

Quarantine FAQs

Who should quarantine when arriving at NKU?

According to NKU policy:

- Students who are arriving from another country must quarantine.
- Students who have visited, stayed or vacationed in Alabama, Arizona, Georgia, Idaho, Florida, South Carolina, Texas, Nevada, or Mississippi should consider quarantining. (This list will change, so please check this website for an updated list of states: <https://governor.ky.gov/covid19>).



What do you do when you arrive at NKU & need to quarantine?

If you are staying in a residence hall:

- DO - coordinate your arrival by emailing housing@nku.edu for instructions on how to check in.
- DO NOT - just have a friend let you in the dorm; we need to know where you are to be sure you have what you need (meals, internet access, etc.) while you are in quarantine.
- Practice good hygiene.
- Practice social distancing no less than six feet (2 meters) from another person while wearing a facial covering.

If you are staying in an off-campus apartment or house:

- DO - go directly to your apartment and quarantine with everyone who may already be at your apartment.
- DO NOT - ask your apartment mates to go out for errands.
- Once you have arrived, everyone in your apartment must quarantine together. Quarantine ends 14 days after the last person arrives in your apartment or house.
- Wear a facial covering at all times except when eating and drinking and practice good hygiene.
- Practice social distancing no less than six feet (2 meters) from another person while wearing a facial covering.

How long do I need to quarantine?

14 days

Where can I go while in quarantine?

- Your residence hall room or off-campus apartment.
- No shopping. No socializing in the common areas. No working on campus. No eating out. No riding the bus. No going to the rec center. No in-person classes. (Contact your professor.)
- An NKU Global Ambassador will reach out to you to check on you during the quarantine.

What if I need food?

If you are staying in a residence hall, University Housing will alert Dining Services that you need meals delivered twice a day for 14 days. Approximate times: Lunch 12pm-1pm and Dinner 5pm-6pm.

If you are staying in an off-campus apartment and need food

- You can contact [ISSS \(iss@nku.edu\)](mailto:iss@nku.edu) or [WISH NKU](#) (WhatsApp: +18597573503) and ask for food from [FUEL NKU](#) Monday, Wednesday or Thursday 10am-2pm.

- You can order groceries delivered to your apartment (zip code 41076) by KROGER <https://www.kroger.com/products/start-my-cart>.
- You can order take-out meals delivered using Uber Eats <https://www.ubereats.com> or Door Dash <https://www.doordash.com>.

What if I feel sick after I arrive?

Call the [NKU Health, Counseling & Student Wellness Center](#) in UC 440 (859-572-5650) or [St Elizabeth Urgent Care](#) near campus (859-757-0434). Check their websites for their opening hours.

Why quarantine?

Quarantining is in place to prevent the potential spread of COVID-19 and keep our campus and community safe and operational. Norse Protect Norse!