



Updated April 1, 2020

Frequently Asked Questions

TOPIC #1 Symptoms:

What should I do if I am exhibiting fever, cough, difficulty breathing or shortness of breath?

If you have these symptoms, call your primary care physician. If you are asked to visit a test site or the doctor's office, you should wear a mask, which can be provided to you, by calling public safety at 609-947-5940. This will help prevent the spread of the virus until you have been seen by a doctor and/or tested.

If you are covered under our Aetna plan and you don't have a primary care physician you can contact them at 800-962-6842 for guidance. If you are not covered under our Aetna plan, Princeton Health Care system recommends that you contact the NJ Coronavirus Hotline for assistance on how to proceed. They can be reached at 1-800-222-1222. If you are calling from an out of state phone number please call 1-800-962-1253. Hit any key for immediate assistance.

If you feel seriously ill, visit the Emergency Department (ED), but wear a mask and contact the ED ahead of your visit via phone at 609-853-7100, to let them know of your symptoms and exposure.

If you are tested for coronavirus (COVID-19), you should stay home until you receive your test results. Please notify Institute administration via email at covid19response@ias.edu or Public Safety after hours at 609-947-5940 if you have been tested.

What should I do if I know I was in close contact with someone who was diagnosed with coronavirus within the last 14 days but I don't have any symptoms. Am I required to self-quarantine? Do I need to notify anyone?

Anyone who has been in close contact with a coronavirus patient is required to self-quarantine for 14 days under the New Jersey Department of Health guidance. This includes refraining from using common areas, such as the laundry room in the Activities Building. In addition, please notify Janine Purcaro and Jennifer Richardson at the email below.

covid19response@ias.edu

TOPIC #2 Supplies for self-isolation:

What should I do if I have to self-isolate?

The Institute is here to support you in any way we can. We recommend that all campus residents ensure they maintain a food supply in their home that would last for the duration of a self-isolation period. Alternatively a combination of stored supplies and a food/grocery delivery service could supplement your personal supply during that period of time. Preparedness in this regard is recommended.

At this time the Institute is offering a shuttle service to Shoprite. Please click on the link below to sign up.

<https://bit.ly/33JGMoR>

The following are options for food and grocery delivery.



Whole Foods

https://www.amazon.com/alm/storefront?almBrandId=VUZHIFdob2x1IEZvb2Rz&ref_=US_TR_F_ALL_UFG_WFM_REFERER_0422447



Shoprite

<https://www.instacart.com/princeton-nj/shoprite>



Freshdirect

https://www.freshdirect.com/?utm_campaign=fdnj1&utm_medium=organic&utm_source=yext

The following are options for ingredient-recipe meal kit services.



<https://www.blueapron.com/>



<https://www.hellofresh.com/>

CVS/pharmacy®

In addition, CVS offers a delivery service.

<https://www.instacart.com/princeton-nj/cvs>

TOPIC #3- What should I do if I have plans to travel.

The Department of State advises U.S. citizens to avoid all international travel due to the global impact of COVID-19. In countries where commercial departure options remain available, U.S. citizens who live in the United States should arrange for immediate return to the United States, unless they are prepared to remain abroad for an indefinite period. U.S. citizens who live abroad should avoid all international travel. Most countries are experiencing COVID-19 outbreaks and are or could be implementing travel restrictions and mandatory quarantines, closing borders, and prohibiting non-citizens from entry with little advance notice. Airlines have cancelled many international flights and several cruise operators have suspended operations or cancelled trips. If you choose to travel internationally, your travel plans may be severely disrupted, and you may be forced to remain outside of the United States for an indefinite timeframe.

On March 14, the Department of State authorized the departure of U.S. personnel and family members from any diplomatic or consular post in the world who have determined they are at higher risk of a poor outcome if exposed to COVID-19 or who have requested departure based on a commensurate justification. These departures may limit the ability of U.S. Embassies and consulates to provide services to U.S. citizens.

