

Quarantine and Isolation Procedures for Residents

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Patient Recovery

Patient recovery is defined as:

- Resolution of fever without the use of fever-reducing medications;
- Improvement in respiratory symptoms (e.g., cough, shortness of breath); and
- Deemed Recovered by New Mexico Health Department or other qualified health provider.

General Information for Utilizing NMHU Isolation/Quarantine Rooms

- This quarantine/isolation room is temporarily provided for the purpose of isolation/quarantine.
- Food and water will be delivered to you. Pick up locations and delivery times will be emailed to you. Please adhere to your delivery time to eliminate potential exposure to others.
- To prevent spread and infection to others, please stay in room throughout your stay, except for retrieving food/water from the predetermined food delivery location.
- When retrieving food/water you must wear a face cover at all times.
- You will be responsible for cleaning your room and restroom. Please complete the training provided on Brightspace- COVID-19 Cleaning/Disinfection Protocols.
- Cleaning supplies are provided for you in your assigned room. If you run low on cleaning supplies, contact the EOC to request more items. EOC@nmhu.edu.
 - Cleaning supplies will be delivered to your door. Avoid face to face interactions with individuals delivering supplies.
- You may qualify for temporary accommodations if:
 - You have been in contact with someone who tested positive or was hospitalized for COVID-19 and are awaiting a COVID-19 test, or
 - You have tested positive for COVID-19 but are experiencing mild symptoms or none at all, and
 - You are unable to self-isolate at home AND
 - You are able to take care of your own daily needs and medical care.
- Those individuals who are reassigned to these temporary accommodations for the purpose of isolation/quarantine should make the following preparations:
 - Notify your emergency contact of your plans.
 - Take or arrange for your personal belongings to be delivered to your room-
 - Contact your professors to arrange alternative academic deliveries, if necessary.
- Bring the following items with you to the facility:
 - NMHU ID
 - Emergency contact phone number of nearest relative or other.
 - Insurance and/or Medicare cards

- Cell phone, laptop, and chargers
- All medications, medical devices, or other necessary items.
- A list of telephone numbers of family and friends to be contacted as needed
- Clothing/Footwear
 - Comfortable Clothing (including sleepwear)
 - Shoes/Sneakers/Slippers
- Hygiene/Toiletries
 - Toothbrush, toothpaste, dental floss
 - Deodorant
 - Soap, shampoo, conditioner
 - Feminine hygiene
 - Makeup, makeup remover
 - Shaving supplies
 - Skin products
 - Brush, comb, hair products
 - Nail supplies/tweezers
 - Glasses, contact lenses, supplies
- Academic
 - Textbooks, pencils, pens, calculators, notepads
- Other
 - Cellular phone + charger
 - Laptop/iPad/E-Reader + charger(s)
 - Books/Magazines/Cards, Pen/Paper, Snacks/Drinks
- Removal and dismissal from the rooms may occur if:
 - You have fulfilled the recommended duration of self-isolation/quarantine- provided by a medical provider or NMDOH
 - You become ill and need to be transferred to a hospital or other facility where medical care is available
 - You are deemed unsafe to staff or other residents
 - You elect to return to your off-campus home. Although, this may greatly increase the risk of infecting others.

Confidentiality/Privacy

- Except for circumstances in which NMHU is legally required to report workplace occurrences of communicable disease, the confidentiality of all medical conditions will be maintained in accordance with applicable law and to the extent practical under the circumstances.
- When it is required, the number of persons who will be informed that an unnamed employee/student has tested positive will be kept to the minimum needed to comply with reporting requirements and to limit the potential for transmission to others.
- NMHU reserves the right to inform other employees/students that an unnamed co-worker has been diagnosed with COVID-19 if the other employees might have been exposed to the disease so the employees/students may take measures to protect their own health.
- NMHU also reserves the right to inform sub-contractors, vendors/suppliers, or visitors that an unnamed employee/student has been diagnosed with COVID-19 if they might have been exposed to the disease so those individuals may take measures to protect their own health.



