List of COVID-19 Protocols
For Resident Members

Last updated 30 November 2020

1. International House Health Compact: Ensuring Individual and Community Health in the COVID-19 Era

Protocols for Resident Members Who Test Positive for COVID-19

2. Resident Member Instructions: What to Do if You Test Positive for COVID-19 and Live in a Multi-Bedroom Suite With Others

3. Resident Member Instructions: What to Do If You Test Positive for COVID-19 and Live in a Studio or One Bedroom With a Partner

4. Resident Member Instructions: What to Do if You Test Positive for COVID-19 and Live Alone

5. Resident Member Instructions: When You Can Be Around Others After You Tested Positive for COVID-19 [When You May End Isolation]

Protocols for Resident Members Who Must Quarantine

6. Resident Member Instructions: Quarantine Requirement for Residents Who Have Been in Close Contact With a Person Who Has Tested Positive for COVID-19 or Who Has Symptoms of COVID-19

7. Resident Member Instructions: Quarantine Requirements for Resident Member Travel

Related COVID-19 Protocols for Resident Members

8. Resident Member Instructions: Emergency Services for Residents in Isolation or Quarantine Due to Close Contact Exposure

9. Resident Member Instructions: Who to Call for Assistance When in Quarantine or Isolation

10. Resident Member Instructions: What to Do if You Are Contacted by the NYC Test & Trace Corps

11. Resident Member Instructions: Emergency Contact Information

12. For the Attention of Resident Members and Staff Members: Use of Test Results and Limited Health Data During the COVID-19 Pandemic

13. Centers of Excellence: Emergency Health Care
International House Health Compact: 
Ensuring Individual and Community Health
In the COVID-19 Era

Last updated 03 November 2020

Who Is Covered by This Compact? This compact is for all resident members and staff. New members and staff will sign the compact before coming to International House.

Everyone in this community wants to minimize the risk that we will be exposed or expose others to COVID-19. This compact is our community’s call to action and to recognize our shared responsibility for community health, informed by science and founded on mutual respect. Each of us knows that we need to operate differently now than we did pre-pandemic, and that these changes require new habits and difficult adjustments. We also know these daily life changes are essential to our ability to be together. This understanding is the foundation for this agreement.

All of us at International House -- resident members and staff -- commit to doing what we can to reduce and stop transmission of COVID-19 within the House and in our communities. As signatories to this compact each of us commits to:

- Wearing a face covering over nose and mouth at all times in public*
- Keeping at least six feet or two meters (two arms lengths) apart from other people whenever possible
- Staying home when sick or after possible exposure to COVID-19
- Following basic health precautions including frequent hand washing/sanitizing and workplace and shared-space hygiene
- Following signs and guidance posted throughout International House
- When outside of International House, all resident members and staff are expected to follow city, state and federal public health requirements, including for face covering and physical distance.
- Participating in testing and contact tracing when required, and isolation and quarantine protocols, when required.

The expectation of International House is that all resident members and staff will adhere to these commitments. In the interest of supporting community health and safety, anyone who does not adhere to these commitments after being asked to do so by an appropriate authority may be asked to leave International House. These commitments are essential to protecting the public’s health, and to protecting ourselves, our neighbors, and each other. Together, we can do what it takes to reduce and stop COVID-19 transmission in our shared community. Thank you!

*The only exceptions to required face coverings are when you are alone in a private room with a closed door and when eating, but you must maintain six feet physical distance.
Consent

The signee of the compact indicates consent by entering the information below, and clicking the “Submit” link on the I-House website. The signee’s consent is registered with the Admissions Team.

☐ By checking this box and entering my name below I acknowledge that I have read and agree to the I-House Health Compact.

Name

Date

Submit
Resident Member Instructions:
What to Do If You Test Positive for COVID-19
And Live in a Multi-Bedroom Suite With Others

Last Updated 30 November 2020

Who Is Covered by This Policy?

International House resident members who test positive for COVID-19 and who live in a multi-bedroom suite with others.

Summary

If you have been diagnosed with COVID-19, you will be asked to isolate for a minimum of 10 days and test negative for COVID-19 to end isolation.

What You Need to Know

Follow the steps set forth below to isolate at International House.

