

# QUARANTINE, ISOLATION, & ACADEMIC ACCOMMODATIONS

## "I'M QUARANTINED" OR "I'M ISOLATED"

So...a student emails you these words. What does this mean? **Quarantine** means they have been identified as a close contact (< 6 ft. for 15 minutes or more). It could also mean that a student is self-quarantining because they were an indirect contact or they are waiting for test results. **Isolated** means they tested positive for COVID-19.

## HOW CAN WE MAKE THIS PROCESS LESS STRESSFUL FOR STUDENTS?

Quarantine and Isolation can be really stressful for students (really, for anyone). It is stressful thinking about potentially getting sick. It is scary being told you can't leave your home or dorm, and it's hard not knowing what classes will look like during this quarantined/isolated period.

**Academic Accommodations help students comply  
with Quarantine/Isolation.**

### So what are some things we can do to reduce stress?

- **COMMUNICATE.**
  - Email them back!
- **Discuss deadlines and expectations.**
  - Do any of these deadlines allow for flexibility?
  - Recognize these deadlines might need to shift if a student tests positive.
- **How can a student continue with your course while Isolated or Quarantined?**
  - Can they zoom in? Will you post recordings for them?
  - Be sure to follow through on whatever you arranged. It can be stressful for students when we forget to send them a zoom link.
- **Check in with students and see how they are doing.**

Do you have a specific COVID-19 question you want answered?  
Email it to [ndmoore@truman.edu](mailto:ndmoore@truman.edu)