

## Quarantine Information for Simon Graduate Students

### What is quarantine?

Quarantine means staying in your house for the duration of a 14-day incubation period and monitoring yourself for any potential signs of infection. Quarantining means that you can't go out—not to work, school, or public places. While it is vital to keep in touch with friends, significant others, and family via phone or text, it is not possible to spend any time with them during the 14 days.

### Who must quarantine?

All graduate students arriving from hot spot states or from an international location should plan to quarantine for 14 days in their graduate housing space or their off-campus residence.

**Quarantine must be completed prior to coming on campus for any reasons.**

Please see the [list of restricted states](#) for a current list of the states designated as COVID-19 hot spots. Students traveling from these states will be required to quarantine for 14 days. Students arriving from international locations also are required to quarantine for 14 days, per [CDC guidance](#).

Students from states designated as hot spots who plan to arrive on campus for the start of the semester may quarantine on their own in the tri-state area (New York, New Jersey, Connecticut) or in any state not on the [NYS list of restricted states](#) for 14 days prior to their scheduled move-in date.

### When should I arrive in Rochester if I need to do a 14-day quarantine?

If you wish to participate in person for Welcome Week starting August 17, you should start your quarantine by **August 2**. Otherwise, you will be required to participate virtually for Welcome Week. All Welcome Week programming is mandatory.

If you cannot arrive in time to participate in person for Welcome Week but want to be able to come to campus to attend the first day of classes on August 26, you should start your quarantine by **August 11**. ***If you arrive after this date and need to quarantine, you will begin classes with remote learning until your quarantine period is complete.***

### After my 14-day quarantine is over, are there other requirements?

Once you have completed the 14-day quarantine, you are okay to come to campus. Please note that you must complete the mandatory COVID-19 training on Blackboard. In addition, each time you come to campus you are required to complete the Dr. ChatBot questions. A reminder will be sent to you each day.

### What should I bring with me if I have to quarantine?

Plan to bring items that will keep you comfortable for up to 14 days. Please note that once you move into a residence, you will be unable to go out to buy items you may need. You should plan on bringing essential things such as medications, toiletries, towels and bedding, academic materials and electronic items you will need before classes start, and snacks, drinks, or other food. We provide resources below for ordering food or groceries, but you may want to have some other food with you to last the duration of the quarantine until you can get to the store.

### **Where can I quarantine?**

Students should plan to quarantine in:

- Their graduate housing space, or
- Their off-campus residence

### **How is isolation different from quarantine?**

Isolation is for students who are sick with COVID-19. Like quarantine, isolation means staying inside your home until you are cleared to stop isolating per University Health Service guidelines. Graduate students will typically isolate in their private residence in graduate housing or off campus.

### **What if I feel sick?**

Contact [University Health Service \(UHS\)](#) at +1 (585) 275-2662.

Whenever the UHS offices are closed, a UHS physician is on call and available by phone from home for urgent concerns that cannot wait until UHS reopens. Check here for help [deciding if your condition is urgent](#).

- If your concern is urgent: call UHS at (585) 275-2662.
- If you are having a medical emergency, call Public Safety at (585) 275-3333 if on campus. Call 911 if you are off campus.

E-mail questions about COVID-19 to: [UhsCovid19@uhs.rochester.edu](mailto:UhsCovid19@uhs.rochester.edu)

### **How do I safely get from the airport to my quarantine location?**

Uber or Lyft are available to transport from the Rochester airport, bus station, or train station to your quarantine location. You will need to wear a mask during your transit to quarantine.

### **How do I safely get my key for my housing/quarantine location on campus?**

Students moving into graduate housing should go through the standard check-in process to pick up keys. The offices are all enforcing social distancing guidelines, seeing only one student at a time, with the necessary protective barriers, requirement that masks are worn at all times, and sanitizing stations in each office. Students are required to make a move-in appointment. All check-in requirements will be sent by graduate housing.

Students living off campus should work with their landlord on the requirements for picking up keys.

### **How do I get food and basic necessities during quarantine?**

- Groceries and/or basic necessities: [Amazon Pantry](#), [Walmart Grocery Delivery](#), [Wegmans Delivery](#), [Instacart](#) (Instacart delivers from many different grocery stores, drug stores, and pet stores)
- Pharmacy: [Alexander Pharmacy](#), [Instacart](#) (serves both CVS and Rite-Aid)
- Food Delivery: [Grubhub](#), [DoorDash](#), [Black Owned Restaurants in Rochester](#)

**Note: We encourage students to use the above options for groceries and food. However, financially insecure students may want to consider the following resources:**

- The [Food Pantry](#) is open to all Rochester graduate students. Simon is arranging to provide delivery services to students who utilize the food pantry. While the Food Pantry is need-blind and does not require income or financial aid information to be served, in order to be able to make our supplies last and meet the current high demand, we ask that you consider whether the Food Pantry is right for you. The Food Pantry should be used by any students or postdocs who:
  - a) are food insecure;
  - b) may be facing a change in employment status; and
  - c) are currently in quarantine or isolation.

