



Quarantine Instructions/Resources for Students Arriving to United States from Abroad

Updated August 3, 2020

International travel increases the risk of close contact with someone infected with Coronavirus Disease 2019 (COVID-19). Students returning from abroad are expected to self-quarantine. Per Centers for Disease Control and Prevention (CDC) guidance, travelers are asked to self-quarantine for 14 days after arrival in the U.S.

Key Dates*	Expectations
Thursday, August 13	Students are expected to arrive in the U.S. and self-quarantine for 14 days.
Friday, August 28	Students may travel to campus as approved. Residence hall move-in begins at 9:00 am. International Student Welcome tentatively begins at 1:00 pm.

**Students whose circumstances might prevent them from arriving on/before August 13 will be subject to the same quarantine guidelines and expectations. The International Center will verify date of U.S. entry on I-94 Forms.*

DO's during Quarantine

- Watch for COVID-19 symptoms, and check your temperature. **PACK A THERMOMETER.**
- Use standard hygiene, and wash your hands frequently for at least 20 seconds.
- Restrict activities and limit all movements that may put you in contact with others.
- Stay home in your pre-determined living space.
- Separate yourself from others in your living space (if not quarantining alone). If common areas (bathroom, kitchen, etc.) are shared, disinfect touched surfaces after each use.
- Order delivery for groceries and/or meals.
- Go outside on a private balcony or in a private yard if you can stay at least 6 feet away from others.
- Go outside and get regular exercise if you can stay at least 6 feet away from others.
- Wear a mask if you cannot stay six feet away from others. **In an effort to fight COVID-19, the city of Columbia requires everyone 10 years and older to wear a mask when around people who are not household members. This [ordinance](#) is in effect until 5:00 pm on October 8, 2020. View [Frequently Asked Questions \(FAQs\) on the mask ordinance](#).**
- Have entertainment (books, movies, etc.) on hand.
- Stay informed of the situation as events and advisories are rapidly evolving. Credible resources include the Centers for Disease Control ([CDC](#)) and the World Health Organization ([WHO](#)). The CDC has a resource called the [symptom self-checker](#) to help you monitor any symptoms.

DON'Ts during Quarantine

- Do not go to public areas. Do not go to restaurants, grocery stores, work, classes, church, the gym, friends' or family homes, or to any event/activity with crowds.
- Do not have visitors.
- Do not share a bathroom or bedroom with anyone if possible.
- Do not share personal items like towels, utensils, and/or bedding.

Where to Stay

Columbia offers [several hotel options](#). Columbia College has negotiated rates for students quarantining at several hotels. For more information on those hotels and their rates, please contact DeanforStudentAffairs@ccis.edu. Temporary accommodations can also be booked through [Airbnb](#), [Hometogo](#), and [Vacation Rental By Owner](#).

Get Your Food Delivered

Have your groceries and meals delivered to your door.

Grocery	Delivery Fees
Hy-Vee	Delivery fee is \$9.95 with a minimum \$30 purchase.
Walmart	Delivery fee varies, depending on the delivery time slot.

While not a grocery store, [Instacart](#) is another option – and one the International Center has reliably used – for getting groceries delivered in a hurry. It lets you shop from local grocery stores online, then sends a “personal shopper” to fulfill and deliver the order to you the same day – often within a few hours. Think of this option as the Uber/Lyft of grocery delivery. Delivery fee starts at \$3.99, and the service fee is around 5%. Add to that a tip of 10-20% on your order.

Food*	Delivery Fees
DoorDash	Fee varies by restaurant. Add to that a tip of 10-20% on your order.
Grubhub	Fee and minimums vary by restaurant. Add to that a tip of 10-20% on your order.
Postmates	Fee starts at \$3.99. Add to that a tip of 10-20% on your order.
Uber Eats	Fee starts at \$4.99. Add to that a tip of 10-20% on your order.

***For restaurant delivery options, see [Columbia Restaurants Flyer](#).**

Experiencing Symptoms?

If you develop cold or flu-like symptoms, you may have COVID-19. Contact Student Health Services at (573) 875-7423 if you have any questions or feel unwell. The hours for Student Health Services are Monday through Friday from 8:00 a.m. – 12:00 p.m. and 1:00 p.m. – 5:00 p.m. If you experience severe symptoms requiring immediate medical attention, you should call 911 or visit the hospital Emergency Room. Let them know you may have been exposed to COVID-19.