

Saint Michael's College – Bergeron Wellness Center
COVID-19: My Roommate has COVID symptoms or is a COVID contact – updated 1/12/21

What does it mean for me if my roommate has COVID symptoms, or is a contact?

We want to provide information and reassurance at this time. Remember, this is not unusual during a pandemic. We test all students who are COVID contacts or who have symptoms that suggest COVID in order to make a diagnosis as soon as possible and initiate a plan swiftly to control the spread of virus.

Here is important information:

1. Your roommate **may or may not test positive for COVID**. Testing was done and your roommate will be quarantined in another dorm for a period of time to be determined by their situation.
2. It may take a couple of hours before your roommate is moved to the quarantine dorm. If possible during this time, wait elsewhere. If that's not possible, be sure that you both wear your masks and maintain 6 feet of distance from one another. Frequent handwashing and wiping down shared surfaces are advised.
3. If your roommate was tested for symptoms and the result is negative, they may return to your room as soon as test results are known.

If your roommate was a COVID contact, they will remain in quarantine and tested again on day 7. They will be released back to the dorm after receiving negative test results.
4. While your roommate is in quarantine and waiting for test results **you do not** need to quarantine in your room. You do still need to wear your mask, maintain social distance, wash hands frequently and wipe down shared surfaces. You are not considered a contact unless your roommate's test result is positive. You should observe for signs and symptoms of illness and be in touch with Bergeron Wellness immediately if you feel ill.
5. If your roommate tests positive for COVID, they will be moved to an isolation dorm for a full 10 days. You will be contacted by Bergeron Wellness staff and questioned about contact that you may have had with your roommate in the 2 days prior to their test. If you are determined to be a contact, you will receive additional information regarding testing and quarantining. If you hear about your roommate's positive test result prior to hearing from staff at Bergeron Wellness, please stay put in your dorm with the door closed until our call. Wear your mask and maintain 6 ft. of distance from others if you need to use shared space like a kitchen or bathroom (wipe down shared surfaces).
6. If your roommate tests positive you may also be notified by the Vermont Department of Health (VDH) for additional details about your recent contact. Please answer your phone and help the VDH with their important task of contact tracing.
7. If you have had COVID yourself in the past 90 days you may or may not be immune to the virus. Therefore, during the 90 days following your diagnosis, if you are identified as a contact of a person recently diagnosed with COVID you may not "test-out" of quarantine at any point and must instead quarantine for a full 14 days. . If you are a symptomatic contact, you will be tested and quarantined pending test results. If results are positive, you will isolate for 10 days.
8. If you have received a partial or complete COVID vaccine series you may or may not be immune to the virus and you may still be able to transmit the virus to others. Therefore, the same quarantine rules apply to students in this situation.
9. Staff at Bergeron Wellness Center are available for questions if needed. Call 654-2234.
10. Counselors are available to support you by Zoom or phone call during this time. You can call 654-2234 to schedule an appointment.