



Residential Care

A Guide for Quarantine and Isolation



Website: stmarys-ca.edu/campus-housing | Email: reslife@stmarys-ca.edu | Phone: (925) 631-4236

What should students expect while in quarantine or isolation?

Students will be assigned a Care Liaison to help navigate any personal needs. The Care Liaison will make contact with the student daily. A Contact Tracer will also contact the student to assist in preventing the spread of COVID-19.

Students are required to stay in quarantine or isolation based on Contra Costa County guidelines. Your Care Liaison will provide details specific to your situation.

What items should I bring with me to my new location?

Your new location will include toilet paper, paper towels, hand soap and sanitation & disinfection supplies.

Here are some recommended items to bring:

- Academic Books
- Blanket or Comforter
- Cell Phone and Cell Phone Charger
- Clothes for up to 14 days
- Computer and Computer Charger
- Over the Counter & Prescription Medications
- Paper/Pens/Study Materials
- Pillow
- Shampoo/Soap
- Shaving Needs
- Thermometer
- Toothbrush/Toothpaste
- Towels
- Twin-size Extra-Long Sheets

How do I receive food if I have a Saint Mary's College meal plan?

Students with a Saint Mary's meal plan will order meals through an online ordering form. Students will select their meals from an online menu due one day in advance (i.e. student's order for Monday must be placed by noon on Sunday). Care Liaisons will work directly with students to begin this process and support students with any food-related questions or concerns.

What are my options to access food if I do not have a Saint Mary's College meal plan? How do I purchase a temporary meal plan?

Students without a meal plan are encouraged to purchase a temporary meal plan (i.e. "Gael Flex" plan or "Block 19" plan). The Care Liaison can assist in coordinating this through the appropriate offices. Alternatively, students without a meal plan can work with their Care Liaisons to assist with deliveries from Doordash, Instacart, etc. or coordinate with Gael Pantry.

Your Care Team is available to assist you. Refer to your information letter for specific details.

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Quarantine and Isolation Resources



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In the event of an emergency, contact Public Safety at 925-631-4282

- Campus Housing: 925-631-4241 or housing@stmarys-ca.edu
- Counseling & Psychological Services: 925-631-4364 or caps4364@stmarys-ca.edu
- Dean of Students: 925-631-4238
- Facilities Services: 925-631-4286
- Health and Wellness Center: 925-631-4254 (connects to after-hours Nurse Advice Line)
- ITS: Students can submit support requests online by visiting <https://stmarys-ca.edu/its>
- Moraga Police Department: 925-284-5010
- Residential Experience: 925-631-4236 or reslife@stmarys-ca.edu
- Student Disability Services: 925-631-4358
- Student Success Office: 925-631-4800 or seas@stmarys-ca.edu

Reliable information on a variety of our county's important health topics including COVID-19 health orders, COVID-19 press releases, and helpful links: <https://cchealth.org/>

For county quarantine and self-isolation instructions visit:
<https://www.coronavirus.cchealth.org/for-covid-19-patients>

Comprehensive national health website covering a variety of topics including COVID-19, other prevalent diseases, healthy living, travel health, and emergency preparedness to name a few:
<https://www.cdc.gov/>