

| MENTAL HEALTH & WELLNESS

The **Mines Counseling Center** is offering many virtual services, including drop-in Zoom office hours, wellness seminars and Mindful Mondays meditations. A peer-to-peer group has also been created for students looking for support and connection to other students: counseling.mines.edu

The **Student Rec Center** has all sorts of free virtual fitness classes -- yoga, HIIT, total body, Zumba and more: recsportsstore.mines.edu

YOU@Mines is an online wellness resource with relevant articles and tips for succeeding in virtual/remote classes and staying connected while quarantining: you.mines.edu

Can I go outside? Residence Life will set up a daily window of time where you can safely exit the building and get outside to move around, exercise or get some sun. Details will be communicated directly to you by staff.

| ACADEMICS

Mines Student Life will notify instructors that you will not be able to attend classes or labs in-person during your quarantine or isolation period.

Since most classes are also accessible remotely, however, you should be able to participate remotely, as you are able.

Faculty have been asked to work with students to ensure you can continue to contribute to and progress in your classes and complete any exams or assignments remotely—or reschedule any course components that cannot be accommodated remotely.

If a student is hospitalized, or simply too ill to participate fully in remote classes, they should notify their faculty and request to make up any missed coursework, lectures, assignments or exams at a later time.

| HOUSING

Meals

Students with meal plans can opt-in to have meals provided by Mines Market, and it will not affect their meal swipes or Munch Money. Students in quarantine will be authorized to pick up their meals daily from a designated location, students in isolation will have their meals delivered to their suite door. Students with dietary needs or with pickup time conflicts should contact Adriana Alba at aalba@mines.edu. If you do not have a meal plan, Adriana can also provide some options.

Laundry

Students in quarantine are not allowed to utilize shared laundry rooms. If you have an urgent laundry need, please contact Adriana Alba.

Packages & Mail

Mail will be held for you during quarantine, except for medically or academically necessary items. Students are discouraged from ordering online but can request to have care packages delivered to their door. If you get notice that you have been delivered one of the above items, please notify Adriana to request delivery of the item to your door.

Trash

Adriana Alba will provide guidance on how to dispose of any trash.

| WE'RE HERE FOR YOU!

Mines CRIT (quarantine-related questions)

crit@mines.edu

Adriana Alba (housing-related issues)

aalba@mines.edu or 720-295-4003

Student Health Center

303-273-3381 or shc@mines.edu

COVID-19 Quarantine Instructions & Resources



QUARANTINE INFORMATION

| WHY ME?

You are someone who has or may have been in **close contact with a person who has tested positive for COVID-19**. That puts you at elevated risk of contracting the virus and becoming contagious to others. You must stay away from other people while you check yourself for symptoms.

| HOW LONG?

The length of time you need to stay away from other people is **14 days after the last time you were exposed to COVID-19**.

That's how long it can take for you to develop the infection after being exposed, AKA the incubation period.

| WILL I BE TESTED?

The CDC recommends COVID testing for all close contacts due to asymptomatic and pre-symptomatic transmission. By getting you tested, we can identify active infections even if you have no symptoms.

CRIT will advise you when to schedule your test on campus at COVIDCheck Colorado.

Please note: You cannot shorten your quarantine period by testing negative.

A negative test result does not completely rule out you being infected with COVID-19. If you test negative for COVID-19, this means the virus was not detected at the time your specimen was collected. It is still possible that you were very early in your infection and could test positive later.

| MONITORING YOUR HEALTH

An important part of quarantine is regularly monitoring your health and watching for symptoms consistent with COVID-19.

Watch for:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting or diarrhea

Let CRIT know if you need a thermometer to check your temperature. We'll get one to you.

If you develop symptoms, please contact the Student Health Center at 303-273-3381 for further guidance.

After hours, all Mines students have access to AHP Live tele-health. Instructions are available at mines.edu/student-health.

| CAN I GO HOME?

Yes, you may move off campus temporarily to complete your quarantine.

However, **Mines strongly recommends that you remain on campus** to quarantine.

Quarantine is intended to reduce the possible transmission of COVID-19 to others. You do

not want to take the chance of spreading the virus to family members, your home community or others who might be more vulnerable (elderly and persons with certain medical conditions).

| IF YOU DO GO HOME

Consider yourself infectious and protect others in your household

- Stay in a separate room from other household members, if possible
- Use a separate bathroom, if possible
- Avoid contact with other members of the household and pets
- Don't share personal household items, like cups, towels, and utensils
- Wear a mask when around other people, if you are able.

Before you return to campus

You will need to show proof of a negative COVID test (**PCR Test**) result before you will be allowed to move back into the residence hall.

The test will need to be **taken after you have completed your quarantine and before you return to Mines**. You will also need to wait until the residence hall quarantine period has ended.

Submit a screen shot or pdf copy of your negative test result to crit@mines.edu

Plan ahead

You must have your negative COVID-19 test result in hand and submitted to CRIT before you can move back to campus.

While you are welcome to test at the COVIDCheckColorado site on campus, it may take a couple of days for your test results to be returned.