

Dear,

Thank you for your cooperation throughout the quarantine and your patience while we worked through the unprecedented challenges of quarantining the entire on-campus population. It is unfortunate that students who disregarded the policies and guidelines from the university and public health have put us in this situation. We must all take seriously the responsibility we have to keep ourselves healthy and our community safe. Below are some reminders of policies and some resources for you while we are in the quarantine period.

What does it mean to be quarantined?

- Students must remain in their assigned rooms with only five exceptions:
 - To use the restroom in their suite
 - To pick up food from the lobby lounge delivered by dining, or contact-free delivery service delivered to building.
 - To use the water fountain
 - To throw away food/trash
 - In case there is a fire alarm or other emergency that would indicate leaving the hall is the safest measure to take

- Students should not be interacting with other students face to face at all, even those who live in the same suite. Despite results of the recent testing, students should not be in any close proximity to each other.
- Students should not be exiting their building at any time unless in case of a fire alarm or other instructed reason.
- Students should report to their SHS case manager any changes in their health or any symptoms that may occur.
- All students must complete the 14 day quarantine, even if they have a negative test result.

Frequently Asked Questions:

If I received a negative test, why do I need to remain in quarantine?

- The incubation period of the virus can be up to two weeks. So if a student was exposed early and tested before the viral load was substantial enough to identify, they will receive a false negative. A few days later, the same test could come back positive. In that time, students could be infecting others.

Can I do my laundry?

- Parkside has one shared laundry behind the Service Center. We cannot allow more than one student in the laundry area at a time, so all we can offer is sign up for students to do their laundry. We recognize that there aren't enough hours in a day to allow for every student to do their laundry at this time so we ask that only students who absolutely need to do laundry sign up at <https://www.signupgenius.com/go/8050449aaaf2eaaf94-parkside1>. This would be one additional exception to being out of the building, but the permission to do so can be verified by the sign up and swipe log into the laundry room.

Can I get packages?

- Unfortunately, we cannot have students come into the service center to retrieve packages. We recognize that some students may absolutely need a medication that is being delivered to you. If this is the case, students should communicate their need with their SHS case manager and they will arrange for delivery of the package.

Can I be outside to exercise?

- No, unfortunately this is not permitted under the guidance of Long Beach Health and Human Services. ASI's Student Recreation and Wellness Center has [online health and wellness programing](#) that can be used in indoor spaces for students who want to stay active during this time.

How do I get facilities maintenance work done in my building?

- Please fill out a facilities work order form through the StarRez portal. We have facilities staff that are trained with the appropriate PPE to enter the buildings and maintain the buildings.

What do I do if I'm locked out of my room?

- Please be careful to take your ID with you whenever you leave your bedroom. We have hall staff that are quarantined with you in the building that can provide you access to your room. However, they may be in virtual classes and may ask you to wait outside your room until they can get to you. Call the Parkside on-call number at (562) 370-4739 and the appropriate staff member will be dispatched. There is a charge for lock-outs.

Will I have to be tested again?

- It is a possibility that towards the end of the quarantine period, students would need to be tested again. This would be a decision of Long Beach Health and Human Services which dictate the required course of action. As soon as we know next steps you will be notified.

Is there anything to do while we are in quarantine?

- The entire quarantine situation can be isolating, boring, and frustrating. We recognize these frustrations, and yet we must uphold the quarantine for the health of those on campus and for the greater Long Beach community. We encourage you to use the tools available to you (zoom, MS teams, social media, etc.) to interact with others during this time. ASI, SHS, CAPS, and the

Res Life team have worked to develop programming that students can participate in while under quarantine. Those resources will be sent to you in another email.

After this quarantine is over, how can I help prevent this from happening again?

- This is quite simple. Follow the rules that have been put into place related to mask wearing and physical distancing. Disregard for policies and guidelines by some of your fellow students put this entire community at risk and resulted in this current crisis.
- Get a flu shot! Flu shots were offered at the dining hall last week and fewer than 25% of residential students took advantage of this free service. Getting the flu shot is very important this year and all should get it unless they have a specific allergy to the shot. Having a flu shot does two things. First, it helps fight off the flu that has very similar and similarly concerning symptoms as COVID-19. Second, any individual that gets the flu and COVID-19 would be at a far higher risk of serious health issue. We will be offering flu shots after the quarantine is over for students to take advantage of again. **Please take advantage of this free resource.**
- Do not eat with other people in the room when you are indoors. Eating requires mask removal and face coverings are required in all public spaces and when more than one person is in a student room. Failure to keep masks on in the presence of others inside the building violates our guest and mask policy.
- If students want to eat with others, they only do so outside and maintain at least a 6 foot distance while doing so. During normal operations, we see many people eating together outside at the picnic tables. Spread out at multiple tables or utilize the grassy areas.
- Complete your daily symptom tracker and be honest about how you are feeling.

Thank you for your attention on this matter and your continued compliance with these regulations. We look forward to getting back to normal soon but that is only if we all compliant with health department instructions.

Sincerely,

Housing and Residential Life
California State University, Long Beach

This is an automated message, if you have questions email or call the housing office at 562.985.4187