ARRIVAL QUARANTINE PROTOCOL

The following groups of students will be required to participate in an Arrival Quarantine that will conclude by February 1:

- Undergraduate students who are moving onto campus for the first time this academic year
- Undergraduate students who will be living off-campus, but have signed the Social Contract and have approval to access campus facilities and on-campus activities
- Undergraduate students who have resided in Emergency Residency and who have traveled away from campus and will return after January 15.

This protocol will take place in distinct phases, beginning with your arrival on campus, or between January 15 and January 24, if you live off-campus.

Requirements for quarantine are based on federal and New Jersey state guidelines and are therefore subject to change. We will give you notice if this is the case.

If, during the semester, you are asked to enter quarantine due to travel outside of the Princeton area (defined as Mercer County and Plainsboro, NJ) or because you have potentially been exposed to someone who may be positive for COVID, you will follow the quarantine guidelines in our Fact Sheet: Quarantine for Students (https://uhs.princeton.edu/sites/uhs/files/Fact-Sheet-Quarantine-for-Students.pdf), which default to a 10 day quarantine. You will be able to petition UHS for a reduced 7 day quarantine if you have a negative result from a saliva sample submitted on or after day 5.

**Phase 1: Strict Quarantine (up until first test results are received)**

For students living in on-campus housing, meals will be delivered to your room daily.

You will be required to:

- **Immediately be tested** by University Health Services at a centralized campus location. The test will be an RT-PCR saliva test.
  - **If you arrive after testing clinic hours**, you will need to be tested first thing the following day. Upon arrival on campus after hours, go immediately to your designated sleeping space. The next morning, go directly to the on-campus testing site for your initial test.
- **Stay in your assigned sleeping space/bedroom**, except for the use of restrooms.
- **Respond every day to a Daily Symptom Checker**.
- **Wear a face covering** whenever leaving your sleeping space to use restrooms (face coverings are not required within your personal sleeping space).

**Phase 2: Modified Quarantine (after receiving first test result)**

If you receive a **positive first test result**: you will be placed in our isolation protocol. If you live on campus, you will move into designated on-campus housing for the duration of your isolation. If you live off-campus, you can isolate at home or opt into on-campus isolation housing.

*Up-to-date University guidance for COVID-19 can be found at [http://covid.princeton.edu](http://covid.princeton.edu)*
If you receive a **negative** first test result: you should remain in your single sleeping space as much as possible except for:

- **Taking a daily walk** for up to an hour, provided you wear a face covering and maintain physical distance (6 feet/ 2 meters from others). While on quarantine, wearing a face covering while outside is an additional necessary protective measure. For students living on-campus, you must remain on campus. For students living off-campus, you will not yet be allowed to access campus (except to drop off your saliva sample).
- **Picking up meals** from a designated on-campus area *(only if living in on-campus housing)*.
- **Picking up packages** from a designated on-campus area *(only if living in on-campus housing)*.
- **Dropping off your next saliva samples** for testing as directed.

You will be required to:

- **Wear a face covering** (except within your personal sleeping space).
- **Maintain a minimum of 6 feet/2 meters of physical distance** from others, indoors and outdoors.
- **Respond every day to a Daily Symptom Checker**.

**Phase 3: End of Individual Quarantine (~ day 8)**

You may end quarantine on day 8 when you are given clearance by Global and Community Health at UHS if all of these conditions are met:

- You have **completed the Daily Symptom Check every day for seven days**;
- You report no **COVID-associated symptoms** (e.g., fever, cough, shortness of breath, chills or body aches, loss of taste or smell); and
- Your **test results submitted on day 5 or 6 are negative**.

At this point, you will be able to access the town of Princeton and leave your dorm room, while adhering to local public health rules and University policies. **Note: Access to other campus buildings, other dorms, and living spaces (on campus and off) of those students still in quarantine are off limits.**

You will be required to:

- **Wear a face covering** (except within your personal sleeping space).
- **Maintain a minimum of 6 feet/2 meters of physical distance** from others, indoors and outdoors.
- **Respond every day to a Daily Symptom Checker**.

**Phase 4: End of Arrival Quarantine for All Undergraduates (by February 1)**

You will be able to access all campus facilities approved for students for the semester.

You will be required to:

- **Wear a face covering** (except within your personal sleeping space).
- **Maintain a minimum of 6 feet/2 meters of physical distance** from others, indoors and outdoors.
- **Respond every day to a Daily Symptom Checker**.
ASYMPTOMATIC TESTING DURING THIS TIME

Asymptomatic testing is intended to identify those who have already contracted the virus but who are not showing symptoms, isolate them to avoid additional spread and use contact tracing ([https://uhs.princeton.edu/node/2996](https://uhs.princeton.edu/node/2996)) to limit further spread.

On **Day 1, 3, and Day 5** of the arrival quarantine, if you are not experiencing any COVID-related symptoms, you will be required to participate in asymptomatic testing. After the arrival quarantine protocol period concludes, your asymptomatic testing schedule will shift to twice weekly. For more information, see: [https://covid.princeton.edu/testing](https://covid.princeton.edu/testing).

If at any point during your arrival quarantine you begin to experience symptoms, call UHS right away to arrange for a **symptomatic test**.

SUPPORT RESOURCES

Call ahead before visiting any healthcare provider(s).

Counseling & Psychological Services*  
609-258-3141

University Health Services - Medical Services*  
609-258-3141

*Appointments will be conducted via Telehealth (virtual meeting). The details will be arranged after you schedule your appointment.