In accordance with the guidelines from the Department of State, the Institute has updated its position on travel to countries with widespread impact from coronavirus (COVID-19). All

international travel is PROHIBITED until further notice. If you have just returned from another state or country, you must notify us by email at covid19response@ias.edu of your return date and you will not be cleared to return to campus until you have completed the 14 day self-isolation period and are symptom free. If you need support or assistance during your isolation period, please let us know.

All travel sponsored by IAS is cancelled for administrative staff; academic staff are STRONGLY encouraged to avoid non-essential travel. There are potential logistical challenges of returning to campus from traveling at this time, either related to possible quarantine abroad, or potential delays in returning to the Institute from exposure while traveling.

On March 28, 2020, the CDC issued a domestic travel advisory for New York, New Jersey and Connecticut. The CDC urges residents of New York, New Jersey, and Connecticut to refrain from non-essential domestic travel for 14 days effective immediately. This Domestic Travel Advisory does not apply to employees of critical infrastructure industries, including but not limited to trucking, public health professionals, financial services, and food supply.

We expect that these guidelines may become more restrictive for domestic travel in the near future as the virus spreads.

We STRONGLY recommend not booking any travel at this time. Plans for travel should be delayed until just a few weeks before your intended trip, and AFTER re-confirming travel restrictions at that time. If you must book travel, booking a changeable or refundable flight is advisable.

What should I do about my upcoming personal travel plans?

The Institute cannot advise on personal travel. However, we do recommend that you follow the CDC and State and local governmental guidelines for personal travel. Travel or exposure to COVID-19, may result in an isolation period upon your return to home.

For the latest information regarding COVID-19, please visit the [Centers for Disease Control and Prevention's \(CDC\)](https://www.cdc.gov) website and the State of New Jersey's website www.covid19.nj.gov

TOPIC #4: Events

Who should I contact if I am planning a visit to the Institute, or to return to the Institute, and have been in an area where COVID-19 is known to be present?

At this time the campus is closed until further notice. Non-essential visitors are PROHIBITED from coming to campus and our residential housing complex. We are requesting that all faculty, members, and staff, who have recently traveled domestically or internationally, or who have been exposed to the virus, to wait to visit common areas in housing until after you have completed the recommended 14-day self-isolation period. In addition, anyone who is sick with symptoms other than those of the coronavirus are also being asked to stay home for at least 24 hours after your symptoms are gone to avoid spreading illness. Please complete this survey

<https://forms.ias.edu/form/travel-questionnaire> and wait for confirmation from the Institute before coming to campus or visiting common areas in housing.

Is the Institute cancelling conferences, events, or lectures?

As of March 9th, 2020, the Institute has canceled all public events.

Are there currently restrictions on visitors to the Institute campus?

Non-essential visitors are PROHIBITED from coming to campus and housing.

OTHER FAQ's

Are there any confirmed cases of COVID-19 at the Institute?

There are no confirmed cases at IAS. We will provide important health updates on a regular basis. If there is a confirmed case of COVID-19 on campus, the Institute will share that information with the campus community.

<https://www.nj.gov/health/cd/topics/ncov.shtml>

Where can I find information from the Centers for Disease Control?

For more information on the coronavirus and travel, please go to the CDC website at <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

What else can I do to keep myself/my family safe and to help flatten the curve?

The best defense against contracting the virus is to follow the recommended guidelines; strictly adhere to social distancing guidelines (stay 6' away from others in public, no play dates/playgrounds for children, no parties or group gatherings, no group sports, etc.), don't share food/drinks with anyone, be intentionally hygienic, cough into your arm (not your hand), wash your hands frequently and avoid touching your face.

What if I have questions not covered in this list?

At IAS, we are committed to continually monitoring this evolving situation and supporting our community. We are meeting frequently to review and update our plans and will continue to send regular announcements and update the IAS website home page with the latest information.

Specific questions can be addressed to covid19response@ias.edu

We appreciate your continued partnership in this effort.

Stay well.