EMERGENCY OPERATIONS CENTER

Quarantine/Isolation Intake Form

To be filled out by MRC or medical staff once patient has arrived at non-congregate site
Please complete and email to EOC@nmhu.edu

Date: Time: Location:

Client Name: DOB: Male/Female/Transgender

Phone number: ()

Street address: City: State: Zip:

Tribal affiliation: Preferred language: Religious affiliation:

Language Access Needs: Smoker No Yes Allergies:

Medical Conditions: Disability/access needs:

Comments:

Meets qualifying criteria for I&Q: No Yes

Known exposure or Positive COVID-19 test and Unable to isolate at home and Does not need assistance with daily living and Does not require medical care.

Symptomatic: No Yes Date of onset:

Fever Cough Shortness of breath Vomiting Diarrhea Other (specify):

Emergency contact: Relationship: Contact phone:

Primary care provider: Clinic/facility:

Pets: None Arrangements already made for care Need arrangements for care

Medications:

Medical devices (e.g. glucometer, BP monitor):

Travel: No Yes Location: Dates: COVID testing recommended: No Yes

Intake checklist: Intake form completed and signed Consent forms signed Info packet received Patient brought home medications Patient brought necessary monitoring equipment (e.g. glucose monitor with strips)

Interviewer signature Date

Client signature Date

Quarantine/Isolation for Suspected and Confirmed COVID-19 Individuals who have only mild symptoms and can care for themselves who are unable to self-isolate/quarantine at home

The New Mexico Department of Health, using the U.S. Centers for Disease Control and Prevention (CDC) guidelines, has determined that you should practice self-isolation and self-monitoring in order to protect yourself and your community from COVID-19. For more details, please refer to CDC's Interim Guidance for Preventing The Spread of Coronavirus in Homes and Residential Communities.

Self-Isolation

- Stay in your isolation room. As much as possible, you should stay in a specific room and away from other people.
- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer containing 60-95% alcohol. Avoid touching your face with unwashed hands.
- Wear a face cover if you need to be around other people, retrieving food/water. Cover your mouth and nose with a tissue when you cough or sneeze.

Self-Monitoring

- Watch for worsening symptoms, shortness of breath, or difficulty breathing.
- If you need medical care, contact El Centro, your medical provider or the Medical Branch of the EOC at EOC@nmhu.edu or EOCMedical@nmhu.edu
 - If you need emergency medical attention during this time, contact NMHU Police Dispatch at 505-454-3278 to request assistance. Let the dispatcher and first responders know you are being tested or are positive for COVID-19. Provide an emergency contact phone number of nearest relative or other.

Test Results

If positive result, someone from the Medical Branch or the New Mexico Department of Health will contact you as soon as the result is known. Due to increased testing with the state, results may take anywhere from 1-4 days.

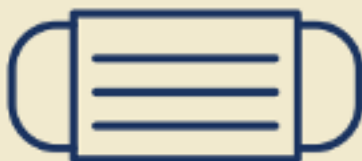
If you have any questions, please contact your health care provider or call the Coronavirus Hotline at 1-855-600-3453.

NMHU Contact Information

Campus Police/Fire/Safety Dispatch: 505-454-3278

Emergency Operations Center: EOC@nmhu.edu

COVID-19 PREVENTION *PREVENCIÓN COVID-19*



CLOTH FACE-COVERINGS REQUIRED

**in public and all indoor common areas
for everyone's safety**

Violators, putting our state at risk, are subject to \$100 fine

COBERTURAS FACIALES DE TELA REQUERIDAS

***en áreas públicas y todas las áreas comunes
bajo techo por la seguridad de todos***

***Los violadores, poniendo a nuestro estado en riesgo,
están sujetos a una multa de \$100***

NEW MEXICO
DEPARTMENT OF
HEALTH

For more information visit: cv.nmhealth.org
or call: 1-855-600-3453

Para más información visite: cv.nmhealth.org
o llame al: 1-855-600-3453

COVID-19 In Plain Language

What is COVID-19 or the new coronavirus?

It is a new virus making people sick all over the world, including here in New York State.



How do you get the coronavirus?

Someone that has the coronavirus gives you their germs when they cough or sneeze. Their germs then get into the air, on you, and on things. Germs get into your body through your mouth, nose, and eyes.

Avoid touching your face, eyes, nose, and mouth



How can you keep yourself from getting the coronavirus?

You should:

- Wash your hands often with soap and water for at least 20 seconds, especially before and after eating, after using the restroom, after coughing or sneezing, and after touching surfaces.



