

# 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

## 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

## Isolation

What's the Difference?

## Quarantine

### Used for

- People who have been diagnosed with COVID-19
- People who are sick and have symptoms of COVID-19

### Why

To keep the person from spreading COVID-19 to others

### Where

Could be at home, a health care facility, or an isolation location

*If you're sick, you isolate.*

### Used for

- People who were potentially exposed to COVID-19 who are not sick
- Close contacts of someone diagnosed with COVID-19

### Why

The person could have COVID-19 without symptoms

### Where

Could be at home or a quarantine location

*If you're not sick, you quarantine.*

*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.

**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

