SELF-QUARANTINE TIP SHEET

• What does it mean to self-quarantine?
To self-quarantine is to limit the time that an individual comes in contact with others (in this case to limit the spread of Covid-19). During this self-quarantine time, stay in your residence and avoid contact with other people. Tips for ordering food and other necessary items are available in separate tip sheets.

• Who is required to self-quarantine?
Any new unvaccinated student traveling from outside of the United States is required to self-quarantine upon arrival in the U.S. for either (Option 1) 10 days if remaining asymptomatic with no testing or (Option 2) Self-quarantine for 7 days, testing on days 3-5. If the test is negative, continue quarantine for a total of 7 days. For students who are fully vaccinated with a WHO approved Vaccine* the CDC recommends testing on days 3-5 after arrival. No quarantine required.
*WHO approved vaccines (as of 6/18/2021) include:
- Pfizer/BioNTech (Comirnaty)
- Moderna
- Janssen (Johnson & Johnson)
- AstraZeneca
- Sinopharm
- Sinovac
- Covishield (Serum Institute of India)


• Where should I go for testing on days 3-5?
To make an appointment at the Student Health Center call 618-453-7199. The SIU Student Health Center is located at 374 East Grand Avenue (https://shc.siu.edu/). There is a quick turn-around time for receiving the results while you wait at the Student Health Center and nominal charges will apply (the fee for an antigen test will be $10). Testing at Southern Illinois Healthcare (SIH) community testing site is free; however, test results may take 2 to 3 days. The SIH testing site is located at 500 W. Main St. in Carbondale. Call the SIH COVID-19 Hotline at 844-988-7800, Monday - Friday from 8 a.m. - 4:30 p.m., to speak with a staff member to reserve a test time or go to their website at https://www.sih.net/covid19-signs-and-symptoms/sih-drive-through-testing-clinics to make an appointment online. Masks are required in any health care facility including the SIU Student Health Center.

• Why was I instructed to arrive 2 to 3 weeks before classes begin if only required to self-quarantine for 7 to 10 days?
New students traveling from outside the U.S. should plan to arrive 14 days or more prior to their required first in-person activity (meeting with an advisor, reporting for a graduate assistantship position, attending class). The extra time is out of an abundance of caution in case a student tests positive for COVID-19 and requires additional isolation time by order of the Student Health Center/Jackson County Health Department. In addition, following self-
quarantine and isolation, students still need time to set up a bank account, meet with advisors, find housing, and complete other tasks before classes begin.

- **How can I get groceries?**
  For an additional fee, groceries can be ordered online and then delivered. Most delivery services are contactless, but you should confirm this information before ordering. Refer to the *Carbondale Grocery Store List* for additional information.

- **How can I get pre-made meals (fast food) delivered?**
  Refer to *Places to Eat* handout for a list of restaurants that provide delivery.

- **I have not found a place to live. How do I find temporary housing?**
  Contact oiss@siu.edu for information about temporary housing options before you leave your home country.

- **How can I get a phone plan when self-isolating?**
  Plan ahead by getting a SIM card before you travel or purchasing a SIM card at the airport. Here are some options for pre-paid phone plans: [https://www.prepaidphonebill.com/h2o-wireless?gclid=Cj0KCQjwxdSHBhCdARIsAG6zhLVHzrcrdhWClJK32b2JDfHXqqElxzadREO7gXTsGTUvbZt4ziMCe86UaAqDdEALw_wcB](https://www.prepaidphonebill.com/h2o-wireless?gclid=Cj0KCQjwxdSHBhCdARIsAG6zhLVHzrcrdhWClJK32b2JDfHXqqElxzadREO7gXTsGTUvbZt4ziMCe86UaAqDdEALw_wcB) [https://www.redpocket.com/](https://www.redpocket.com/)

- **How do I pay for my food and other purchases when I am self-quarantining?**
  We strongly recommend that you travel with a credit card to use for any U.S. purchases while self-isolating.

- **When should I complete the New International Orientation?**
  Students should complete the New International Student Orientation during their quarantine period. The orientation will go live, August 1st. For information on how to access the course, go to: [https://cie.siu.edu/internationalstudents/admitted-students/orientation.php](https://cie.siu.edu/internationalstudents/admitted-students/orientation.php)

- **What should I do if I am still in my self-quarantine period when classes start?**
  Students in self-quarantine or isolation should not go to class or come on campus during the quarantine period. Contact your instructors and academic adviser prior to the start of classes to arrange to complete the required coursework.

- **How do I get the Covid 19 vaccine?**
  There are two easy options after you are off self-quarantine right on campus. Move-in week (Aug. 12th, 13th, and 14th) there will be a walk-in clinic with no appointments required from 11 a.m. to 3 p.m. at the Student Center TV Lounge. Another option is to call the Student Health Center (618-536-2391) to schedule an appointment or schedule online at [www.shc.siu.edu](http://www.shc.siu.edu)