- Don't touch your eyes, nose, or mouth with unwashed hands.
- Stay away from people who are sick.
- Cover your mouth when you cough. Sneeze using a tissue and then throw it away into a closed container.

- Regularly clean surfaces and objects in your home.

Stay Inside! If you must go outside:

- Avoid close contact with people. Keep a distance of at least 6 feet.
- Avoid games and activities that have close contact.
- Avoid surfaces and objects that get touched a lot. This includes store countertops or playground equipment like slides and swings.
- Wash your hand with soap and water for at least 20 seconds when you return indoors.

How will I know if I have the coronavirus?

The coronavirus may cause:

- Cough
- Fever
- Trouble breathing



Symptoms may appear in as few as 2 days or as many as 14 days after you catch it. Just because you have these symptoms doesn't mean you have the coronavirus.

You could have a cold or the flu.

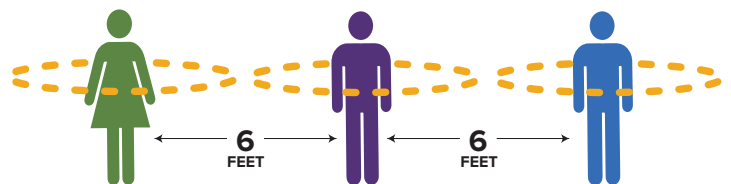
If you are sick:

- Call your doctor. Do NOT go to a hospital or an urgent care center.
- Stay away from others. If you have a separate room you can stay in and a separate bathroom you can use, that is best.
- Wash your hands with soap and water.
- Avoid sharing personal items.

If you have had contact with someone who is sick in the last 14 days:

- You should stay home.
- You may enjoy spending time in your own backyard or other personal outdoor space but you should not go into public outdoor spaces.

Keep a distance of at least 6 feet



If someone you live with gets sick:

- Stay at least 6 feet away from the sick person.
- Do not touch surfaces or food that the sick person has touched.
- Keep washing your hands well.
- Call your care manager to see if there is someplace else you can stay for a few days.

How do I say hello to my friends?

Text, call, video chat, or send a message.

DEAF & HARD OF HEARING INFO - CORONAVIRUS Links

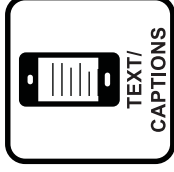
▶ **New Mexico Department of Health**
COVID-19 Hotline: 1-855-600-3453

▶ **New Mexico Commission for Deaf and Hard of Hearing**

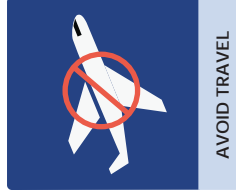
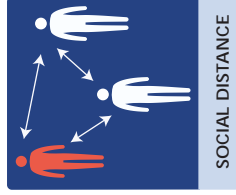
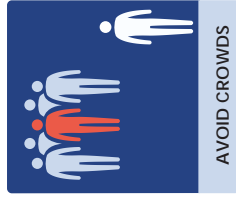
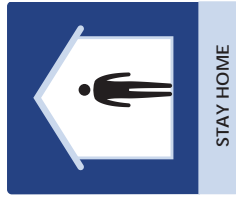
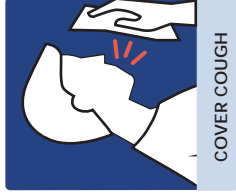
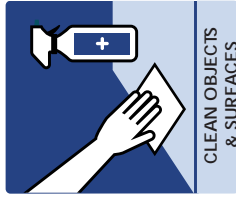
▶ **City of Albuquerque**



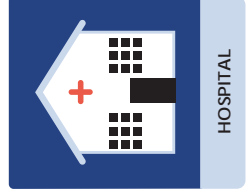
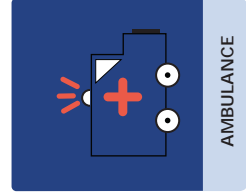
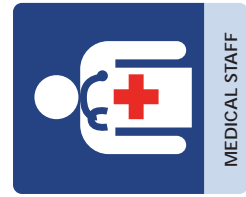
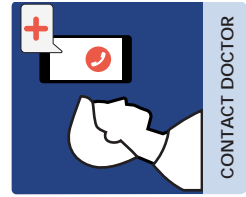
PREFERRED METHOD OF COMMUNICATION



