

Quarantine & Isolation

What is it?

Quarantine requires avoiding contact with other people in order to prevent spread. Exposure occurs due to a recent contact with an infected individual.

Isolation requires avoiding contact with other people due to current illness, typically for a period of 10 days since the start of symptoms.

What to pack?

- **Clothing for 14 days:**

- Shirts
- Sweatpants
- Sweatshirts
- Undergarments
- Socks
- Shoes

- **Toiletries:**

- Soap/shampoo
- Brush/comb
- Toothbrush/toothpaste
- Blow dryer (If needed)
- Deodorant
- Feminine hygiene products

- **Medications:**

- Any prescribed medications you may need
- Any over the counter medications you may need (Tylenol)

- **Class Materials:**

- Books/textbooks
- Notebooks
- Pens/pencils/paper
- Laptop/charger

- **Miscellaneous:**

- Snacks
- Phone/charger

Pack as light as possible

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How to be prepared?

Keep a positive mindset:

Although you are transitioning into a quarantine and isolation space, take this time to get things done. Read the books that you have been wanting to read, get your coursework done so its out of the way, and create checklists daily to stay on track of your goals while in Q&I.

While in quarantine and isolation stay alert for notifications from the Health and Counseling Center's:

The Health Center along with the Counseling Center will reach out daily to ensure the state of your physical and mental health.

Stay connected to friends and family virtually:

During your quarantine and isolation remember to stay in touch with your loved ones. Zooming and facetimeing will help boost your mental health and keep you in a positive space.

If you have any questions on what to pack please contact the Residence Life Office

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