Support for You if You are in Quarantine or Isolation

A GUIDE FOR MORNINGSIDE STUDENTS

Columbia Health has designed a series of programs and services to support your well-being needs while in quarantine or isolation in New York.

You can also visit the Columbia Health Quarantine and Isolation Support page to access this information.

MEDICAL SUPPORT

Daily symptom check-in (Medical Services)
The Medical Services and/or Contact Tracing team will message all students in isolation and quarantine after exposure to COVID-19 to ask about symptoms and how they are feeling.

For those in isolation, nurse case managers will also follow-up during this time and notify students immediately when they are clear to return to campus.

Telephone symptom line (Medical Services)
Phone. Students can call 212-854-7426 to ask about symptoms, available 24/7.

Secure messaging. Exchange messages with your primary care provider at Columbia Health via the Patient Portal.

Self-care kit
All students in isolation or quarantine are encouraged to prepare a self-care kit. Items to put in this kit includes:

• Digital thermometer (for daily use)
• Hand sanitizer (for times you can’t wash)
• Alcohol wipes (for cleaning, as needed)
• Water bottle (stay hydrated!)
• Temperature and symptom log

SUPPORT IS A PHONE CALL OR CLICK AWAY

You are a valued member of the Columbia community, and your health and well-being are important to us. Columbia Health is here to assist you if you need help.

Medical Services
212-854-7426
(available 24/7)

Counseling & Psychological Services
212-854-2878
(available 24/7)

Public Safety
212-854-5555
(available 24/7)

Columbia COVID-19 Website
covid19.columbia.edu

If you feel you need immediate treatment of very serious or critical conditions, call 911.

If you decide to go to the emergency department on your own, if possible call the ER prior to your arrival so they can be prepared to potentially isolate you when you arrive.
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Virtual acupressure and integrative medicine support (Medical Services)
In partnership with Pacific College of Health and Science (PCHS), students may avail of virtual acupressure and integrative medicine support while in isolation or quarantine. Virtual acupuncture includes a one-hour visit with a PCHS provider who will show you medical qigong exercises, dietary and lifestyle recommendations, and demonstrate acupressure techniques so you can use at anytime to address your complaints.

Schedule a telehealth appointment via the Patient Portal with your primary care provider at Medical Services who can speak with you about whether this option is right for you.

MENTAL HEALTH SUPPORT

Virtual support spaces (Counseling and Psychological Services)
Virtual support spaces are available throughout the term on a variety of topics including trauma, creativity and resilience, specific ethnic and gender identities, mindfulness, and more. Virtual support spaces are open to students who have paid the Columbia Health and Related Services Fee.

Visit the Support Groups page to find a support space for a topic you are interested in.

ONLINE MENTAL HEALTH RESOURCES

• Tools for Coping with Crisis and Self-Help Resources
• Tools for Coping with COVID-19
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SERVICES

Telehealth visits (Medical Services)
Students can avail themselves of primary care visits at no cost by phone or the HIPAA-compliant video conferencing platform Zoom Health. You can use a telehealth visit for routine and urgent medical care as well as general nutrition and eating disorders, sexual health services, reproductive and gynecological services, LGBTQ health care, and guidance on confidential HIV testing. Schedule a same-day appointment online via the Patient Portal or by calling 212-854-7426.

24/7 year-round Access to a Survivor Advocate (Sexual Violence Response)
Call 212-854-HELP (4357) to speak with a confidential resource for crisis intervention, emotional support, exploring rights and options, seeking medical help, assistance with online temporary orders of protection, referrals, accompaniment to on or off-campus resources, either in-person or telephonically. This helpline is available to students from all affiliate schools.

Virtual Drop-in with Disability Services
Disability Services offers virtual drop-in hours for registered and non-registered students. Drop-in hours allow for an individual 15-minute discussion between a Disability Services staff member and a student with a quick or urgent question. Visit the drop-in page on our website for more information.

CONTACT COLUMBIA HEALTH

Alice! Health Promotion
212-854-5453
alice@columbia.edu
health.columbia.edu/alice

GHAP (Gay Health Advocacy Project)
212-854-6655
ghap@columbia.edu

Counseling & Psychological Services
212-854-2878 (available 24/7 for mental health emergencies)
health.columbia.edu/cps

Disability Services
212-854-2388
disability@columbia.edu
health.columbia.edu/disability

Medical Services
212-854-7426 (available 24/7 for medical emergencies)
secure.health.columbia.edu
health.columbia.edu/medical

Sexual Violence Response
212-854-3500
SVResponse@columbia.edu
health.columbia.edu/svr

COVID-19 RESOURCES

University COVID-19 Website
covid19.columbia.edu

COVID-19 Hotline
212-854-9355

COVID-19 Test and Trace Program
212-853-7100
covidtesttrace@columbia.edu

Virtual Appointments with Sexual Violence Response
Call 212-854-3500 or email SVResponse@columbia.edu to schedule a virtual appointment with one of our staff. These appointments are available to students from all affiliate schools.

Academic Accommodations and Support Services (Disability Services)
Disability Services will provide academic accommodations and support services for students in isolation and quarantine, such as test accommodations, e-text, note-taking, sign language interpretation, foreign language substitution, learning specialist sessions, CART, and captioning.

Students must be registered with Disability Services to receive accommodations.