1. Contact your primary care doctor. Stay connected with your physician until your isolation period ends and you are well enough to return to work or school.
2. Contact the Claremont Desk (212-316-8448) and inform them that you have tested positive for COVID-19 and you need to transfer to an isolation apartment.
   a. Let the attendant at the Claremont Desk know if you feel well enough to transfer on your own or if you would like assistance from a staff member.
   b. You will receive a call back within the hour with the apartment number and a transfer time. If you are outside the House when you receive the diagnosis, please await the call back before returning; if you are inside the House when you receive the diagnosis, please await the call in your room.
3. For those inside the House when they receive the diagnosis, Public Safety will leave a KN95 Mask and gloves for you outside your apartment door. Retrieve the KN95 Mask and gloves and return to your room to put them on. (Make sure to wear a face covering when you leave your room to retrieve these supplies.)
4. Public Safety will knock on your door at the appointed transfer time.
   a. Use the elevator to go directly to the apartment.
   b. Use your current room key to access the apartment.
   c. Contact the Claremont Desk (212-316-8448) and let them know you have completed your transfer.
5. If you are transferring with assistance inside the House, Public Safety will knock on your door at the time of transfer and escort you to the apartment.
6. If you are outside the House, Public Safety will provide instructions. They will meet you at the Riverside entrance if your isolation apartment is in the North building, and at the Claremont entrance if your isolation apartment is in the South building.

7. Please see the related policy, “Resident Member Instructions: When You May Be Around Others After You Tested Positive for COVID-19 [When You May End Isolation].”

WHAT TO BRING TO YOUR ISOLATION APARTMENT

- Enough clean clothes for the entire 10-day period
- Your cell phone
- Your laptop
- Toiletry kit, eyewear, and any prescription and non-prescription medications

WHAT I-HOUSE WILL SUPPLY

A self-care kit that contains:
- A digital thermometer
- Hand sanitizer
- Alcohol wipes
- Water bottle
- Temperature and symptom log

TRACK YOUR RECOVERY

- Take your temperature twice daily and record any symptoms or concerns. See the symptom list set forth below and the Daily Health Log (Attachment 1) for your use.
- If you develop symptoms, or if your symptoms worsen while in isolation, contact your health care provider to determine if you need to leave the premises to seek medical attention.*
- **If you must leave the premises to seek medical attention, contact Public Safety prior to leaving for your appointment, and before you return, to arrange for safe transit through I-House public spaces.**

MONITOR COVID-19 SYMPTOMS

*Symptoms of COVID-19 include:
- Fever (above 100.4°F)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
• Nausea or vomiting
• Diarrhea

In more severe cases, COVID-19 can cause pneumonia and other complications, especially if you have health conditions such as diabetes, heart conditions, hypertension, asthma, or autoimmune illnesses such as lupus or multiple sclerosis. Among adults, the risk for severe illness from COVID-19 increases with age. Severe illness means that the person with COVID-19 may require hospitalization, intensive care, or a ventilator to help them breathe.

REMAIN HOME FOR THE ENTIRE ISOLATION PERIOD

Remain at home for the entire period. This means:
• Do not leave your isolation room, except when recommended by a medical professional. Remember to alert Public Safety before you leave for your appointment and before you enter the building upon your return.
• Do not use public transportation should you need to leave for medical care.
• Maintain distance (approximately 6 feet or 2 meters) from others.

EMERGENCIES

If you need immediate treatment call 911. If you decide to go the emergency department, if possible, call ahead so they can be prepared to safely treat you when you arrive. Public Safety is available to assist you in calling emergency services. Contact the Claremont Desk (212-316-8448).

I-HOUSE SUPPORT

International House is here to support you as you navigate this period of uncertainty. Global Health and Wellness Services will check in with you to make sure your recovery is going smoothly. We also encourage you to contact Global Health and Wellness Services (914-673-9010 or lpirro@ihouse-nyc.org) to connect with a Resident Fellow or Peer Counselor during isolation, or if you would like to schedule a counseling appointment.
### Daily Health Log

Record your temperature twice daily and write down any symptoms or concerns.

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If your temperature is >100.4°F, or if you feel like you have a fever, or you have a cough or shortness of breath, call your primary care health provider to discuss symptoms. Note: COVID-19 symptoms and some cold/flu symptoms can be similar. Please consult with a medical provider right away.
Resident Member Instructions: What to Do If You Test Positive for COVID-19 And Live in a Studio or One Bedroom With a Partner

Last Updated 30 November 2020

Who Is Covered by This Policy?

Resident members (partners or a couple) who live together in a studio or one bedroom where one resident member tests positive for COVID-19.

Summary

When a resident member tests positive for COVID-19, the individual who has tested positive must isolate according to I-House policy for resident members who have tested positive for COVID-19, and the co-occupant must quarantine according to the I-House policy for resident members who have been in close contact with someone who has tested positive for COVID-19, or who has symptoms of COVID-19.

The resident member who tested positive must isolate for a minimum of 10 days and test negative for COVID-19 to end isolation. The co-occupant must (a) quarantine for 14 days, (b) monitor for any symptoms of COVID-19, (c) follow isolation procedures if they develop symptoms or test positive, and (d) test negative to end quarantine with a test taken on the 12th day if no symptoms develop.

If resident members are contacted by the Test and Trace Corps (contact tracers in New York City), they should fully cooperate in order to protect themselves and others and stop the spread of COVID-19. Please see, “Resident Member Instructions: What to Do if You Are Contacted by the NYC Test & Trace Corps.”

