

# 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](mailto: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](mailto: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-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