HOW DO I SELF-ISOLATE IF I TEST POSITIVE FOR COVID?

• What does it mean to self-isolate?
  To self-isolate 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-isolation 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 isolate or quarantine?
  If you test positive for COVID, you will be required to isolate for a length of time established by the Student Health Center and the Jackson County Health Department. If you suspect that you may have contracted COVID but are not sure, self-quarantine until you receive your test results. If you test negative, you can go back to your “normal” life.

• Where should I go for the recommended testing on days 3-5?
  To make an appointment at the Student Health Center call 618-453-3311. 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 for those without insurance. If you have insurance, SIH will bill your insurance. Test results may take 2 to 3 days with SIH. 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 7 to 10 days before classes begin?
  2022 Spring Semester is starting earlier than in past years and if you arrived earlier, you would have found the University closed for winter break. The Center for International Education (CIE) office along with the rest of the campus, opens on January 3rd, one week prior to the start of classes. Spring semester begins on January 10th. Arriving a week early allows a student time to establish a bank account, take the online orientation D2L course, register for classes, get a student ID, find housing, and become familiar with SIUC and Carbondale.

• If I do test positive for COVID, 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?**
  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=Cj0KCQjwxdSHBhCdAR1sAG6zhlVHzcrdhwCIK32b2JDfHxqqE1xzadREO7gXTsGTUvbZt4ziM Ce86UaAqDdEALw_wcB](https://www.prepaidphonebill.com/h2o-wireless?gclid=Cj0KCQjwxdSHBhCdAR1sAG6zhlVHzcrdhwCIK32b2JDfHxqqE1xzadREO7gXTsGTUvbZt4ziM Ce86UaAqDdEALw_wcB) [https://www.redpocket.com/](https://www.redpocket.com/)

- **How do I pay for my food and other purchases if I am isolating?**
  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?**
  The orientation will go live December 15. 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 isolating still when classes start?**
  Students in isolation should not go to class or come on campus during this period. Contact your instructors and academic adviser prior to the start of classes to arrange to complete the required coursework.