What You Need to Know

You must inform the Claremont Desk (212-316-8448) that you live in a studio or one bedroom with one other person and that one individual has tested positive for COVID-19. Inform the staff of the names and status of the residents in the apartment (identify who has tested positive and who the co-occupant is, that has been exposed to COVID-19, or who has symptoms of COVID-19). After speaking with your partner, tell the Claremont Desk which option you have chosen of the three listed below. You will receive a call back promptly with instructions for both parties based on your decision. If you are outside the House, please await the call back before returning.
1. *The positive individual may relocate* to an isolation apartment and must isolate according to the I-House policy on isolation, and the co-occupant may remain in the apartment and must quarantine according to the I-House policy on close contact with someone who has tested positive for COVID-19, or who has symptoms of COVID-19.

2. *The co-occupant may relocate* to a quarantine apartment and must quarantine according to the I-House policy on close contact with someone who has tested positive for COVID-19, or who has symptoms of COVID-19, and the positive individual may remain in the apartment and must isolate according to the I-House policy on isolation.

3. *The resident members may remain in their apartment* and the positive individual must isolate according to the isolation policy, and the co-occupant must quarantine according to the I-House policy on close contact with someone who tests positive, or who has symptoms of COVID-19.

Resident members who live together in a studio or one bedroom where one resident member tests positive for COVID19 must make the decision that best suits their specific health concerns. Separating to quarantine or isolate results in the least amount of time spent in quarantine or isolation, and the lowest chance of a second person getting sick.

The resident member who tested positive must isolate for a minimum of 10 days and test negative for COVID-19 to end isolation. Follow the steps set forth below to isolate at International House.

1. Contact your primary care doctor. Stay connected with your physician until your isolation period ends and you are well enough to return to work or school.
2. Please see the related policy, “Resident Member Instructions: When You May Be Around Others After You Tested Positive for COVID-19 [When You May End Isolation].”

The co-occupant must (a) quarantine for 14 days, (b) monitor for any symptoms of COVID-19, (c) follow isolation procedures if you develop symptoms or test positive, and (d) test negative to end quarantine with a test taken on the 12th day if no symptoms develop. Follow the steps set forth below to quarantine at International House.

1. Contact your primary care doctor. Let them know you are quarantining at home because you have had close contact with someone who has tested positive for COVID-19, or who has symptoms of COVID-19. Stay connected with your physician until your quarantine period ends.
2. Please see, “Timing of Quarantine.”
Timing of Quarantine

Quarantine 14 days. Leave on the 12th day to obtain COVID-19 test. Return to quarantine until you obtain your negative test result.

Please note if your quarantine starts at noon on day 1, then you may end quarantine on noon of day 15 and after you send your negative test result to Admissions or Global Health and Wellness Services.

Please see, “Resident Member Instructions: Quarantine Requirement for Residents Who Have Been in Close Contact With a Person Who Has Tested Positive for COVID-19 or Who Has Symptoms of COVID-19.”

Instructions for Both Resident Members

MONITOR COVID-19 SYMPTOMS

Take your temperature twice daily and record any symptoms or concerns. See the symptom list set forth below and the Daily Health Log (Attachment 1) for your use.

COVID-19 SYMPTOMS

Symptoms of COVID-19 include:

- Fever (above 100.4°F)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
• Sore throat
• Congestion or runny nose
• Nausea or vomiting
• Diarrhea

IF YOU DEVELOP SYMPTOMS OR IF SYMPTOMS WORSEN

a. If you develop symptoms or if they worsen while in quarantine or isolation, contact your health care provider to determine if you need to leave the premises to seek medical attention.
b. If you must leave quarantine or isolation for medical attention, or for testing to end isolation or quarantine, call the Claremont Desk (212-316-8448) to safely coordinate your exit and return.

EMERGENCIES

If you need immediate treatment call 911. If you decide to go the emergency department, if possible, call ahead so they can be prepared to safely treat you when you arrive. Public Safety is available to assist you in calling emergency services. Contact the Claremont Desk at 212-316-8448.

I-HOUSE SUPPORT

International House is here to support you as you navigate this period of uncertainty. Global Health and Wellness Services will check in with you to make sure your quarantine or isolation is going smoothly. We also encourage you to contact Global Health and Wellness Services (914-673-9010 or lpirro@ihouse-nyc.org) to connect with a Resident Fellow or Peer Counselor during quarantine, or if you would like to schedule a counseling appointment.
Resident Member Instructions:
What to Do If You Test Positive for COVID-19
And Live Alone

Last Updated 30 November 2020

Who Is Covered by This Policy?

International House residents who test positive for COVID-19 and who live alone (whether in a studio, one bedroom, or multi-bedroom suite where the resident member is the only individual in the multi-bedroom suite).