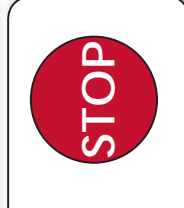
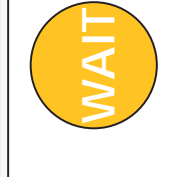
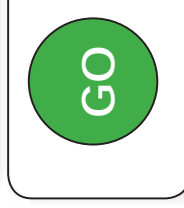
PREVENTING ILLNESS



GET MEDICAL HELP



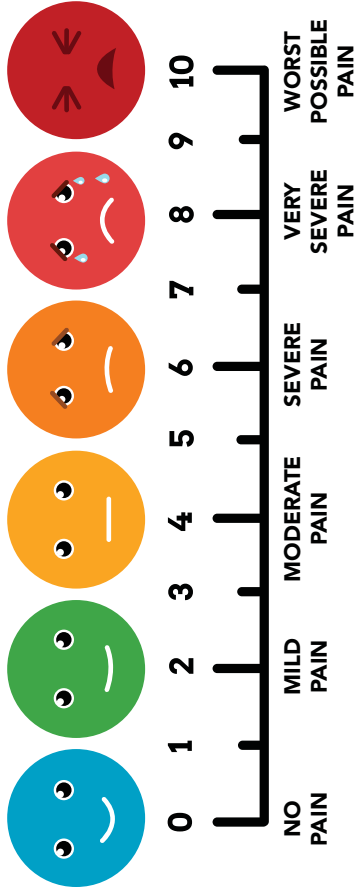
QUICK COMMUNICATION



TIPS FOR HEALTH PROVIDER

- ▶ Get the person's attention and make eye contact
- ▶ Repeat, rephrase, or write down your request
- ▶ Ask and/or indicate before touching the person
- ▶ Ask the person their preferred method of communication
- ▶ Minimize the number of people interacting with the patient
- ▶ Know that hearing aids/cochlear implants may improve hearing, but a person may still benefit from an assistive listening device and still may not understand all that you say.

HOW DO YOU FEEL?



HOW LONG HAVE YOU HAD SYMPTOMS?

- ▶ MINUTES
- ▶ HOURS
- ▶ DAYS
- ▶ WEEKS
- ▶ MONTHS
- ▶ YEARS

SITUATION, HISTORY & SYMPTOMS

FEVER	COUGH	SHORT OF BREATH	SORE THROAT
HEADACHE	WEAR A MASK	VOMITING	DIARRHEA
BLOOD PRESSURE	HEART DISEASE	TRAVEL HISTORY	SICK FAMILY MEMBER

TREATMENT & CARE

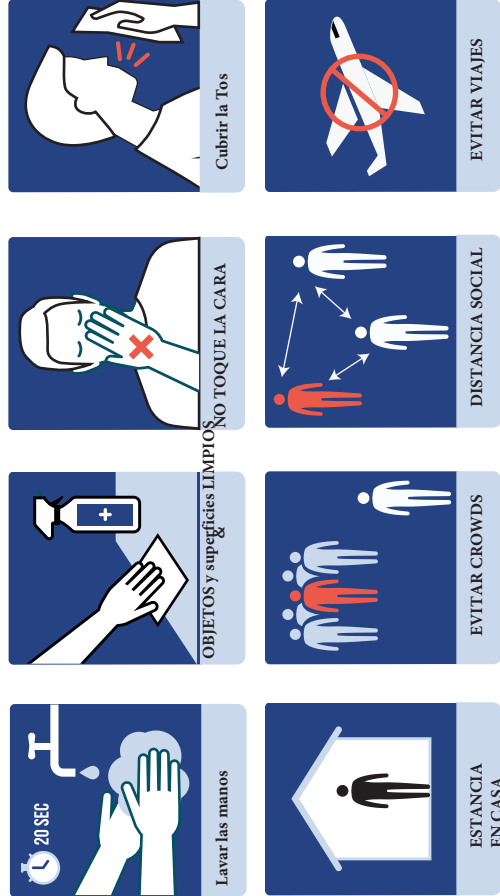
MEDICAL STAFF	CONTACT DOCTOR	AMBULANCE	HOSPITAL
MEDICAL TEST	OXYGEN	INHALER	MEDICINE
CONTACT FAMILY	APPOINTMENT	STAY HOME	THROW AWAY TISSUES CLEAN HANDS

