

- Do you have a thorough working knowledge of your health insurance policy, coverage in Maryland, and how to access care locally while at Goucher?
- Have you fully considered all Fall 2020 alternatives and implications associated with each as they relate to isolation/quarantine (i.e., remaining home to study online, commuting, on-campus housing)?

Assemble a Go-Kit

If you are asked to isolate by the Student Health Center or the Department of Health, you will not be able to leave your isolation or quarantine space during isolation/quarantine. To prepare for this, assemble a Go-Kit before you arrive on campus. Someone can easily pick it up and drop it off to you when you are in isolation or quarantine.

Supplies for Your Go-Kit

- **Cleaning supplies:** Pack EPA-approved disinfecting wipes to use in your living spaces before, during, and after any possible isolation or quarantine. You will need to use these in any common areas of your residence while you are in isolation, quarantine, or anytime you are not feeling well.
- **Self-care medications:** Pack fever/pain reducers such as acetaminophen (Tylenol) or ibuprofen (Motrin). Do not use multi-symptom medications in combination with these, as it can be easy to take too much. You may want lozenges for sore throats or cough medications.
- **Prescription Medications:** Pack several days' worth of any prescription medications you need. Speak with your provider about how you would access medications if you are in isolation/quarantine.
- **Thermometer:** Pack a digital thermometer that works under your tongue, is easy to use, and is not expensive to purchase. Make sure you have one with new batteries.
- **Face Coverings:** Pack multiple face coverings so you can wear a fresh one each day.
- **Comfort Food:** Pack your favorite comfort snacks and drinks, along with a reusable water bottle. Although the college will ensure meals are delivered to those isolating or quarantining on campus, your favorite snacks can sometimes provide comfort. Off-campus students should maintain a supply of food at home and be knowledgeable about ordering food delivery from their local grocery store.
- **Comfortable Clothes:** Pack a few days' worth of comfortable clothes, including two weeks' worth of undergarments.
- **Hygiene Supplies:** Pack shampoo, soap, toothbrush, toothpaste, feminine products, etc.
- **Towels**
- **Spare Set of Twin XL Sheets:** You can use your pillow and blanket from your current bed.
- **Phone Charger**
- **Self-care items to support your overall well-being:** art supplies, puzzles, crafts, playing cards, portable exercise equipment (like fitness bands, hand weights, or yoga mat), books, etc.

In addition to your Go-Kit, you should ensure your academic materials (laptop, books, etc.) should be readily accessible to be brought to you.

If you forget anything, the Campus Store will have supplies available for purchase, and the student supply closet will have some supplies for those in need.