

The Outhouse

News you can use
When you gotta go...

Issue 5 - April 5, 2021
Shannan Breault, Editor

Editor's Note: In light of the recent situation on campus, I thought we could all benefit from a reminder of COVID related information. Please answer your phone if a campus official is calling you. IT IS IMPORTANT! I know we're all tired of COVID but we need to stay strong until it's gone!

- Shannan

Isolation	What's the Difference?	Quarantine
Used for <ul style="list-style-type: none">• People who have been diagnosed with COVID-19• People who are sick and have symptoms of COVID-19 Why <p>To keep the person from spreading COVID-19 to others</p> Where <p>Could be at home, a health care facility, or an isolation location</p> <p><i>If you're sick, you isolate.</i></p>		Used for <ul style="list-style-type: none">• People who were potentially exposed to COVID-19 who are not sick• Close contacts of someone diagnosed with COVID-19 Why <p>The person could have COVID-19 without symptoms</p> Where <p>Could be at home or a quarantine location</p> <p><i>If you're not sick, you quarantine.</i></p>

There are two types of quarantine at SUNY Cobleskill:

- 1) **Pool testing** - short term quarantine, pending confirmatory results from your pool test.
- 2) **Direct Contact** - 10 day quarantine because you have been exposed to someone who has tested positive for COVID-19. It can take 10 days for you to develop symptoms after this exposure so you must stay away from others to limit additional spread of the virus.

Packing List for Quarantine/Isolation

If you'll be moving to quarantine or isolation housing, don't forget to pack these essentials!

Clothing:

- Clothing for duration of quarantine or isolation (e.g., loungewear, comfortable clothes)

Toiletries:

- Toothbrush/toothpaste, soap/body wash, shampoo and hair care, skin care products, deodorant, feminine hygiene products, eye care, etc.

Health-related supplies:

- Masks / face coverings
- Prescription medications (include at least 10 days' worth)
- Non-prescription medications and supplies (e.g., Tylenol or ibuprofen, thermometer)
- Glasses and/or contact lenses and solution

Bedding:

- Sheets, blankets, pillows

Snacks:

- Snacks and beverages you might want between meals
- Meals will be provided for you each day, and there are micro-fridges in the room

Comfort/Entertainment items:

- Robe, slippers, journal, yoga mat, gaming items, books or magazines to read for fun

Academic materials:

- Any class materials, readings, or textbooks

Electronics:

- Phone and phone charger
- Computer and computer charger

Personal documents:

- Wallet, License, Student ID card, Insurance card

Stay strong!
Stay positive!
Stay healthy!

The Wellness Center

Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)

If you have a concern about the care you received at the Wellness Center, contact Co-Director Lynn Ontl at 518-255-5225