Summary

If you have been diagnosed with COVID-19, you will be asked to isolate for a minimum of 10 days and test negative for COVID-19 to end isolation. You may isolate in your apartment.

What You Need to Know

Follow the steps set forth below to isolate at International House.

1. Contact your primary care doctor. Stay connected with your physician until your isolation period ends and you are well enough to return to work or school.
2. Contact the Claremont Desk (212-316-8448) and inform them that you have tested positive for COVID-19 and you will be isolating in your apartment.
   a. If you are outside the House when you receive the diagnosis, please await a call back before returning. You will receive a call back within the hour with instructions to return to the House, and we will safely transit you through any public spaces.
3. Please see the related policy, “Resident Member Instructions: When You May Be Around Others After You Tested Positive for COVID-19 [When You May End Isolation].”

WHAT I-HOUSE WILL SUPPLY

A self-care kit that contains:
- A digital thermometer
- Hand sanitizer
- Alcohol wipes
- Water bottle
- Temperature and symptom log

TRACK YOUR RECOVERY
• Take your temperature twice daily and record any symptoms or concerns. See the symptom list set forth below and the Daily Health Log (Attachment 1) for your use.
• If you develop symptoms, or if your symptoms worsen while in isolation, contact your health care provider to determine if you need to leave the premises to seek medical attention.*
• **If you must leave the House to seek medical attention, contact Public Safety prior to leaving for your appointment, and before you return, to arrange for safe transit through I-House public spaces.**

**MONITOR COVID-19 SYMPTOMS**

*Symptoms of COVID-19 include:
  • Fever (above 100.4°F)
  • Cough
  • Shortness of breath or difficulty breathing
  • Fatigue
  • Muscle or body aches
  • Headache
  • New loss of taste or smell
  • Sore throat
  • Congestion or runny nose
  • Nausea or vomiting
  • Diarrhea

*In more severe cases, COVID-19 can cause pneumonia and other complications, especially if you have health conditions such as diabetes, heart conditions, hypertension, asthma, or autoimmune illnesses such as lupus or multiple sclerosis. Among adults, the risk for severe illness from COVID-19 increases with age. Severe illness means that the person with COVID-19 may require hospitalization, intensive care, or a ventilator to help them breathe.*

**REMAIN HOME FOR THE ENTIRE ISOLATION PERIOD**

Remain at home for the entire period. This means:
  • **Do not leave your apartment, except when recommended by a medical professional. Remember to alert Public Safety before you leave for your appointment and before you enter the building upon your return.**
  • Do not use public transportation should you need to leave for medical care.
  • Maintain distance (approximately 6 feet or 2 meters) from others.

**EMERGENCIES**

If you need immediate treatment call 911. If you decide to go the emergency department, if possible, call ahead so they can be prepared to safely treat you when you arrive. Public Safety is available to assist you in calling emergency services. Contact the Claremont Desk at 212-316-8448.
I-HOUSE SUPPORT

International House is here to support you as you navigate this period of uncertainty. Global Health and Wellness Services will check in with you to make sure your recovery is going smoothly. We also encourage you to contact Global Health and Wellness Services (914-673-9010 or lpirro@ihouse-nyc.org) to connect with a Resident Fellow or Peer Counselor during isolation, or if you would like to schedule a counseling appointment.
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If your temperature is >100.4°F, or if you feel like you have a fever, or you have a cough or shortness of breath, call your primary care health provider to discuss symptoms. Note: COVID-19 symptoms and some cold/flu symptoms can be similar. Please consult with a medical provider right away.
Resident Member Instructions:
When You Can Be Around Others
After You Tested Positive for COVID-19
[When You May End Isolation]

Last updated 30 November 2020

Who Is Covered by This Policy?

Resident members of International House who need to know when they may end isolation after testing positive for COVID-19.

What You Need to Know

A. I HAD COVID-19 WITH SYMPTOMS

You can be around others after:

1. 10 days since symptoms first appeared and
2. 24 hours with no fever without the use of fever-reducing medications and
3. You have no other symptoms of COVID-19* and
4. You test negative for COVID-19** and
5. Your health provider agrees that you may be around others.

*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.
**You should seek a COVID-19 test on the morning of the 11th day in isolation and remain in isolation until you receive a negative test result.

If you experience severe COVID-19 illness or have a compromised immune system due to other health conditions or medication, you should not follow these recommendations. Follow those set forth in item “C” below.

B. I HAD COVID-19 WITH NO SYMPTOMS

You can be around others after:

1. You continue to have no symptoms after 10 days have passed since you had a positive viral test for COVID-19 and
2. You test negative for COVID-19 after a test taken no earlier than day 11 and
3. You remain in isolation until you test negative for COVID-19 and
4. Your health provider agrees that you may be around others.