INFORMACIÓN DIFÍCIL DE ESCUCHAR Y SORDO CORONAVIRUS Enlaces

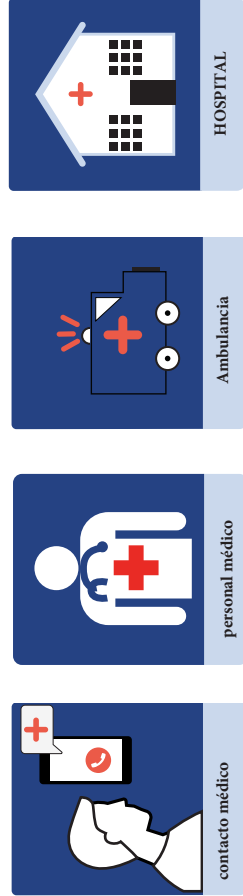


- ▶ New Mexico Department of Health
COVID-19 Hotline: 1-855-600-3453
- ▶ New Mexico Commission for Deaf
and Hard of Hearing City of
Albuquerque

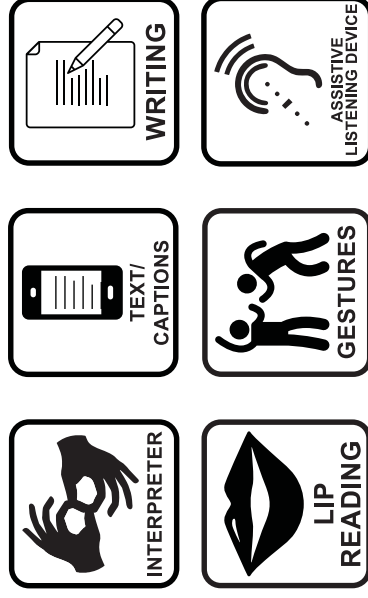
PREVENCIÓN DE ENFERMEDAD



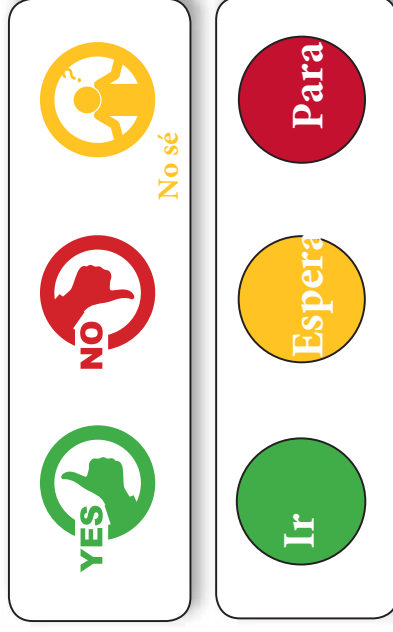
OBTENGA AYUDA MÉDICA



MÉTODO PREFERIDO DE COMUNICACIÓN



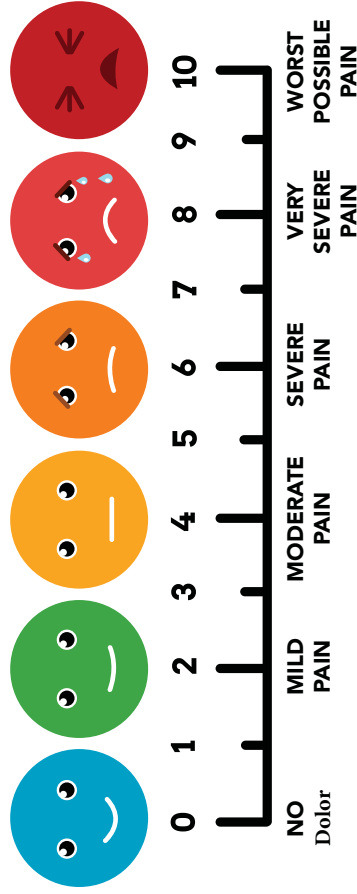
COMUNICACIÓN RÁPIDA



CONSEJOS PARA EL PROVEEDOR DE SALUD

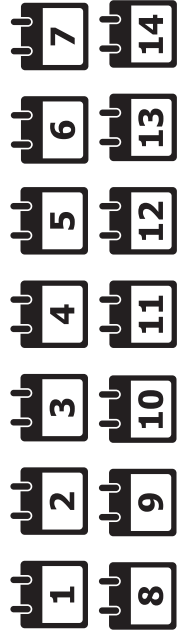
- ▶ Llamar la atención de la persona y hacer contacto visual
- ▶ Repita, reformule o anote su solicitud
- ▶ Pregunte y/o indique antes de tocar a la persona
- ▶ Pregunte a la persona su método de comunicación preferido
- ▶ Minimizar el número de personas que interactúan con el paciente
- ▶ Sepa que los audífonos/implantes cocleares pueden mejorar
Audencia, pero una persona todavía puede beneficiarse de una
Dispositivo de escucha y todavía puede que no entienda todo lo que
usted dice.

¿Cómo te sientes



¿CUÁNTO TIEMPO HAS TENIDO SÍNTOMAS

- ▶ Minutos
- ▶ HORas
- ▶ Dias
- ▶ Semanas
- ▶ MeseS
- ▶ ANOS



SITUACIÓN, HISTORIA Y SÍNTOMAS

Fiebre	Tos	FALTA DE ALIENTO	DOLOR DE GARGANTA
jaqueca	Usar una Máscara	Vómitos	diarrea
PRESIÓN ARTERIAL	enfermedad cardíaca	HISTORIAL DE VIAJES	FAMILIAR ENFERMO

TRATAMIENTO & CUIDADO

Personal Médica	CONTACTO CON EL MÉDICO	Ambulancia	HOSPITAL
PRUEBA MÉDICA	Oxígeno	Inhalador	MEDICINA
CONTACT FAMILY	ESTANCIA EN CASA	ESTANCIA EN CASA	deschar TISSUES LIMPIE Y LAS MANOS

▶ Gracias especiales a la Massachusetts Commission for the Deaf and Hard of Hearing and the Wisconsin Consejo de Discapacidades para compartir sus herramientas.

▶

[HTTPS://CDHH.STATE.NM.US](https://CDHH.STATE.NM.US)

