



RESPONSIBLE RAIDERS

What to do if you are in quarantine for experiencing symptoms of COVID-19

EXPOSED means you were likely within 6 feet of a person with COVID-19 for 15 minutes or more, and therefore, you could develop the virus.

QUARANTINE means that you must stay away from others until it can be determined whether your symptoms are due to COVID-19. A COVID Medical Responder will update your Raider Check to show the dates you should quarantine/isolate.

In quarantine, please follow these guidelines:

- As much as possible, stay 6 feet away from others in your home/dorm room/apt. Do not go to class, church, the store, or any gathering.
- You may go outside for fresh air and exercise. Any time you leave your room, stay more than 6 ft away from others and wear a mask.
- If you share a room with someone who is not quarantined, please wear a mask at all times.
- Continue to complete your daily screenings on Raider Check while in quarantine.
- Respond to requests and messages from the COVID Medical Responder via Raider Check.
- If your symptoms worsen and you experience any of the following, seek medical care immediately: difficulty breathing, shortness of breath, persistent pain or pressure in your chest, mental confusion or bluish lips or face.

Instructions for students who are in quarantine on campus

What do I do for meals?

Check the email from Michael Simmelink, COVID Coordinator, (michael.simmelink@nwciowa.edu). He will help you get meals and provide a link to order delivery meals from the café.

- Delivery meals for the following day must be ordered by 10:00 pm the evening before.
- Meal delivery begins at 8 am (breakfast), 12 pm (lunch), and 5:30 (dinner)—please allow at least 30 minutes for delivery.
- Meals will be packaged in sacks. Use that sack to dispose of your meals in the outside dumpster. Please wear a mask when disposing of your garbage outside your room.

- Meals that exceed your meal plan allowance will be charged on a per-meal basis. Flex dollars can be used to pay for meals that exceed your meal plan allotment.

Should I get tested?

The COVID Medical Responder will help determine whether or not your symptoms indicate you should get tested. See the quarantine letter sent to you on Raider Check for instructions on free testing.

What do I do if my test result is negative? Put your test result in Raider Check. A COVID Medical Responder will adjust your quarantine dates to ensure you are well enough to be released from quarantine.

What do I do if my test result is positive? Put your test result in Raider Check, and let your RD know whether you will isolate at home or will need isolation housing on campus. Review the instructions for what to do if you are positive for COVID sent to you on Raider Check or on [MyNWC/COVID tab](#).

Can I go to athletic practice?

If you have symptoms or develop symptoms, you are not allowed to watch or attend practice. If you test positive for COVID-19, you are not allowed to watch practice.