If you develop symptoms after testing positive, follow the instructions above for, “I Had COVID-19 With Symptoms.”

C. I HAD A SEVERE CASE OF COVID-19 OR HAVE A WEAKENED IMMUNE SYSTEM DUE TO A HEALTH CONDITION OR MEDICATION

If you experience a severe case of COVID-19, your health provider may determine that you need to stay home longer than 10 days, i.e., up to 20 days or more, after symptoms first appeared.

You can be around others after:

1. You no longer have symptoms of COVID-19* and
2. You test negative for COVID-19 at the end of your isolation period and
3. Your health provider agrees that you may be around others.

*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

WHY I-HOUSE REQUIREMENTS MAY DIFFER FROM THE CDC OR NEW YORK STATE

I-House requires a negative test for COVID-19 of members who previously tested positive before they can be around others to add an extra layer of protection to our residential community. The majority of members live in multi-bedroom suites and staff are deployed throughout the House 24x7x365.
Resident Member Instructions:
Quarantine Requirement for Residents Who Have Been in Close Contact
With a Person Who Has Tested Positive for COVID-19
Or Who Has Symptoms of COVID-19

Last Updated 30 November 2020

Who Is Covered by This Policy?

Individuals who have been in close contact with a person who has tested positive for COVID-19 or who has symptoms of COVID-19.

Background

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.

Summary

If you have been in close contact with a person who has tested positive for COVID-19, or who has symptoms of COVID-19, you will be asked to (a) quarantine for 14 days, (b) monitor for any symptoms of COVID-19, (c) follow isolation procedures if you develop symptoms or test positive, and (d) test negative to end quarantine with a test taken on the 12th day if no symptoms develop.

What You Need to Know

Follow the steps set forth below if you have been in close contact with a person who has tested positive for COVID-19 or who has symptoms of COVID-19.

1. Contact your primary care doctor. Let them know you are quarantining at home because you have had close contact with a person who has tested positive for COVID-19 or who has symptoms of COVID-19. Stay connected with your physician until your quarantine period ends.

2. Contact the Claremont Desk (212-316-8448) and inform them that you have been in close contact with a person who has tested positive for COVID-19 or who has symptoms of COVID-19. Tell them whether you are living alone (in a studio, one bedroom, or multi-
bedroom suite), in a studio or one bedroom with one other person, or with another resident member or members in a multi-bedroom suite.

3. You will receive a call back promptly. If you are outside the House, please await the call back before returning; if you are inside the House, please await the call in your room or apartment. If you do not live alone, keep a safe distance from any co-occupants and wear a mask. The staff will provide all necessary instructions in order for you to quarantine at I-House and will gladly assist you.

4. Immediately inform the Claremont Desk if the Test and Trace Corps (contact tracers in New York City) contact you. You should fully cooperate in order to protect yourself and others, and stop the spread of COVID-19.

Timing of Quarantine

Quarantine 14 days. Leave no earlier than the 12th day to obtain COVID-19 test. Return to quarantine until you obtain your negative test result.

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Please note if your quarantine starts at noon on day 1, then you may end quarantine on noon of day 15, and after you send your negative test result to Admissions or Global Health and Wellness Services.

**WHAT YOU NEED ON HAND TO QUARANTINE**

- Enough clean clothes for the entire quarantine period
- Your cell phone
- Your laptop
- Toiletry kit, eyewear, and any prescription and non-prescription medications

**WHAT I-HOUSE WILL SUPPLY**

A self-care kit that contains:
• A digital thermometer
• Hand sanitizer
• Alcohol wipes
• Water bottle
• Temperature and symptom log

REMAIN HOME FOR THE ENTIRE QUARANTINE PERIOD

• Remain at home for the entire period. Do not leave quarantine, except to get tested or when recommended by a medical professional.

MONITOR TO SEE IF YOU DEVELOP COVID-19 SYMPTOMS

• Take your temperature twice daily and record any symptoms or concerns. See the symptom list set forth below and the Daily Health Log (Attachment 1) for your use.

COVID-19 SYMPTOMS

Symptoms of COVID-19 include:

• Fever (above 100.4°F)
• Cough
• Shortness of breath or difficulty breathing
• Fatigue
• Muscle or body aches
• Headache
• New loss of taste or smell
• Sore throat
• Congestion or runny nose
• Nausea or vomiting
• Diarrhea

IF YOU DEVELOP SYMPTOMS

1. If you develop symptoms, while in quarantine, contact your health care provider to determine if you need to leave the premises to seek medical attention.
2. If you must leave quarantine for medical attention or for testing to end quarantine, call the Claremont Desk (212-316-8448) to safely coordinate your exit and return.

