

QUARANTINE GUIDELINES AND RESTRICTIONS

Guidelines and restrictions are to protect you as well as other

Barton County Health Department highly recommends the following guidelines and restrictions be followed during the period of time determined for quarantine status.

Barton Community College has expectations that the following will be adhered to and completed.

Individuals with possible exposure to the COVID-19 virus are requested to remain in their place of residence for a period of 10 days. This time may be shortened to 7 days with a negative COVID-19 (PCR) test.

GUIDELINES TO FOLLOW

- Social distancing (physical distance) 6-foot perimeter or 2 arm lengths
- Wear mask around others
- Maintain a clean environment
 - NO trash on floors
 - Secure trash bags and place in provided trash receptacle
 - Wipe up standing water at sinks

VISITATION

- Only Barton personnel will be allowed in units/rooms to provide essential services
 - Follow their directive
- **NO VISITORS ALLOWED FROM THE OUTSIDE**
- No overnight visitors

QUARANTINE SPECIFIC GUIDELINES AND RESTRICTITONS

- When outside social distancing and wearing of mask required
- Short walks, jog around campus perimeter encouraged
- Going onto the main campus level is not permitted
- Going into other rooms including suitemates not permitted
- Encouraged to remain on campus

GENERAL HEALTH GUIDELINES

- Cough and sneeze
 - Always cover your mouth/nose with a tissue.
 - Immediately dispose tissue in trash.
 - Wash hands with soap and water for 20 seconds or hand sanitizer (60% alcohol).
 - No tissue available, use the elbow of your arm.
- Keep hands especially fingers and fingertips off face.
- Do not share any household items with roommates or others living in your residence
 - Includes drinking cups, eating utensils, water bottles
- Do NOT share towels or bedding.
- Keep your laundry separate from others.
- Clean high touch surfaces daily.
 - Includes cell phone, iPads, laptops, keyboards, desk tops, sink tops, door handles and bathroom facilities
- Room and residence should be kept clean and picked up.
- Do NOT throw clothes on floor, trash should be contained, no water pooling on sink counters
- Maintain good air flow. Air conditioning and/or fans
- Rest
- Eat sensibly
- Keep well hydrated.
- Maintain good hygiene.
- Exercise

Questions or Assistance on housing and/or meals

Mark Rogers.....620-792-9855

Erica Stacey.....620-617-5606

Jonathan Dietz....843-607-5134

Medical Support

Nurse Kathy..... 620-786-0392

Medical Emergency ***Call 911**

Advise 911 Operator you are in a COVID 19 Quarantine

**QUARANTINE.....BOXED MEALS AVAILABLE TIMES LISTED BELOW AT LOADING DOCK BEHIND
CAFÉ**

	MONDAY THROUGH FRIDAY	SATURDAY and SUNDAY
BREAKFAST	8:00 am	NONE
LUNCH	12:00 pm	12:00 pm
SUPPER	5:00 pm	5:00 pm