



**PROTECT OUR PACK**



## **QUARANTINE GUIDELINES**

Northwood School requires all students to quarantine for 14 days before the start of school. Day students will quarantine at home and boarding students will quarantine on campus in the dormitory halls.

### **What is the purpose of a quarantine?**

Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

### **Why do we have to quarantine for so long?**

The quarantine period is for 14 days because that provides enough time to know whether the quarantined person will become ill and be contagious to other people. During the quarantine, everyone will be tested three times: day one, day seven and day 14.

### **Why 14 days, exactly?**

The answer has to do with how viruses invade cells and replicate. Once a virus infects someone — a host — it takes some time for the virus to make enough copies of itself that the host begins to shed the virus, through coughs or sneezes, for instance. (That's the way the host helps the virus spread to other people — who are then new hosts.) This is the virus' incubation period. For us hosts, it's generally the time between when we're first infected and when we start shedding the virus, which may be a little before we start experiencing symptoms.

For the virus that causes COVID-19 — its official name is SARS-CoV-2 — [researchers have found](#) that the typical incubation period is about five days. About 97% of the people who get infected and develop symptoms will do so within 11 to 12 days, and about 99% will within 14 days.

### **What is the purpose of on-campus quarantine if I come to campus with a negative COVID-19 test result?**

Even a recent negative test result does not ensure that a person is not infected. False negative results are a consideration, as is the possibility that a student could become infected after taking the test. In addition, regardless of presenting a negative test result, all people from outside of the United States or from states identified as “high-risk” must undergo a two-week quarantine. As the list of states considered “high risk” increases, so does the percentage of students who are affected by this requirement. By requiring all students to participate in a two-week quarantine on campus, we have the best opportunity to manage the risk of introducing the virus to the community.

### **What will quarantine look like for Boarding Students?**

Once in their new dorm, students will be required to follow strict quarantine protocols:

- They will spend most of their time during quarantine in their dorm room. They are not permitted in each other's rooms and may not hang out on the hall.
- Do not leave their hall unless it is an emergency or they are accompanied by a faculty member.
- There will be daily health/symptom checks each morning.
- Masks will always be worn when outside of the student's dorm room unless it is not feasible (e.g., when brushing teeth or taking a shower).
- Strict bathroom-use protocols will minimize face-to-face interaction.
- At the beginning of quarantine, meals will be delivered to the dorm and eaten in each student's room. Later in quarantine, students may be able to collect meals in the dining room.
- Going outside will be organized and structured twice daily so we can ensure that cohorts of students spend time together at safe physical distances.
- All orientation and opening days activities for new and returning students will be conducted virtually. Students will take part from their dorm rooms.
- Compliance with the rules will be strictly enforced.
- We will do everything we can to make this unprecedented time interesting, engaging, fun, and supportive.
- Keep dorm room windows open or ajar to increase ventilation and fresh air.
- Students are not permitted to share things like towels and utensils.
- Use good hygiene and wash hands frequently.

### **What will the "outside time" be like?**

The purpose of daily outside time is to give students a break from the small space of their dorm room and to provide some Adirondack fresh air. Students are still in quarantine and must maintain strict social distancing and continue to wear their masks or face coverings. Outside time will be led by a faculty member or coach and students will need to follow their instructions. They must stay with their group and will not leave campus. They may not share anything that may be touched with their hands and thus spread the virus, such as a frisbee or football.

### **What programming will be offered during quarantine?**

First and foremost, the purpose of quarantine is to prevent the spread of the virus and to ensure a safe start to the school year. The nature of quarantine is that students will spend a lot of time in their rooms, but students will have plenty to do during those two weeks. Throughout the quarantine we will offer a full slate of programs, some mandatory and some optional and nearly all conducted virtually. These programs will connect students with their advisors, orient them to school rules and routines, teach them about new technology they'll use in class, keep them physically active and well. A full schedule of quarantine programs will be available on arrival day, but a typical day will look like this:

8:30 - 9:30	Outdoor Time (Workout)
9:50 - 10:10	Grab-n-go Brunch
12:00 - 12:30	Advisory
12:30 - 1:30	Academic Session
1:30 - 2:00	Break
2:00 - 3:00	Health and Wellness Session
3:00 - 3:30	Break
3:30 - 4:30	Community Session
4:45 - 5:45	Outdoor Time
6:05 - 6:25	Grab-n-go Dinner
7:15 - 9:15	Clubs/Down Time/Dorm Meetings, 10:00 pm Lights Out