic.edu/makeready/responsibilities.

Quarantine helps limit the spread of COVID-19 by keeping yourself away from other people after possible close contact with someone who has COVID-19. If you are quarantining, you should stay in your room, avoiding common areas of your building, including the hallway, elevators, and lounge spaces, until your quarantine period ends.

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 (chicago.gov/city/en/sites/covid-19/home/emergency-travel-order.html) to quarantine for 10 days upon arrival in Chicago. Chicago’s order is updated every other Tuesday and goes into effect the following Friday.

Length & Parameters of Quarantine
Currently Chicago’s Emergency Travel Order is requiring unvaccinated individuals to quarantine after their international travel. This quarantine will begin immediately after you arrive in Chicago.

- Quarantine for full 7 days with a Covid-19 diagnostic test 3-5 days after the travel. or
- Quarantine for full 10 days without a test
- For example, if you arrive and check into the residence hall at noon on July 23, get tested for COVID -19 and receive a negative result on July 26, 27 or July 28, you would be able to leave your room at noon on July 30 OR you arrive and check into the residence hall at noon on July 23 you would be able to leave your room at noon on August 2
- The only time you will be allowed to leave the residence hall room is to receive your COVID-19 vaccine and/or your viral test for Covid-19. Once you have completed the full length of quarantine without any COVID-19 symptoms, you may leave your room and/or the building and access Chicago and/or other SAIC campus buildings

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

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Testing Locations
You will need to make an appointment online on the day you arrive. These sites will allow you to book an appointment 2-3 days prior to your test day. There are several testing sites near the SAIC Campus in downtown Chicago. Please contact Younsoo Kim Flynn ykim14@saic.edu if you need more information.

- Michigan Avenue Immediate Care
  Address: 24 E Randolph Street Chicago, IL 60601
  Book online: https://www.clockwisemd.com/hospitals/3398/appointments/new

- Physician’s Immediate Care
  Address: 811 South State St. Chicago, IL 60605 (same day results)
  Book online: https://physiciansimmediatecare.com/clinic/south-loop/

Parents/family members who are dropping off their student do not need to stay in Chicago for 10 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

Summer Student Staff 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.

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.
FOOD AND MEALS

Students should arrive with groceries if 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 Monday - Friday beginning on July 26th. Students have the option to use their meal plan to order for delivery between 11am-1pm. 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 between 12pm-5pm Monday - Saturday. 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](https://tinyurl.com/RLrequest) 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://tinyurl.com/RLrequest](https://tinyurl.com/RLrequest). 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 restaurant and other food deliveries.

**QUARANTINE ESSENTIAL ITEMS**

We recommend you arrive on campus with all of the items you think you will need during quarantine. Here is a brief checklist of items you may want to consider bringing:

- Enough clothing to last you 10 days;
- 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);
- Face coverings;
- Cleaning supplies (e.g. disinfecting wipes and sprays);
- Wallet, purse, credit card, cash;
- Cell Phone and/or Laptop/iPad;
- Chargers;
- Identification (e.g. driver’s license, 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.

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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 bags when you begin quarantine. Housekeeping staff will do a trash pickup Monday thru Friday between 9am & 10am. Double bag your trash/recycling bags and leave them directly outside your room before 9am. For the cleanliness of the building, please do not leave your trash in the hallway outside of these times.

If you need additional trash bags, fill out the service request form here. The form can also be found at https://tinyurl.com/RLrequest.

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://tinyurl.com/RLrequest. We do not recommend you have anything delivered after August 15.

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 312.516.5300.

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

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