EMERGENCIES

If you need immediate treatment call 911. If you decide to go the emergency department, if possible, call ahead so they can be prepared to safely treat you when you arrive. Public Safety is available to assist you in calling emergency services. Contact the Claremont Desk at 212-316-8448.
I-HOUSE SUPPORT

International House is here to support you as you navigate this period of uncertainty. Global Health and Wellness Services will check in with you to make sure your quarantine is going smoothly. We also encourage you to contact Global Health and Wellness Services (914-673-9010, or lpirro@ihouse-nyc.org) to connect with a Resident Fellow or Peer Counselor during quarantine, or if you would like to schedule a counseling appointment.

Please see the related policy, “Resident Member Instructions: What to Do if You Are Contacted by the NYC Test & Trace Corps.”
Daily Health Log

Record your temperature twice daily and write down any symptoms or concerns.

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If your temperature is >100.4°F, or if you feel like you have a fever, or you have a cough or shortness of breath, call your primary care health provider to discuss symptoms. Note: COVID-19 symptoms and some cold/flu symptoms can be similar. Please consult with a medical provider right away.
Resident Member Instructions: Quarantine Requirements For Resident Member Travel

Last Updated 04 December 2020

- New York State announced changes in its quarantine orders that went into effect on November 4, 2020. These changes require International House to amend the Quarantine Requirements for Resident Member Travel that we sent you on October 29, 2020.
- If you travel while in residence, you may need to quarantine upon your return for 14 days and obtain one or more negative tests for COVID-19 to end your quarantine. Please consider these requirements before you travel and determine if travelling is essential.
- Limiting travel helps to contain the rate of COVID-19 transmission and protect you and others from serious illness. Adherence to public health guidelines is a condition of your membership and is deeply appreciated.

Who Is Covered by This Policy?

Resident members who travel during the COVID-19 pandemic while living at International House and who must quarantine upon their return in accordance with I-House policy.

Summary

Any resident member who travels outside New York State (other than to a state that borders New York State) for more than 24 hours during their stay at International House must quarantine and obtain negative COVID tests as set forth below.

Members who travel outside New York State (other than to a state that borders New York State) for fewer than 24 hours must take a diagnostic test for COVID-19 on the fourth day after their arrival in New York and test negative.

What You Need to Know

Members who travel outside New York State for more than 24 hours will be required to quarantine and test negative for COVID-19 as set forth below:

1. Domestic travelers from states that do not border New York State must (a) obtain a COVID-19 test within 72 hours prior to departure from that state, (b) quarantine for 14 days upon arrival to International House, and (c) obtain a second COVID-19 test no
earlier than day 12.

2. International travelers must quarantine for 14 days upon arrival at International House and obtain a negative COVID-19 test no earlier than day 12 to end quarantine after 14 days.

3. Exceptions may be made on a case-by-case basis upon the recommendation of a healthcare provider and are at the sole discretion of International House to protect the safety and health of the community.

4. Register your travel with the Admissions Office by submitting the Resident Member Travel Itinerary Form. Please register your travel as soon as you know and well in advance of your departure so we can plan appropriately.

5. When you return to I-House, go directly to the quarantine space reserved for you (Admissions will inform you via email prior to your return).

6. Your ID card will already be programmed to access the quarantine space.

7. You may go to your assigned room once for no more than 30 minutes on the date of your return to retrieve belongings you may need while you are in quarantine.

8. Send test results pursuant to this policy for domestic and international travel (including those required prior to return for domestic travel) to admissions@ihouse-nyc.org.

Who to Call for Assistance During Quarantine

- In an emergency, dial 911 and notify the Claremont Desk. The Claremont Desk staff may also contact 911 for you. Your healthcare provider should be the first contact if you have any questions about your health.

- Members in quarantine must monitor their symptoms daily. Immediately contact your doctor if you develop symptoms of COVID-19 and let the Director of Global Health and Wellness Services (lpirro@ihouse-nyc.org or 914.673.9010) know of your change in status.

- Inform Admissions (Admissions@ihouse-nyc.org) of negative test results in accordance with this policy. For questions other than the stated quarantine requirements, please contact Global Health and Wellness Services.

While in quarantine, resident members may have their mail, packages, and food delivered and may arrange for trash pick-up. The contact information for these services is set forth below.

1. **For after-hours concerns**, contact the Claremont Desk (212.316.8487) or Public Safety (publicsafety@ihouse-nyc.org).
2. **Cleaning supplies** (i.e., household cleaning wipes, bleach) will be provided. For cleaning supplies, contact Juan Luis Rojas (jrojas@ihouse-nyc.org).
3. **Food** will be delivered to your quarters. For questions about food delivery, contact the Claremont Desk or Public Safety.
4. **Mail and packages** will be delivered to your quarters. For questions about mail and package delivery, contact Juan Luis Rojas or Public Safety.
5. **For face masks**, contact Public Safety.
6. **Trash** must be bagged and left outside for routine pick up. To arrange for trash pick-up, contact Juan Luis Rojas.

