



In alignment with [CDC guidelines for isolation](#), Post University **requires all individuals who are COVID-19 positive to isolate off campus for five (5) full days**, with the date of their positive test result being day zero. They must also be symptom free for at least 24 hours prior to returning to campus. Self-isolating when COVID-19 positive is crucial to the health of the University community.

The University cannot provide housing to students who live in University residence halls who require isolation upon testing positive for COVID-19. **Resident Students must have an isolation plan in place before they arrive on campus.**

This plan should include arrangements for traveling home or identifying family members or friends and/or specific location(s) to isolate off campus if the student becomes COVID-19 positive.

### **Why Do I Need an Isolation Plan?**

The University does not provide isolation housing, meals, or transportation to students who live in University residence halls who require isolation upon testing positive for COVID-19. Students should have a plan for what they will do if they need to self-isolate. Having a plan will help you quickly begin isolation after testing positive and ensure you are not caught off-guard when you need to leave campus.

### **Information to Help Develop Your Isolation Plan**

- Your plan should include arrangements for transportation, isolation housing, and meals.
- You should plan to isolate off campus for a minimum of five (5) full days. Isolation can be longer if your symptoms do not subside. You must be symptom free for at least 24 hours prior to returning to campus.
- If you are unable to travel home and will isolate locally, you should pre-plan to have the following items on hand to help you during your isolation:
  - N95 mask
  - thermometer
  - pain/fever reducers (Ibuprofen, Tylenol, etc.)
  - throat lozenges
- If you are not feeling well, remember to seek support from family and friends, who may be able to help you with planning arrangements and/or reservations, as necessary.

### **Resources for Isolation If Unable to Travel Home**

- Nearby hotels
  - [Wyndham Southbury](#)
  - [Hampton Inn Waterbury](#)
  - [Courtyard Marriott](#)
- [Uber](#)
- [Metro-North](#)