



## Illness, Quarantine, & Isolation

### WHAT DO I DO IF I GET SICK?

Isolation and quarantine precautions are used to help stop the spread of disease from one person to another. The College will follow CDC and State of Tennessee guidance regarding isolation and quarantine protocols.

### WHAT IS THE DIFFERENCE BETWEEN QUARANTINE AND ISOLATION?

Quarantine is used to keep someone who might have been *exposed* to COVID-19 away from others. Isolation is used to separate people infected with the virus (those who are *sick* with COVID-19 and those with no symptoms) from people who are not infected.

### WHOM DO I REPORT TO IF I AM SICK, WAS EXPOSED, OR HAVE A CONFIRMED CASE OF COVID-19?

All MMC Community members who have a confirmed case of COVID-19, have COVID-19 symptoms, or have been in contact with someone with COVID-19 must fill out a COVID 19 Self-Isolation Form and contact one of the COVID-19 Coordinator within 24 hours.

Co-Coordinators: Daniel McMasters, Vice President of Student Affairs  
[dmcmasters@martinmethodist.edu](mailto:dmcmasters@martinmethodist.edu)  
Work: 931-424-7334      Cell: 931-242-7713

Jamie Hlubb, Assistant Vice President of Human Resources  
[jhlubb@martinmethodist.edu](mailto:jhlubb@martinmethodist.edu)  
Work: 931-424-7379

All Students: In addition to notifying a COVID-19 Coordinator as soon as they are notified of their positive test results, student will also want to notify the MMC Clinic, Instructors, Coaches, Athletic trainers, etc.

### WHAT DO I DO IF I HAVE A CONFIRMED CASE OF COVID-19?

Faculty, Staff, and Students who are confirmed to have COVID-19 will be required to **isolate**:

- Employees: Isolate and care for themselves at home. Employees must notify a COVID-19 Coordinator as soon as they are notified of their positive test results.
- Commuting Students: Isolate and care for themselves at home. Students must notify a COVID-19 Coordinator as soon as they are notified of their positive test results. Students should also notify the MMC Clinic, Professors or Academic Advising/Provost Office, Coaches, Athletic trainers, etc.
- Residential Students: Go home to isolate if they live within a day's (10 hrs.) drive to campus by car and are well enough to make the drive. Students must notify a COVID-19 Coordinator as soon as they are notified of their positive test results. Students should also notify the MMC Clinic, Professors or Academic Advising/Provost Office, Coaches, Athletic trainers, etc.

Students unable to isolate at home will isolate in designated on or off campus Isolation location.

### CAN RESIDENTIAL STUDENTS RETURN HOME TO ISOLATE/QUARANTINE?

Yes. The College recommends residential students go home to isolate if they live within a day's (10 hrs.) drive to campus by car and are well enough to make the drive.

- Students unable to isolate/quarantine at home will isolate in designated on or off campus Isolation location.

### WHAT ASSISTANCE WILL I RECEIVE IF I HAVE TO ISOLATE OR QUARANTINE AT MMC?

Assistance will include:

- Telecare from the Clinic/Staff (twice-daily),
- Daily food delivery of meal, beverages, snacks, etc.,
- Internet Services,
- Tele-counseling and Spiritual Support,
- PPE, Sanitizer, thermometer, Kleenex, and
- Custodial Support (garbage pick-up).

### WHAT SHOULD I DO IF I HAVE COVID-19 SYMPTOMS?

Faculty, Staff, and Students with COVID-19 symptoms will be required to immediately self-isolate and monitor their symptoms. Contact a COVID-19 Coordinator. Faculty, Staff, and Students should consider obtaining a medical evaluation.

- Employees: Self-isolate and care for themselves at home. Work with their area Vice President to determine work schedule during your illness. Supervisors will help employees understand paid leave options

- Commuting Students: Immediately self-isolate and care for themselves at home. Students must notify a COVID-19 Coordinator as soon as they are notified of their positive test results. Students should also notify the MMC Clinic, Professors or Academic Advising/Provost Office, Coaches, Athletic trainers, etc.
- Residential Students: Immediately self-isolate in MMC Quarantine/Isolation rooms. Students must notify a COVID-19 Coordinator as soon as they are notified of their positive test results. Students should also notify the MMC Clinic, Professors or Academic Advising/Provost Office, Coaches, Athletic trainers, etc.

