



UNIVERSITY *of*  
MONTEVALLO

# International Safety Plan

Mandatory 14-Day Quarantine

**FALCON >>>**  
***FORWARD!***

## INTRODUCTION

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Your safety and the safety of our community is top priority at the University of Montevallo. In accordance with the guidelines set out by the Centers for Disease Control and the Alabama Department of Public Health, any student returning to the United States from international travel is required to quarantine for 14 days from the date of arrival. For more information, refer to the document below.

CDC reference: [cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html](https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html)

To accommodate this quarantine period, UM is encouraging international students to return to campus 14 days earlier than they would have normally returned. International students who return to campus at least 14 days early will move into their residence halls upon arrival, and will have food, toiletries and room provided free of charge during the 14-day quarantine period.

To help prepare for your early arrival, please fill out the [COVID Travel Quarantine Information Form](#) no later than July 27.

## GUIDELINES AND PROCEDURES FOR 14-DAY QUARANTINE

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### Prepare to Quarantine Upon Arrival

Refer to the document “Taking Care of Yourself in College,” which includes a suggested packing list: [montevallo.edu/wp-content/uploads/2018/05/Taking-Care-of-Yourself-in-College.pdf](https://montevallo.edu/wp-content/uploads/2018/05/Taking-Care-of-Yourself-in-College.pdf)

### Suggested Items to Bring

- Masks or facial coverings.
- Hand soap and hand sanitizer.
- Basic cleaning items.
- Thermometer.
- Any medications you might need if you develop respiratory symptoms.
- Health insurance is a federal requirement. You must bring your health insurance card. UM has an international student insurance policy available for purchase. For details, visit: [montevallo.edu/health-insurance](https://montevallo.edu/health-insurance)

### Where to Quarantine

- We recommend you quarantine in your campus residence hall.

- You must stay in your residence hall or in a home/apartment.
- If you live with others, stay at least 6 feet away from other people and pets.
- Avoid sharing common areas, bathrooms and household items. If sharing is unavoidable, clean high-touch surfaces or shared items after each use.

### During Quarantine

- Food and housing will be provided (if you return early). Coaches and support staff will assist in delivering food and essential items to you throughout the quarantine period.
- Check your temperature daily and self-monitor for symptoms. Symptoms of COVID-19 include fever, chills, cough, sore throat, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, congestion or runny nose, nausea, vomiting and diarrhea.
- If symptoms develop, call ahead to Health Services (205-665-6275) or another health care facility. Tell them about your recent travel and your symptoms.
- Do not leave your residence except to get medical care or to go outdoors for self-care. Do not visit public areas or utilize public transportation, ride sharing or taxis.
- If you must leave your room, maintain social distancing guidelines, wear a face covering that covers both your nose and mouth and practice respiratory etiquette and good hand hygiene, including frequent hand washing and hand sanitization.
- No visitors are allowed during the quarantine period.

**If the quarantine is violated, you will be required to restart the 14-day period.**

**All other University policies and guidelines apply during this quarantine period.**

See UM policies and procedures here: [Student Affairs Policies and Procedures](#).

### When to Seek Emergency Medical Attention

Call 911 or go to your local ER for warning signs including, but not limited to, difficulty breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake or bluish lips or face. Notify the 911 operator or call ahead to the ER to report

that you are seeking care for someone who has traveled recently and may have COVID-19.

### **Who to Contact During Quarantine**

Your coach will be your main point of contact for food, essential needs and transportation. Here are several other resources:

- For questions related to athletics or financial concerns: Dawn Makofski, Associate Athletic Director — 205-665-6633, [makofskidb@montevallo.edu](mailto:makofskidb@montevallo.edu)
- For questions related to COVID-19 symptoms, health practices and guidelines: Health Services — 205-665-6275, [healthserv@montevallo.edu](mailto:healthserv@montevallo.edu)
- For questions related to housing and residence life: Housing and Residence Life — 205-665-6235, [housing@montevallo.edu](mailto:housing@montevallo.edu)
- For questions about resources, social support, food, toiletries and mental health needs: Counseling Services — 205-665-6245, [counseling@montevallo.edu](mailto:counseling@montevallo.edu)
- For questions related to academic support, registration or documentation: Amy Minor, Assistant Registrar — 205-665-6039, [minorad@montevallo.edu](mailto:minorad@montevallo.edu)

- For questions related to transportation, student programs or resources: Jason Perry, Student Diversity Recruitment and Retention Coordinator — 205-665-6219, [jperry5@montevallo.edu](mailto:jperry5@montevallo.edu)
- For all emergencies or immediate needs after hours: UM Police — 205-665-6155, [umpolice@montevallo.edu](mailto:umpolice@montevallo.edu)

### **WHAT IF I CANNOT RETURN EARLY?**

#### **Your quarantine will start once you arrive in the U.S.**

If you return less than 14 days early and your classes or team practices have begun, you will need to do the following:

- Arrange for coursework to be done remotely.
- Arrange for meals and supplies to be delivered to you or picked up quickly with little contact.
- Notify your coach and other affiliate organizations that you will not be able to participate in any in-person activities until your 14-day quarantine period has ended.