Quarantine

Quarantine is required for healthy students who have been exposed to another individual who has tested positive for COVID-19. Roommates are also required to quarantine, as this prevents potential asymptomatic spread during the virus’s incubation period. Not all people who quarantine will test positive for COVID-19.

COVID-positive students will be moved to a self-isolation area. Students in quarantine will remain in their room. If your roommate has tested positive, facilities staff will schedule a time to disinfect your room with an aerosol solution. Residence Life & Housing staff will assist in coordinating this process.

Students exposed to someone who has tested positive for COVID-19 (and their roommate) should complete the COVID-19 Self Reporting Form for Students on the MSU Safety App or the University’s web page. Quarantine is required until a student is cleared to return to classes by the University's contact tracing team. Questions about quarantine can be directed to your contact tracer or you may call the Office of Student Affairs at (940) 397-7500.

To protect the University community, students in quarantine on campus must remain in their room and follow the guidelines below. Limited exceptions include using the restroom, showering, and doing laundry. Failure to follow these guidelines may result in immediate removal from campus housing.

Academic Success

When you submitted the COVID-19 Self Reporting Form for Students, your quarantine status and subsequent classroom absence was formally communicated with your faculty through the Office of Student Rights & Responsibilities. Students are strongly encouraged to send an email to each of their faculty members to inquire about remote options for lectures, provided you are well enough to participate in class. Remember to include your full name and M-number in your message.

Additionally, academic support resources are available virtually through the Tutoring & Academic Support Programs Office. TASP may assist with tutoring services and will coordinate virtual tutoring for those students required to quarantine.

For more information and to request assistance, please refer to TASP’s tutoring web page at https://msutexas.edu/academics/tasp/on-campus.php.

Students looking for assistance with campus platforms such as D2L may also request assistance through an Academic Peer Educator. To do so, please email the Office of Residence Life & Housing at housing@msutexas.edu.
**Meals**
Students with a meal plan may order meals from Campus Dining. Orders can be placed at [https://tiny.cc/COVIDMeals](https://tiny.cc/COVIDMeals). When ordering, please indicate food allergies or restrictions. Orders should be placed no later than 7:00 p.m. the day prior to the request. For example, orders for Tuesday should be placed by 7:00 p.m. on Monday. As a reminder, weekend service is limited to brunch and dinner.

Meals will be delivered and left outside of your room, suite, or apartment. You will be notified by a knock and notice slipped under the door. Please wear a face covering when retrieving your meals.

Students without a meal plan may purchase a commuter block of meals and utilize Campus Dining. Please contact the Office of Residence Life & Housing at (940) 397-4217 to discuss the option best for you. Groceries may also be delivered via delivery service or a friend. Local stores offering delivery include Market Street, Walmart, and Aldi. Instacart also serves the Wichita Falls area. Orders may be delivered to the Legacy Commons front desk at 3705 Louis J. Rodriguez Drive. Items will then be delivered to your doorstep by a member of the Residence Life & Housing staff.

**Trash Removal**
To dispose of room trash, please tie your trash can liner shut and leave outside of the door between 4:00 p.m. and 4:30 p.m. A member of our team will be by to take items to the nearest dumpster. For the safety of our team and to avoid problems with insects and other pests, please ensure bags are secured tightly and completely.

**Packages & Deliveries**
Residence Life & Housing staff may also assist with package and mail delivery. If you are expecting something that cannot be left in your mailbox until the end of your quarantine period, please notify a member of our team via email at housing@msutexas.edu. We will work with the MSU Post Office to receive and deliver those items to you.

**Medical & Counseling Resources**
In an effort to minimize viral spread on campus, students are discouraged from in-person visits to the Vinson Health Center. Please call the office at (940) 397-4231 during regular office hours for questions or concerns.

We also recognize the stress self-isolation can potentially create for students. Free online counseling services are available through "Therapy Assistance Online (TAO)." To sign up, visit [thepath.taoconnect.org](http://thepath.taoconnect.org). You will need your university email to access. Additionally, the MSU Counseling Center offers teleconference therapy. Call (940) 397-4618 to request a session.

**Additional Thoughts**
Residence Life & Housing Staff are available to assist with questions or other needs. On-call staff are available 24 hours a day, seven days a week. Reach us at (940) 397-4217 during normal University business hours. Outside of regular business hours, please call the Legacy Commons at (940) 397-6600 and ask to speak with the full-time on-call staff member.

Lastly, but perhaps most importantly, please remember to keep your family, friends, and loved ones updated!