DO attend all your classes online
DO stay connected with family and friends through virtual platforms
DO spend time with those in your “family unit”
DO attend planned and safe events offered by Residence Life
DO get tested for COVID-19 when requested by Health & Wellness
DO spend time outside and go for walks away from other people
DO wear a mask/face covering whenever you are not in your designated quarantine space, including all residential areas (hallways, bathrooms, etc.)
DO wash your hands or use hand sanitizer frequently
DO reach out to your Resident Assistant (RA) or Hall Director for help, support, or if you have questions
DO contact Health & Wellness for your medical and mental health needs:

Abigail Weymouth, RN, Health Center: 860-701-5195
Dr. Doug Dufore, Counseling Center: 860-701-5103

Outside of Mitchell College Health Clinic hours, students with COVID-19 related questions/concerns may contact:

833-ASK-YNHH (833-275-9644)

If you are in severe distress, as with any other illness, please call 911

DO stay on the Mitchell College Campus

Restrictions:

× Leaving campus
× Work/internships (unless on campus or virtual)
× Athletic practices
× Social events not sanctioned by the College
× Entering public places