

SELF-QUARANTINE TIP SHEET

■ Who is required to self-quarantine?

Per Iowa State University requirements, anyone traveling from outside of the United States is required to self-quarantine upon arrival to the U.S. See information on the [ISU Quarantine Requirements](#) page on how long to self-quarantine with COVID-19 symptoms.

■ What does it mean to self-quarantine?

Self-quarantine is to not come into contact with anyone for 14 days (or longer if symptoms develop) to limit possible exposure and spread of COVID-19. During the self-quarantine period, you should remain in your residence and not come into contact with anyone else. Below are tips on how to get food and other necessities safely during your self-quarantine period.

■ When should I arrive in Ames?

New and continuing students traveling from outside of the U.S. should arrive 14 days or more before their first required in-person activity. If arriving before January 1st, you will need to request additional health coverage for the month of December (\$130 approximately). Contact isusship@iastate.edu for more details.

■ How can I get to Ames?

Iowa State University in Ames is located a 45-minute drive away from the Des Moines International Airport. ISSO has partnered with Executive Express to provide all new international students FREE shuttle service from the Des Moines International Airport to Ames. Please refer to the [Executive Express website](#) for details on booking and baggage pricing. Make sure to have a drop-off address for the shuttle driver. Continuing international students can use Executive Express, but will have to pay for their own transportation.

■ Where should I self-quarantine?

For students with ISU housing contracts

International students who have contracted for university housing and have traveled into the United States must first be tested for COVID-19 prior to move-in. If you arrive in the U.S. before the scheduled move-in date, you will need to find alternative housing arrangements (see below).

If you have questions about on-campus housing or self-quarantine in university housing, you can contact Leah Weeks at lwm@iastate.edu.

More information about on-campus housing can be found on the [Department of Residence website](#).

For students without ISU housing contracts

You will need to find your own off-campus residence. The [Iowa housing website](#) will provide you more information on off-campus housing in Ames and tips for living in Ames can be found [here](#).

Temporary Housing through ISSO

ISSO has partnered with [Best Western Hotel](#) to provide temporary housing for international students at reduced rates for spring orientation 2021, and may accommodate earlier arrivals or longer stays. New international students may reserve rooms under ISSO to receive the reduced rates of \$79 per night for a king room and \$89 per night for a double queen room. Please call 515-296-2500 or email dmalfero@bestwesternames.com to reserve your room with Deann Malfero, Assistant Manager at Best Western Hotel.

Alternative Temporary Housing

Alternative and independent arrangements can be made through [Airbnb](#) or [hotels in Ames](#).

■ How can I get a phone plan when self-isolating?

You may want to plan ahead by getting a SIM card before you travel or purchasing a SIM card at the airport. However, you could also purchase a phone or phone plan (including SIM card) online and have it delivered to your residence. Some phone plans that can be purchased online include: Google Fi, Mint Mobile, U.S. Cellular, U.S. Mobile, etc.

■ How can I get a bank account when self-isolating?

Each U.S. bank has different requirements for creating a bank account. Some banks, such as U.S. Bank, will permit opening a bank account by phone or online. We recommend calling your preferred bank to learn more about their process. As it can take time to have a U.S. bank account set up and receive an active debit card, we strongly recommend keeping a credit card active for any U.S. purchases while self-isolating.

■ How can I get groceries?

For an additional fee, groceries can be delivered through Hy-Vee Aisles and Instacart App. Most delivery services are contactless, but you should confirm this information before ordering.

■ How can I get pre-made meals delivered?

The following restaurants* provide food delivery:

- Jimmy John's
- 888 (Chinese restaurant)
- Taste Place (minimum order amount required)
- 1+1 Restaurant & Tea
- Pizza Pit Extreme
- Domino's Pizza
- Pizza Hut
- Papa John's
- Pizza Ranch
- Jeff's Pizza Shop

**This is not an exhaustive list. More options may be available.*

Additionally, the following businesses will provide food delivery* from other local restaurants:

- [GrubHub](#)
- [Door Dash](#)
- [Eat Street](#)
- [Uber Eats](#)
- [Seamless](#)
- [MyTown 2 Go](#)

**Most delivery services are contactless, but you should confirm this before ordering.*

■ What should I do if I am still in my self-quarantine period when classes start?

Students in these situations should not go to class during their self-quarantine period. Instead, students should contact their instructors and/or academic adviser prior to the start of classes to discuss how to begin the semester remotely, or make other arrangements to complete required coursework.