

ADJUSTING OUR SAILS



Resident students and families,

As you plan your move out, please be aware of any travel advisories/requirements in effect in your home state, and follow the guidance from the Connecticut Department of Public Health:

- Travel home should be via private transportation if at all possible. Known close contacts of positive cases (i.e., a roommate) must avoid public transportation.
- When you get home, students must complete a full 14-day self-quarantine. Students should be tested 7 days into their 14-day self-quarantine.
- If you test positive at home over break, please notify covidresults@mitchell.edu or upload test results to the CoVerified app.
- When you return to campus in January, you will be required to come with a negative test result and self-quarantine for 14 days upon arrival. Watch for more information about the testing timeline, which will be determined by Connecticut requirements at that time.

COVID-19 testing will take place for resident students only through Thursday, November 19, outside of the Red Barn on Wednesday from 12-2pm and Thursday from 9am-12pm. If you would like to receive a test, please make an appointment through the CoVerified app or email Abby Weymouth, RN, at weymouth_a@mitchell.edu. Anyone testing on campus this week is encouraged to wait for results before checking out of the residence halls.

For Students Already in Quarantine or Isolation:

Following CDC guidelines, Mitchell College strongly recommends that you complete your full 14-day quarantine or 10-day isolation at Mitchell College. Students in quarantine or isolation will be allowed to stay in housing for the duration of their time, including through Thanksgiving break. Meals will be delivered to their residence halls. *If students choose to leave prior to the last day of their 14-day quarantine or 10-day isolation, please be aware of the risk of spreading COVID-19 to the greater community.*

Quarantine

In accordance with CDC guidelines and in coordination with the Ledge Light Health District:

- Students who are in quarantine out of an abundance of caution can test out.
- Students who are in quarantine because of direct exposure to a positive case **cannot** test out and must complete their 14 days.

Isolation

Students in isolation count their 10 days from symptoms onset (or if asymptomatic, from the positive test date). In order to be cleared from isolation, three conditions must be met:

1. At least 10 days have passed since symptoms first appeared (or positive test, if asymptomatic)
2. 24 hours with no fever without the use of fever-reducing medications
3. Symptoms of COVID have generally improved. If symptoms develop at any point during the isolation period, the 10-day countdown would restart from that date.

As you travel home to be with your families, stay healthy throughout the entire holiday season by adhering to the [CDC's Guidelines for Travel](#) and [planning your holiday celebrations](#) with all federal, [state](#) and local guidelines in your area. We look forward to welcoming you back safely to campus in January!

mitchell.edu/adjusting-our-sails

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