

**Oakland University**  
**Expectations for Students in Isolation or Quarantine**

**Students should remain in the assigned isolation/quarantine space for the entirety of the isolation/quarantine period. Exceptions to these requirements include when you have been advised to seek medical attention or there is an emergency or fire-drill in your location. Wear a mask and socially distance any time you must leave your assigned isolation/quarantine space.**

**See more information at:** <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

**FOR ALL STUDENTS**

1. Do not invite friends or family over to the quarantine or isolation space. Connect with friends and family virtually during this time.
2. Answer and be responsive to telephone calls and messages from the support team, this could include GHC staff or Residence Life Staff (RA/GRD/RD).
3. Report any health related concerns to your primary care physician or the Graham Health Center at 248-370-2341 or [health@oakland.edu](mailto:health@oakland.edu).

**FOR RESIDENT STUDENTS IN ISOLATION/QUARANTINE ON CAMPUS**

1. If you are assigned to quarantine or isolation, please remain in your assigned room at all times except for traveling to an assigned common restroom or for meal pick-up.
2. In the event that University staff must enter your room, you must wear a mask at all times.
3. Report any health related concerns directly to the Graham Health Center at 248-370-2341 or [health@oakland.edu](mailto:health@oakland.edu). The webmail and GHC phone messages will be monitored 7 days per week and a nurse practitioner will return your message within 24 hours. A nurse practitioner can provide a telehealth or in person visit as needed.

**What CAN'T You Do While in Isolation/Quarantine?**

- *DO NOT* go to face-to-face classes, work, public events, dining halls or group gatherings.
- *DO NOT* leave your room except to travel to your assigned restroom, for food pick-up or to receive medical care.
- *DO NOT* have visitors. Family and friends may not come to visit as this puts them and others at risk.

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**What CAN You Do While in Isolation/Quarantine?**

- STAY in your room and REST.
- REACH OUT to let your faculty members know if you are not able to fully engage in your courses.
- STUDY, READ, WATCH A MOVIE, JOURNAL about your experiences
- Follow University Recreation and Well-Being on social media! Social media will have all of the latest and most up-to-date schedules, activities, and opportunities for virtual (and in-person opportunities when appropriate) to keep you healthy and engaged!
  - Instagram: OUREcwell
  - Facebook: OUREcwell
  - TikTok: @oureccwell
  - Web Site: [oakland.edu/recwell](http://oakland.edu/recwell)
  - Fusion Portal: [myrecwell.oakland.edu](http://myrecwell.oakland.edu) (this is new technology and has EVERYTHING Rec-related)

Opportunities for engagement:

- Daily virtual group exercise classes: a variety of formats are offered, no experience necessary. Minimal equipment or no equipment needed. Modifications are provided for all fitness levels. Formats include but aren't limited to yoga, strength, zumba, dance fusion, abs glutes and thighs, etc.
- eSports and gaming: numerous virtual tournaments are being offered throughout the remainder of the semester. Multiple games like Super Smash Bros, Fortnite, COD Warzone, and Rocket League are available.
- Wellness activities: virtual trivia, mindfulness and breathing along with stress management tools are offered. A Wellness @ Home series with projects to keep your mind healthy is also available weekly or bi-weekly. Led by peer ambassadors, virtual wellness is a great way to de-stress and relax.

**How to Take Care of Yourself**

- Eat regular, healthy meals.
- Get at least eight hours of sleep.
- Stay hydrated.
- Find a way to keep active in your room. Consider streamed exercise classes.
- Open your windows and get fresh air when you can.
- Connect with friends and family virtually.
- Do not use alcohol or recreational drugs.
- No smoking, no vaping.
- Monitor your symptoms
- Use fever-reducing medicines as indicated by medical personnel.

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**What does the University do to support you while in isolation/quarantine?**

**Health care:**

- Graham Health Center: <https://www.oakland.edu/ghc/>
  - phone: 248-370-2341
  - email: [health@oakland.edu](mailto:health@oakland.edu)
- GHC nurse practitioners can provide telehealth or in person visits if you are having symptoms or concerns

**Mental care:**

- Counseling Center Resources
  - OU Counseling Center: <https://oakland.edu/oucc>
  - Phone: 248-370-3468

**Physical health:**

- The Rec Center has online resources for online activities: <https://www.oakland.edu/recwell/>

**Peer support:**

- Contact the Dean of Students Office by phone at (248) 370-3352, email at [deanofstudents@oakland.edu](mailto:deanofstudents@oakland.edu), or at their website: <https://www.oakland.edu/deanofstudents/>