



MICC College Program COVID-19 Quarantine Scenario FAQ's

What does quarantine mean?

Quarantine may be recommended when someone is displaying possible symptoms of COVID-19, may have been exposed to COVID-19, or is wanting to ensure they do not have COVID-19 before joining a new activity or social group. Quarantine means remaining inside your home or apartment to limit contact with people outside your family unit. People in quarantine can still move freely around their home but should try to stay 6 feet away from others in their family unit. People in quarantine who live with others may want to designate a particular bathroom for their own use.

What is the difference between quarantine and isolation?

Isolation is recommended when someone has received a positive COVID-19 diagnosis. They may be isolating in a hospital or at home. Isolation means remaining inside your home with zero public contact. Someone in isolation should avoid all other members of their family unit, should remain in their bedroom as much as possible, and should wear a mask when outside their bedroom. Quarantine is less strict than isolation, as people in quarantine can still move around their home more freely. MICC is able to support participants in quarantine but is not able to support participants who need to isolate due to a positive COVID-19 test.

Do I have to quarantine before returning to campus in August?

Participants are strongly encouraged to quarantine in the two weeks before move-in, but it is not required. We understand that some participants are not able to quarantine due to travel plans or other needs. Quarantining at home before move-in reduces the risk that someone will bring COVID-19 to campus. Quarantine at home does not mean being stuck in your room; it just means limiting trips outside your house and interacting only with the people you live with. Quarantining at home also means doing daily symptom monitoring.

When would a participant be quarantined on campus?

A participant would be quarantined if the following conditions are met:

1. The participant has possible COVID-19 signs or symptoms, and a medical provider recommends quarantine. Signs or symptoms of COVID could include fever of 100.4 or higher, new and persistent dry cough, difficulty breathing, unusual fatigue.
2. The participant has been exposed to COVID-19, and a medical provider recommends quarantine.
3. The participant is awaiting the results of a COVID-19 test, either due to possible symptoms or possible exposure.

How long does quarantine last?

Participants with symptoms must remain in quarantine until the following conditions are met:

1. 3 days have passed with no fever AND
2. 10 days have passed since symptoms first appeared AND
3. Respiratory symptoms have improved

Participants with no symptoms but possible exposure should remain in quarantine until the following conditions are met:

1. Negative COVID-19 test OR
2. 14 days have passed since possible COVID-19 exposure

If I am in quarantine, can I go anywhere?

Participants in quarantine must remain in their assigned campus apartment. They can move around these places:

1. Designated bathroom
2. Patio/balcony
3. Personal bedroom
4. Kitchen and common spaces when roommates are not present
5. Kitchen and common spaces with a mask on when roommates are present

If my roommate has symptoms but has not tested positive for COVID-19, what happens?

The roommates of someone with possible symptoms can choose to quarantine along with their peer if they want. Roommates are not required to quarantine. Roommates in shared bedrooms with someone experiencing symptoms will be supported in moving their mattress to another bedroom or to a common space in the apartment. Roommates cannot have visitors over while their peer is quarantined. Any apartment classes will take place virtually or in another location for roommates.

If my roommate has tested positive for COVID-19, what happens?

Your roommate will return home if they test positive for COVID-19. A Director at MICC would then contact the Minnesota Department of Health and/or qualified medical professional to discuss next steps. Roommates would likely need to quarantine for 14 days or until a negative COVID-19 test since they may have been exposed to COVID-19.

Who will help me if I am quarantined in my apartment?

MICC staff will still provide support to a participant quarantined in their apartment. The participant would receive a daily virtual check-in to review symptoms. Medications will be delivered at the beginning of quarantine, as needed, and medication supports will be virtual. All participants will proactively develop a quarantine food plan at the beginning of the year, which will then be delivered to their apartment. If necessary, participants can bag their laundry for staff to clean and return.

If I am quarantined, will I still be able to continue classes?

Yes - you will still have access to classes via alternative modes of course instruction. This could look like joining class through Google Meet, having independent coursework in Google Classroom, or other creative options to promote coursework engagement.

Who will help me if I need to get COVID-19 testing?

If a medical professional recommends that you get tested for COVID-19, MICC staff would support you in calling your family to determine if a family member or local emergency contact is able to take you. In the case that no one is able to take you in a timely manner, MICC staff will take you to get tested.

What testing sites and medical clinics will MICC use to support someone who is sick?

Unless a family has specified otherwise for health insurance purposes, MICC takes participants to Fairview Southdale Hospital. Different testing sites have different requirements, so MICC will check the most current testing information before determining which location to use. The closest sites are Edina Sports & Family Medicine and France Avenue Family Physicians.

What if I test positive for COVID-19 and my parents can't pick me up?

Participants who test positive for COVID-19 must be supported in leaving campus within **24 hours** of their positive diagnosis. MICC is not able to provide the support that someone in self-isolation needs. MICC also does not provide 24/7 monitoring in the case that symptoms become severe. Families are encouraged to plan for several local emergency contacts in the case that the primary emergency contact is not able to pick up a participant.