**MONITOR TO SEE IF YOU DEVELOP COVID-19 SYMPTOMS**

- Take your temperature twice daily and record any symptoms or concerns. See the symptom list set forth below and the Daily Health Log for your use.
- If you develop symptoms, contact your health care provider to determine if you need to leave the premises to seek medical attention.*
- If you must leave the premises to seek medical attention, contact Public Safety prior to leaving for your appointment, and before you return, to arrange for safe transit through I-House public spaces.

**COVID-19 SYMPTOMS**

*Symptoms of COVID-19 include:
- Fever (above 100.4°F)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

*In more severe cases, COVID-19 can cause pneumonia and other complications*, especially if you have health conditions such as diabetes, heart conditions, hypertension, asthma, or autoimmune illnesses such as lupus or multiple sclerosis. Among adults, the risk for severe illness from COVID-19 increases with age. Severe illness means that the person with COVID-19 may require hospitalization, intensive care, or a ventilator to help them breathe.
## Daily Health Log

Record your temperature twice daily and write down any symptoms or concerns.

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*If your temperature is >100.4°F, or if you feel like you have a fever, or you have a cough or shortness of breath, call your primary care health provider to discuss symptoms. Note: COVID-19 symptoms and some cold/flu symptoms can be similar. Please consult with a medical provider right away.*
Resident Member Instructions:
Emergency Services
For Residents in Isolation or Quarantine
Due to Close Contact Exposure

Last updated 30 November 2020

Who is Covered by This Policy?

Resident members of International House in isolation or quarantine due to close contact exposure or illness with COVID-19 who require emergency medical attention.

What You Need to Know

1. Resident members requiring emergency services should dial 911, and if possible, the Claremont Desk (212-316-8448) and provide your name, emergency, and specific location in the House (e.g., “apartment 7F3 in bathroom”, “computer area in study room”, “practice room 2”, “North hallway by vending machine and elevators”).
2. Alert 911 and the staff that you are in quarantine due to exposure to COVID-19 or isolation due to COVID-19 illness.
3. A staff member will accompany emergency services to your location upon their arrival and assist in the interim if appropriate.
4. Wear a face mask and gloves if possible.
Resident Member Instructions:
Who to Call for Assistance
When in Quarantine or Isolation

Last updated 30 November 2020

Who Is Covered by This Policy?

International House residents who are in quarantine or isolation during the COVID-19 pandemic.

Summary

- In an emergency, dial 911 and notify the Claremont Desk. The Claremont Desk staff may also contact 911 for you. Your healthcare provider should be the first contact if you have any questions about your health.
- Members in quarantine or isolation must monitor their symptoms daily. Immediately contact your doctor if you develop symptoms of COVID-19 and let the Director of Global Health and Wellness Services (lpirro@ihouse-nyc.org or 914.673.9010) know of your change in status.
- Inform Admissions (Admissions@ihouse-nyc.org) of negative test results in accordance with these policies. For the exact time to end your quarantine or isolation, see procedures for quarantine and isolation. For questions other than the stated quarantine or isolation requirements, please contact Global Health and Wellness Services.

What You Need to Know

While in quarantine or isolation, resident members may have their mail, packages, and food delivered and may arrange for trash pick-up. The contact information for these services is set forth below.

1. **For after-hours concerns**, contact the Claremont Desk (212.316.8487) or Public Safety (publicsafety@ihouse-nyc.org).
2. **Cleaning supplies** (i.e., household cleaning wipes, bleach) will be provided. For cleaning supplies, contact Juan Luis Rojas (jrojas@ihouse-nyc.org).
3. **Food** will be delivered to your quarters. For questions about food delivery, contact the Claremont Desk or Public Safety.
4. **Mail and packages** will be delivered to your quarters. For questions about mail and package delivery, contact Juan Luis Rojas or Public Safety.
5. **For face masks**, contact Public Safety.
6. **Trash** must be bagged and left outside for routine pick up. To arrange for trash pick-up, contact Juan Luis Rojas.
**Resident Member Instructions:**
*
**What to Do if You Are Contacted
By the NYC Test & Trace Corps**

Last updated: 30 November 2020

**Who Is Covered by This Policy?**

Resident members who are called by a “contact tracer” because they have tested positive for COVID-19 or may have been in close contact with someone who has tested positive.

**What You Need to Know**

If you are contacted by the Test and Trace Corps (contact tracers in New York City), you should fully cooperate in order to protect yourself and others and stop the spread of COVID-19. If you are not already in quarantine or isolation and need to be, you will be asked to adhere the applicable I-House policies.