While we understand that going to grocery stores can be difficult for everyone at this time, if you have the financial means to do so, we ask that you consider the following options before using the Food Pantry: [Grubhub](#), [Amazon Pantry](#), [Walmart Grocery Delivery](#), [Wegmans Delivery](#), and [Instacart](#). If the Food Pantry would be beneficial to you, please fill out [this form](#).

- The [Basic Needs Hub](#) provides urgent, essential student necessities, such as food, clothing, housing, and access to academic tools for students who need financial assistance.

### **How do I obtain a US phone and/or internet access during quarantine?**

Phone: We are currently researching this and will update students when we know more. If you need assistance regarding a phone, please contact your academic advisor noted below.

Internet:

- Graduate Housing: Students living in graduate housing should contact Spectrum for new service.  
<https://www.spectrum.com/contact-us.html>
- Off campus: Students living off campus can call Spectrum for new service.  
<https://www.spectrum.com/contact-us.html>
- Depending on the neighborhood you live in, Greenlight Networks is another Internet provider you can contact to see if they provide service where you live.  
<https://www.greenlightnetworks.com/>

## **SIMON BUSINESS SCHOOL RESOURCES**

### **Arrival to Rochester**

Please keep the Admissions Office updated on your arrival timing by completing the survey that was emailed to you or reaching out to your Admissions counselor. If you have a last-minute update to your travel itinerary, you may contact the [Admissions Office](#). Alternatively, the Admissions team is accessible via the Slack and WeChat platforms for private direct messages.

### **MBA Team:**

[Julie Sadwick](#) and [Andrew Brayda](#)

## **MS Team:**

MS in Accountancy – [Trista Kukucka](#)

MS in Business Analytics – [Jenn Crandall](#) and [Trista Kukucka](#)

MS in Finance – [Nicole Guzski](#) and [Matt McCormick](#)

MS in Marketing Analytics – [Jenn Crandall](#)

## **Academic Concerns**

Please discuss any academic concerns with your assigned academic advisor in the Office of Student Engagement.

MBA students last names A – L: [Brad Rosenbaum](#)

MBA students last names M – Z: [Dan Compo](#)

MSBA and MSMA students: [Stella Lee](#)

MSF and MSA students: [Victoria Waldron](#)

You can also contact the director of advising, [Karen Mach](#).

## **Career Services**

If you have career related questions or concerns, the Benet CMC staff will be available to talk with you virtually while you are in quarantine. In addition, there are many virtual programs you can join to pass the time while in quarantine. Companies and corporate partners are ramping up their virtual recruitment plans, along with participation in virtual job fairs. We will continue to provide guidelines and share information as we get more details, and as always, we'll work with you every step of the way to maximize your Simon experience. Stay connected with the Benet CMC team via SimonWorks.

## **Connected with Your School Community**

Staying connected is important during this period of quarantine/isolation! You can participate virtually in campus activities and entertainment through connecting with Simon Business School. Please continue to check your email, Blackboard account, SimonWorks, Slack, and the Google calendar to stay up to date on all that is happening at Simon!

## **Simon Business School Quarantine/Isolation Coordinator Information**

**If you do get ill while you are in quarantine, need essential supplies, or need help with anything, please contact one of the Q/I coordinators below:**

[Karen Mach](#)

[Nate Kadar](#)

## **UNIVERSITY OF ROCHESTER RESOURCES**

### **University Counseling Center (UCC)**

UCC offers help for managing anxiety, stress, and depression. Any student experiencing a mental health concern can call (585) 275-3113 to be connected to mental health support. [Visit their website](#) for additional info and tips.

### **CARE Network**

CARE Network provides a connection to resources for all students. Not sure where to go first? Make a self-referral to CARE through the [CARE referral form](#).

### **Interfaith Chapel**

Faith communities and chaplains are available for virtual spiritual and emotional support through the Interfaith Chapel. Leaders from Jewish, Muslim, Catholic, Protestant, Hindu, and Buddhist traditions are ready to help. Contact The Rev. Dr. C. Denise Yarbrough at [dyarbrough@admin.rochester.edu](mailto:dyarbrough@admin.rochester.edu) for more information or to schedule a time to speak with a chaplain.

### **Basic Needs Hub**

The [Basic Needs Hub](#) provides urgent, essential student necessities, such as food, clothing, housing, and access to academic tools for students who need financial assistance.

### **Food Pantry**

For any student who is food insecure, the [Food Pantry](#) is open to all Rochester graduate students.

*Take care of yourself! Think positive! You will get through this!*

**We are here to help with any questions or concerns.**