

WELCOME TO FALL 2020

QUICK REFERENCE SUPPORT GUIDE DURING COVID-19

RUTGERS

Office of Housing and
Residence Life | Newark

Rutgers University – Newark and the Office of Housing and Residence Life has adjusted several policies and partnered with campus resources to assist in maintaining safety and security within our on-campus residential communities. This quick reference guide will assist you as we move forward during the COVID-19 pandemic.

KEY TERMINOLOGY

QUARANTINE	Separating people and limiting movement of people who have or may have been exposed to the disease to see if they become ill.
ISOLATION	Separating people who are ill from others who are not ill to keep the disease from spreading.
SOCIAL DISTANCING	Keeping at least 6 feet of space between yourself and other people to prevent the spread of disease.



WHO MUST QUARANTINE

- Anyone traveling to or from outside of the US within the last two weeks.
- Anyone traveling to or from states included on the [New Jersey Travel Advisory list](#).
- Anyone potentially exposed to someone testing positive for COVID-19.

States and territories included on the NJ Travel Advisory list, include:

Alabama, Arkansas, Arizona, California, Florida, Georgia, Hawaii, Idaho, Iowa, Illinois, Indiana, Kansas, Kentucky, Louisiana, Maryland, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, North Carolina, North Dakota, Oklahoma, Puerto Rico, South Carolina, South Dakota, Tennessee, Texas, Utah, Virginia, Virgin Islands, and Wisconsin (updated 8/11)

WHILE IN QUARANTINE

- Stay in your designated space for 14 days or until cleared by Health Services.
- Watch for common signs and symptoms (fever, cough or shortness of breath).
- Food may be delivered, or you can arrange for outside meal delivery.
- If you need to leave:
 - keep 6 feet distance between yourself and others.
 - Stay away from other people as much as possible.
 - Wear a mask if contact with other people can't be avoided.
- Isolate yourself at home if you feel ill. Call your doctor if symptoms worsen.



UNIVERSITY SUPPORT RESOURCES

Student Health	Counseling Center	24-hr Nurse Line	Rutgers Police	Housing
973.353.5231	973.353.5805	866.221.9674	973.353.5111	973.353.1037

WE ARE IN THIS TOGETHER

SHARED RESPONSIBILITY: The health and safety of all who live on campus *is a shared responsibility*. We all play an even more important part in ensuring high levels of safety in OUR community.

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A Message from the RUN Counseling Center

No doubt, we are in challenging times - When it comes to quarantining, just because you are isolated, does not mean you are alone. RUN Counseling Center services are now exclusively online through the Fall 2020 semester. While a phone/video session can be scheduled with a clinician through our virtual front desk, our services go beyond. Contact us with any questions: 973.353.5805 or Counseling@newark.rutgers.edu

- Live Guided Meditation (Mondays @4:00p starting 9.7.20): [Meditation Mondays](#)
- The Daily Drop: Drop-in hour every weekday at 4:00p to connect with a clinician [The Daily Drop](#)
- Virtual Support Spaces - Connect with others going through similar challenges and broaden your network (please call/email for details)

Self-Guided Support

- [Therapy Assistance Online \(TAO\)](https://thepath.taoconnect.org/local/self_help/signup.php): https://thepath.taoconnect.org/local/self_help/signup.php
- [Mindfulness Exercises](https://www.taoconnect.org/english-exercises): <https://www.taoconnect.org/english-exercises>
- [Coping with COVID-19](https://www.taoconnect.org/mindfulness-exercise/): <https://www.taoconnect.org/mindfulness-exercise/>

QUARANTINE/ISOLATION DAILY HEALTH LOG

	DATE	AM TEMP	PM TEMP	SYMPTOMS
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				
DAY 8				
DAY 9				
DAY 10				
DAY 11				
DAY 12				
DAY 13				
DAY 14				

ADDITIONAL RESOURCES

- [Rutgers University COVID-19 Information](https://coronavirus.rutgers.edu) : <https://coronavirus.rutgers.edu>
- [Guide to Residence Life & COVID-19 Info](https://housing.newark.rutgers.edu/guide-residence-life): <https://housing.newark.rutgers.edu/guide-residence-life>
- [NJ COVID-19 Information Hub](https://covid19.nj.gov) : <https://covid19.nj.gov>

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