**How Does the Test & Trace Corps Get Your Information?**

- *If you were diagnosed with COVID-19*, the Test & Trace Corps received your information from the NYC Health Department. New York State law and the New York City Health Code require laboratories to send positive test results to the NYC Health Department. The NYC Health Department securely shared your information with the Test & Trace Corps in compliance with privacy laws that allow this type of information to be used to protect public health and stop the spread of disease.
- *If you were exposed to COVID-19*, the Test & Trace Corps received your information because someone with COVID-19 told a Contact Tracer that you were in close contact with them. A Contact Tracer cannot tell you who told them you were a close contact.

**How Will the NYC Test & Trace Corps Ensure the Privacy and Security of Personal Information?**

- The NYC Test & Trace Corps protects the privacy and security of personal health information. The information that the NYC Test & Trace Corps receives through contact tracing is confidential and protected under the New York City Health Code.
- The NYC Test & Trace Corps will not ask about anyone’s immigration status. The Corps' database is not linked to any law enforcement databases.
- Any information the NYC Test & Trace Corps obtains is used by authorized staff for the limited purpose of protecting public health.
What to Do if You Are Contacted by the NYC Test & Trace Corps

- Immediately contact the Claremont Desk. You may be asked to quarantine or isolate depending upon whether you tested positive or were exposed to COVID-19.

Please see the related policy, “Resident Member Instructions: Quarantine Requirement for Residents Who Have Been in Close Contact With a Person Who Has Tested Positive for COVID-19 or Who Has Symptoms of COVID-19.”
Resident Member Instructions: Emergency Contact Information

Last updated 30 November 2020

Who Is Covered by This Policy?

All resident members of International House.

What You Need to Know

1. Each resident member should ensure that his or her emergency contacts are registered with Admissions and current.
2. International resident members should consider providing a contact in the United States, in addition to key contacts abroad.
3. Include at least two contacts with telephone, address, e-mail, and relationship to you.
**For the Attention of Resident Members and Staff Members:**

**Use of Test Results and Limited Health Data During the COVID-19 Pandemic**

Last updated: 30 November 2020

**Who Is Covered by This Policy?**

All resident members and staff members of International House.

**What You Need to Know**

The purpose of this policy is to inform the resident and staff members of International House of the use of COVID-19 test results and limited health data during the COVID-19 pandemic. International House requests the disclosure of COVID-19 test results and other limited health information (a) to assist in isolation and quarantine decisions on behalf of resident members and staff members, (b) when required by public health authorities, and (c) for the coordination of care. The disclosure of limited health information is part of our effort to prevent the spread of COVID-19.

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<td><strong>New resident members and employees</strong> disclose negative COVID-19 test. (Threshold for entry).</td>
<td>No contact tracing applies.</td>
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<td><strong>Resident members or employees who travel</strong> disclose negative COVID-19 test. (Threshold for return to I-House.)</td>
<td>No contact tracing applies.</td>
<td>Quarantine according to I-House policy, health care provider recommendation, or public health law.</td>
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<td><strong>Resident members or employees who test positive</strong> for COVID-19 disclose status to I-House. Threshold for isolation.</td>
<td>I-House discloses positive cases to health authorities and cooperates with contact tracing. Individuals who have been exposed are informed without disclosure of the identity of the individual who tested positive.</td>
<td>Isolate according to I-House policy, health care provider recommendation, or public health law.</td>
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<td><strong>Resident members or employees in isolation</strong> who are nearing end of isolation test negative for COVID-19. Threshold to end isolation.</td>
<td>Collaboration with health providers may include doctor’s clearance to end isolation, with HIPPA release.</td>
<td>Isolate according to I-House policy, health care provider recommendation, or public health law.</td>
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International House may share health information with a resident member or employee’s family or relatives, caregivers, law enforcement or others with a need to know, in responding to an emergency and any situation where it prevents or lessens a serious or imminent threat to the resident member’s health and safety or employee’s health and safety.

International House does not provide to the media or to the general public any personal health information, including the identity of affected individuals, without permission from the resident member or employee, or a representative who is legally authorized to make health care decisions for the resident member or employee.

This policy will remain in effect until the COVID-19 public health emergency ends, as informed by the CDC and state and local health authorities. International House reserves the right to amend this policy.
Centers of Excellence:
Emergency Health Care

FOR ADULTS

New York-Presbyterian Columbia University Irving Medical Center, 630 West 168th Street (and Broadway) New York, NY 10032

New York-Presbyterian Weill Cornell Medical Center, 525 East 68th Street (and York Avenue) New York, NY 10065

FOR CHILDREN

New York-Presbyterian Morgan Stanley Children’s Hospital, 3959 Broadway (and West 166th Street) New York, NY 10032

New York-Presbyterian Komansky Center for Children’s Health Pediatric Emergency Department, 525 East 68th Street (and York Avenue) New York, NY 10065

Contact Global Health and Wellness Services for referrals in specific areas of expertise.