**Isolation Requirements for those who have tested positive for COVID-19**

**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 healthservices@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 by emailing 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?**

Individuals who test positive must isolate until they meet all of the following criteria to discontinue isolation:

1. 10 days have passed following the onset of symptoms **AND**
2. 24 hours without a fever (without the use of fever-reducing medication) **AND**
3. overall, symptoms are improving
4. *If asymptomatic*, isolate until 10 days have passed following the date of positive test collection

A negative COVID-19 test is **not required** for positive cases to return to school after isolation.

- The CDC does not recommend requiring a negative COVID-19 test result to return to school, as positive cases may continue to test positive up to 90 days following the initial positive test.
- After isolation, students must be cleared by Mitchell College Health & Wellness before returning to campus; no follow-up testing is recommended.

**WHILE IN ISOLATION...**

**DO:**
- monitor your health daily and submit your daily symptoms to the CoVerified App
- attend your scheduled medical visits by telemedicine or phone
- 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, and 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-YNHH (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