We're here to hear you



If you or someone you care about needs to talk about any mental health concern, or is

- 🌀 Thinking about wanting to die, hurt or kill oneself
- 🌀 Concerned about use of drugs or alcohol, substance use, gambling, or other addiction
- 🌀 Behaving in ways you know aren't safe, but continue anyway
- 🌀 Having a hard time keeping your anger under control
- 🌀 Withdrawing or becoming isolated
- 🌀 Talking about being a burden to others
- 🌀 Sleeping too little or too much
- 🌀 Seeking support for someone struggling with mental health
- 🌀 Looking for a counselor in your area
- 🌀 Just needing someone to talk to

Crisis Line
professional counselors
call toll free 24/7/365

1-855-662-7474

Warmline
peer supports
call/text toll free 3:30pm-11:30pm

1-855-466-7100

ALWAYS FREE AND CONFIDENTIAL

www.nmcrisisline.com

Estamos aquí para escucharse

Si usted o alguien a quien a usted le importa necesita hablar sobre cualquier problema de salud mental o está:

- ⦿ Pensando en querer morir, herirse o matarse
- ⦿ Preocupado por el uso de drogas o alcohol, uso de sustancias, juegos de azar u otras adicciones
- ⦿ Comportarse de maneras que sabe que no son seguras, pero continúe de todos modos
- ⦿ Tener dificultades para mantener el enojo bajo control
- ⦿ Retirarse o aislarse
- ⦿ Hablando de ser una carga para los demás
- ⦿ Dormir muy poco o demasiado
- ⦿ Buscando apoyo para alguien que tiene problemas de salud mental
- ⦿ Buscando un consejero en su área
- ⦿ Simplemente necesita a alguien con quien hablar



Línea de Crisis

Consejeros profesionales
llamada 24/7/365

1-855-662-7474

Línea reconfortante

Apoyo de compañeros
llamada 3:30pm-11:30pm

1-855-466-7100

SIMPRES GRATIS Y CONFIDENCIAL

www.nmcrisisline.com