



SELF-ISOLATION INSTRUCTIONS

Self-Isolation for Positive COVID-19 Students

Self-isolation is used to keep individuals who test positive for COVID-19 away from others while they can spread it to others. This is a critical public health measure that prevents the transmission of COVID-19.

If you test positive for COVID-19 through Mitchell College COVID-19 testing, Health & Wellness will contact you directly, and you will have one hour to move into isolation. If you test positive from a test not provided by the College, you must promptly notify Health & Wellness of your positive result by emailing covidresults@mitchell.edu or uploading your result to the CoVerified app.

WHERE SHOULD YOU ISOLATE?

For **resident students** the designated isolation space is located in East Winds Residence Hall on Gardner Avenue. You will be assigned a room in East Winds and given a key for the assigned room during your isolation period. Meals will be delivered to resident students. Please communicate food allergies or specific dietary needs to dining services (diningservices@mitchell.edu).

If you are a resident and decide to leave campus to **isolate at home**, you are **required** to communicate your plan to Health & Wellness.

For **commuter students** you should isolate at home away from other family members and/or house or apartment mates and have sole use of designated spaces and supplies.

HOW LONG SHOULD YOU ISOLATE?

The self-isolation period will last for a minimum of 10 days from the date of the onset of your symptoms or the date of the positive test, if you do not have any symptoms. In order to leave isolation, you must not have a fever for 24 hours, without the aid of fever-reducing medication.

DO:

- monitor your health daily and submit your daily symptoms to the CoVerified App
- attend your scheduled medical visits by telemedicine or phone
- monitor your symptoms daily
- wash your hands and/or use hand sanitizer frequently
- communicate with your academic advisor, faculty instructors, supervisors, coaches, RHD's, etc.
- continue with online learning
- stay connected with friends and family through virtual platforms
- reach out to the Residential Life staff for needed help and support
- contact Health & Wellness for your medical and mental health needs

DO NOT:

- ⊘ leave your designated isolation location, except to seek medical care only after approval from Health & Wellness
- ⊘ allow anyone in your isolation location
- ⊘ enter public places
- ⊘ attend in-person instruction
- ⊘ go to work/internships
- ⊘ visit the dining hall
- ⊘ attend practices or any other social event

CONTACT:

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-YNH (833-275-9644) Monday-Sunday (7 days a week) 7am-7pm

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

