

Dear Members of the Penn State Law and SIA Community,

I have been receiving a number of questions from students about the 7-day self-quarantine requirement. To help clarify, I am both providing the University's FAQ on how students who are currently based in State College should approach self-quarantine and conveying some additional university guidance I have received about how all members of our community should interpret "stay home, separate themselves from others and monitor their health."

### University FAQ

#### Do I still need to self-quarantine for 7 days if I've already returned to campus or moved back to my campus community?

Yes. All students should self-quarantine — even if you do not feel sick or have no symptoms — **for at least 7 days** immediately prior to your arrival on campus, prior to moving into off-campus housing, or prior to starting classes if you are already living off-campus. Quarantine helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected without feeling symptoms. People in quarantine should stay home, separate themselves from others and monitor their health.

Those who are sick, think you have been exposed to COVID or are experiencing symptoms, should continue to isolate and not return to campus until cleared by a medical professional. If you test positive at a location away from campus, including in a different state, you should immediately contact [University Health Services](#).

For more information about self-quarantine and other pre-arrival requirements for students, [read this story in Penn State News](#).

### Further Clarification

As the FAQ indicate, all members of the community – including students, faculty, and staff – should plan to "stay home, separate themselves from others and monitor their health" in the 7 days before they first enter the Katz building. You should interpret that as strictly as possible.

- Please minimize leaving your home during those 7 days and absolutely avoid social gatherings and restaurants/bars.
- We recognize that people may need to obtain groceries or other essential supplies, but please plan to minimize that and practice masking and social distancing when doing so.
- Some students may be completing summer jobs and they are allowed to do so, but should do so in a way that minimizes risk of being exposed, including masking, social distancing, being remote when possible, etc.
- We recognize that some people live with families or roommates from whom it is hard to socially distance. We ask you to socially distance during those 7 days to the greatest extent possible to minimize the chance of infecting each other.
- If you are transitioning to State College during those 7 days – whether by car, bus, train, or plane – please do so in a way that is in line with these self-quarantine guidelines, including masking and social distancing.
- If you are planning to be in person but are unable to self-quarantine along these lines during the 7 days prior to class, you are welcome to start orientation and classes remotely and shift to in

person participation when you have reached the end of that period. Simply let your academic program and professors know.

As always, I am happy to address any questions or concerns. We appreciate everyone participating in self quarantine to protect the health of our community.

Best,  
Hari Osofsky

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**Hari M. Osofsky**  
**Dean | Penn State Law and the School of International Affairs**  
**Distinguished Professor of Law | Professor of International Affairs | Professor of Geography**  
**The Pennsylvania State University | University Park**

814-863-1521 | [hmo8@psu.edu](mailto:hmo8@psu.edu)  
252 Lewis Katz Building | University Park, PA 16802  
Twitter: @hariosofsky  
SSRN: [http://papers.ssrn.com/sol3/cf\\_dev/AbsByAuth.cfm?per\\_id=512185](http://papers.ssrn.com/sol3/cf_dev/AbsByAuth.cfm?per_id=512185)

