

Protocol for Isolation, Quarantine and Self-isolation in a residence:

Version February, 2021

(This protocol evolves as we learn from experience and recognize how the pandemic evolves.

This protocol *applies to:*

- A. *students moving into residence in 2021; and*
- B. *students that are in residences and shows symptoms of COVID-19, or tested positive for COVID-19, or have had a high-risk (close) contact with a person that has COVID-19; and*
- C. *students requested by Campus Health to self-isolation or when the Higher Health tool advises a student to self-isolate.*

Please be aware that a student in residence might be subject to more than one period of isolation, quarantine or self-isolation.

Students are encouraged to work together to keep COVID-19 infections low throughout the community and thus enable the university and town to stay open and functional. The focus is on regular self-screening on the Higher Health tool (<https://healthcheck.higherhealth.ac.za> or WhatsApp 0600110000 or phone *134*832*2#).

It is also recommended to use the COVID Alert SA app.

A. Students moving into the residence in 2021

Students moving into residence and returning to campus contribute to the effort to limit infections by completing the HigherHealth Tool for the seven days prior to their return to campus.

The student presents a record that proves that they are in the habit of self-screening for the seven consecutive days before they arrived at the residence, including the day of their arrival. Students that are not able to show such a record are reminded of the importance to self-screen and they are asked to have a heightened awareness during the following 10 days. (A heightened awareness is where a person checks for symptoms and give daily feedback to a leader in the student community the student belongs to.)

Students that leave the residence and spend the night or the weekend outside the residence or returned home for a holiday or recess

Students are required to complete the Higher Health tool and continue to do so whilst they are not in residence. They are expected to keep a student leader to which they are assigned informed of their HigherHealth Tool history whilst they were not in residence.

B. Students that are in residences and show symptoms of COVID-19, or tested positive for COVID-19, or have had a high-risk (close) contact with a person that has COVID-19 (For the definition of a direct contact see below)

These students must self-isolate.

C. Students requested by Campus Health to self-isolation or when the Higher Health tool advises a student to self-isolate

These students must self-isolate.

ISOLATION, QUARANTINE or SELF-ISOLATION:

1. Period of isolation, quarantine, and self-isolation:

10 days (or the number of days as determined from time to time with CHS) for students in residences *and because of symptoms, or a positive test or a high risk close contact (see B and C above)*

Asymptomatic	De-isolate 10 days after positive tested sample was taken
Mild disease	De-isolate 10 days after symptom onset
Severe disease	De-isolate 10 days after clinical stability achieved

- Individuals with confirmed SARS-CoV-2 infection need to (self-)isolate for the duration of their infectiousness. Infectiousness peaks around the onset of symptoms. Patients are considered safe to discontinue (self-)isolation ("de-isolate") and return to the workplace once no longer infectious. **The isolation period is 10 days**, provided the patient's fever has resolved without use of antipyretics (medicine to suppress fever).
- In cases of mild Covid-19, virus isolation as a marker of infectiousness is generally only possible for 8-9 days after symptom onset. The duration of infectiousness in cases of severe COVID-19 is longer and such patients must remain isolated for another 10 days after achieving clinical stability (e.g. no longer needing supplemental oxygen).
- Asymptomatic SARS-CoV-2-infected patients, to err on the side of caution, should be isolated for 10 days following the date of their positive test. For individuals with severe immunodeficiency, expert advice should be sought before de-isolation.

2. The terms are defined as follows:

<p>High-risk (Close) Contact</p>	<p>A high-risk (close) contact is defined as being closer than 1.5 metre to, or sharing a closed space with, a confirmed COVID-19 case between 2 days before until 10 days after symptom onset, for 15 minutes or longer, while not wearing a mask.</p>
<p>Isolation</p>	<p>A period during which someone who is suspected or confirmed to have COVID-19 (<i>or deemed infected as in B2 above</i>) is separated from people who are healthy. The period stops if they test negative or, if they test positive, they remain in isolation until they are well. Isolation can be involuntary if demanded by the State.</p>
<p>Quarantine</p>	<p>A period during which someone who has been exposed to someone who is confirmed to have COVID-19 (<i>or deemed infected as in B2 above</i>) is separated from healthy people and observed for development of symptoms of COVID-19. This is usually for a period of 10 days in the case of COVID-19, and can be involuntary if demanded by the State</p>
<p>Self-isolation</p>	<p>A term used widely in the context of COVID-19 to imply that an individual who either has COVID-19 (<i>or deemed infected as in B2 above</i>) or has been exposed to someone with COVID-19 (<i>or deemed infected as in B2 above</i>) voluntarily selects to separate themselves from other healthy people. It thus covers both the terms of 'isolation' and 'quarantine' and is also used to refer to healthy unexposed individuals staying at home.</p>

3. Arrangements

- i. The student moves into an allocated room and stay there **all of the time**. There is no free movement in the residence. (Isolation does not allow you to go to class or shopping, it requires you to stay in the room. The student will be permitted to go to the bathroom.) The allocated room *may be your own room, or a room in the residence identified for self-isolation or in a residence other than the one you are placed in.*

- ii. Make sure that others in the residence know that there are students in self-isolation. Make sure all students know the protocol for cleaning the bathroom before and after use.
- iii. Make sure the student in self-isolation understand what arrangements are to use the bathroom, how food will be delivered, how waste removal and washing of clothes will be done.
- iv. The student can leave the room for the bathroom. If possible, make arrangements that the bathroom is only used by the student in self-isolation. If necessary, reserve a shower, a wash basin and a toilet for the person. The self-isolating student should clean all the surfaces they touched when leaving the bathroom. Remind students that the virus is very effectively killed by household cleaner containing bleach.
- v. Form a group of students that is dedicated to support the student in self-isolation. Remember to reassure students that when food or other goods needs to be delivered; it is possible to do so. (See the definition of high risk (close) contact.)
- vi. Avoid high risk (close) contact with the self-isolating student. When interaction occurs wear a mask, keep a distance away 1,5 m away from the person and limit the time in the presence. (See definition of high risk (close) contact.) Remember to sanitise your hands with soap or sanitizer immediately after the contact and before you touch your face.
- vii. Prepare for the provision of food. Students in self-isolation (isolation and quarantine) must use the meal booking system and get their food delivered. Arrange with other students who will deliver the food. Students in self-isolation are not permitted to use kitchens to prepare food.
- viii. Arrange for the removal of waste. If the student needs to put out waste, the waste needs to be in a plastic bag and tied up. The waste will be placed outside the door and there it can be collected put into another plastic bag and the bag tied. The waste can then be disposed of as all other waste. The person handling the waste can then wash their hands after collecting the waste before touching their face.
- ix. Arrange that there is someone that can receive the student's clothes and wash it once a week.
- x. Self-isolating students must daily monitor their symptoms (Self-screen, using <https://healthcheck.higherhealth.ac.za> or WhatsApp 0600110000 or phone *134*832*2#) and log the data.

- xi. Encourage the student to provide the information daily to create the habit for self-screening and to record the length of the isolation period. This allows the residence head to follow the length of stay in the self-isolation and congratulate the student on completion.

For the residence head:

Form a group with the self-isolating students and let them come up with the procedures how they will comply. Use this to let the group of students set standards for living in self-isolation in the residence. This encourages compliance.