Harvard College Quarantine Guidance

This information is for Harvard College students who are required to quarantine —whether on or off campus—but who have not tested positive. Learn what to do if you tested positive. To determine if you need to quarantine, HUHS has a 2-page document walking you through your risk determination. If you determine you need to quarantine, please review the information below for testing, dining, academic, residential, and mail requirements and guidance.

QUARANTINE REQUIREMENTS
If you are not in your suite now, please wear a face mask and return there immediately. Continue to wear a mask unless you are alone in your suite. Stay in your suite and follow all quarantine instructions. Remain in your own individual room for a minimum of 5 days from the time of exposure. Wear a well-fitting mask if sharing a room with another individual and use only your room/suite bathroom. You can only leave to drop off tests and pick up food. During these brief periods where you are permitted to leave your room, you must wear a well-fitted face covering or mask any time you are leaving your room or suite. No other socializing, academic, dining, or travel is allowed. If you develop symptoms, report through Crimson Clear.

TESTING AND MASKING REQUIREMENTS
Submit an additional PCR test on day 1 and day 5: If enrolled in Harvard’s testing program, submit your test on day 1 and day 5, or as often as you like. If you test positive outside of Harvard’s testing program, report your positive test through Crimson Clear.

Stay fully masked when submitting tests on campus and when picking up “grab-and-go” food to eat privately at home. Otherwise, you must stay home and limit physical interaction with other people. Use high-quality disposable masks such as the 3-layered surgical style mask that has been provided to you, worn in a way that minimizes air gaps around the edges (e.g., knot the ear loops, or double masks with a cloth or second mask).

DINING GUIDANCE
You can go to your dining hall to pick up grab-and-go food but you must be fully –masked while doing so. Then, immediately return to your room to eat your meal in private. If a roommate is present, consider planning a time to eat when the other individual is not there or is fully masked.

If you do order food via an online app, ensure that there is contactless delivery. Please ensure that when you pick up your food, you avoid any socializing or mingling, remain masked as you travel in public residential spaces, and confine eating and drinking to your own room without others present or with social distance (if others are present).

TRASH REMOVAL
You can drop off your trash at the trash room nearest to your suite or closest to the room where you will be picking up your meals. Please time exits for trash removal to coincide with meal pick-up to minimize the amount of time outside of your room.

MAIL GUIDANCE
Consider asking your suitemates and friends for help with picking up necessary class materials, mail, and other items. They should drop these items at your door.

WHOM TO CONTACT FOR HELP
- For academic, social, or other support: contact your resident dean.
- For courses, you are responsible for notifying your instructors that you will not be able to attend class because you’ve been placed in quarantine. You should work with your instructors to develop a plan for keeping up with your courses, and you should let them know if you run into any difficulties. (If you prefer not to inform your instructors that you’re in quarantine, you are not required to do so, but you may not be eligible in that case for alternate instruction. You should still let your instructors know that you’ll be absent from class, though, even if you choose not to say why.)
- For routine building maintenance issues, please contact your local Building Manager or Yard Ops. For building-related emergencies or after-hour maintenance issues, please contact the Harvard Operations Center at 617-495-5560.
- If you have any symptoms, please complete a health attestation in Crimson Clear. If you need urgent assistance, contact HUHS Urgent Care at 617-495-5711. For all other questions/requests, contact Harvard Isolation Support at isolationsupport@harvard.edu. This email address is monitored from 7:00am until 10:00pm every day.