### HOW DO I KNOW IF I WAS EXPOSED TO COVID-19?

You generally need to be in close contact with a sick person to get infected. Close contact includes:

- Living in the same household as a person with COVID-19,
- Caring for a person with COVID-19,
- Being within 6 feet of a person with COVID-19 for 10 minutes or longer, anytime from 48 hours prior to onset of their symptoms or date of their positive test if they are asymptomatic, or
- Being in direct contact with secretions from a person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

### WHAT SHOULD I DO IF I HAVE BEEN EXPOSED TO COVID-19?

Report that you were exposed to a COVID-19 Coordinator.

- Employees: Immediately quarantine and care for yourself at home. Employees will work with their area Vice President to determine work schedule during the quarantine. Supervisors will help employees understand paid leave options.
- Commuting Students: Immediately quarantine and care for yourself at home. Students must notify a COVID-19 Coordinator as soon as they are notified of their positive test results. Students should also notify the MMC Clinic, Professors or Academic Advising/Provost Office, Coaches, Athletic trainers, etc.
- Residential Students: Immediately quarantine at home or in a designated MMC Quarantine/Isolation room. Students must notify a COVID-19 Coordinator as soon as they are notified of their positive test results. Students should also notify the MMC Clinic, Professors or Academic Advising/Provost Office, Coaches, Athletic trainers, etc.

### WHAT IS THE DURATION FOR ISOLATION AND QUARANTINE?

MMC Community members with a confirmed case of COVID-19:

- If you are symptomatic, you should strictly isolate yourself at home for at least 10 days after you became ill, and you should be feeling well (improved cough, shortness of

breath) and without fever (without the use of fever reducing drugs) for at least 24 hours in a row before resuming normal activities.

- If you are asymptomatic, you should strictly isolate yourself at home for at least 10 days. Once the 10 days have passed since the test, assuming the student/employee has no subsequently developed symptoms since their positive test, isolation may be discontinued.

MMC Community members with COVID-19 Symptoms without a positive test result:

- You should strictly self-isolate yourself at home for at least 10 days after the start of your symptoms, and you should be feeling well (improved cough, shortness of breath) and without fever (without the use of fever reducing drugs) for at least 24 hours in a row before resuming normal activities.

MMC Community members with known exposure to COVID-19 without a positive test result:

- You may discontinue quarantine if you remain symptom free for the entirety of the 14 days after the last contact with the individual.
  - While in Quarantine: Monitor your symptoms. If you become symptomatic, you will immediately begin isolation at your home or campus provided isolation room and remain in isolation for 10 days from the onset of your symptoms PLUS be symptom-free for at least 24 hours.

### **WILL I BE ABLE TO KEEP UP WITH MY CLASSES IN ISOLATION/QUARANTINE?**

Yes. Faculty are prepared to work with students that are well enough to complete their work while they are in Isolation/Quarantine.

### **HOW WILL A SICK STUDENT BE CARED FOR?**

Students that remain on campus in isolation and quarantine rooms will receive medical care from the MMC Clinic. Care may be provided via telemedicine or in-person. The College has a close partnership with the county hospital for any severe health challenges.

### **HOW WILL CONTACT TRACING WORK AT MMC?**

The Health Department will coordinate the process of working with diagnosed patients to identify and notify exposed individuals (contacts) of their potential exposure as rapidly and sensitively as possible. To support the Health Department's efforts, students must be responsible for knowing and tracking their encounters each day with others outside of class. The College will assist students with this process, asking for this list of names to verify that contact has been made with each close contact who resides in the Martin community—students, employees, or community members. All face-to-face classes will use seating charts, so close contact will be easily established in class. The College will report all known cases to the Giles County Health Department.

### **WHO WILL CONTACT ME IF I WAS EXPOSED?**

The College will partner with the local health department. In case of exposure to someone with COVID-19, you may be notified by the Tennessee Department of Health, MMC clinic, or a COVID-19 Coordinator. You might speak with a combination of these departments in the interest of timeliness and depending on your need for campus services.