Residences Self-Isolation (Quarantine) Guide

Stay in Your Room
- You must self-isolate alone in your room. No visitors or family members are permitted.
- You may exit the building in the event of an emergency or for medical reasons.
  - If this is necessary, be sure to wear a mask.

Deliveries
All deliveries will be brought to your room door by one of our staff members who will knock and move away.
- You can arrange to have emergency medicine / grocery / package deliveries.

Buildings Access to Other Areas
- Laundry services are not available to you during the self-isolation period.

Meals
- Your meals will be delivered to your room. Cooking is not permitted in the rooms.

Use your mandatory meal plan to order your meals:
Log on to https://onecard.mcgill.ca
- Orders must be placed by 1pm to be delivered the following day
- Cancellations can only be done a minimum of 3 hours before the start of each delivery period.
- Menu of the day will be posted on the dining hall Instagram @nrheats

If You Have Been Diagnosed with COVID-19
Please use the self-reporting form for students found in Minerva.
1. Log-in to Minerva
2. Select the Student menu