

Saint Michael's College – Bergeron Wellness Center
COVID-19 Positive Result Letter – updated 1/12/21

Dear Student,

Your most recent COVID test result was **Positive**. We want to provide information and reassurance at this time. Please take a moment to breathe and remember, this is not unexpected. This is why we test students frequently -so we can initiate a plan swiftly to control the spread of the virus. We are fully prepared to support you!

Here is important information:

1. A Nurse Practitioner from Bergeron Wellness Center will call you soon to provide further information and to answer questions. We ask that you stay put in your dorm with the door closed until hearing from one of us. Be sure to wear your mask and maintain 6 ft. of distance from others. If you use the bathroom, wipe down surfaces with cleaning products if available. A comprehensive **COVID Educational Packet** is attached to this email. Please read this information carefully and ask questions if needed. When we call, we'll ask you to try and remember all contacts that you've had in the **2 days prior to your test date**. Please make a list with names and phone numbers and be prepared to share this information as we help the Vermont Department of Health with early contact tracing.
2. You will also be called by a Vermont Department of Health (VDH) Contact Tracer. Bergeron Wellness staff shares information about your recent contacts with the VDH. Their call is to confirm this information and to answer questions. Please answer your phone and help the VDH with their important task.
3. **You will need to isolate for 10 full days**. This will require that you move to a different dorm that has been designated for this purpose. We'll give you more information about this when we call. In the meantime, please look at your Educational Packet for a **Quarantine/Isolation Packing List** and begin to prepare for your move. The Associate Dean (AD) on call will be in touch to assist with your move.

Some students prefer to go home (if nearby) to isolate. However, we follow the Vermont Department of Health Guidelines and advise that you stay on campus to isolate in order to protect family members from transmission. If you choose to go home, we can talk about what this will mean.

4. The isolation dorms have single rooms with snacks and drinks provided in the shared kitchen. Meals will be delivered to you on a daily basis by an AD or other SMC volunteer. While in isolation you are free to gather with other students also isolated. But you must not leave the isolation dorm at any time (except for an emergency) until released after day 10. Please do not allow friends/visitors to enter the isolation dorm.
5. Cleaning products can be found in your isolation dorm and should be used to wipe down all shared surfaces (bathroom-kitchen) after each use.
6. The COVID Educational Packet includes a list of essential SMC telephone numbers and websites for reference.
7. Counselors are available to support you by Zoom or phone call during this time. You can call Bergeron Wellness Center at 654-2234 to schedule an appointment.

8. We'll check-in with you by phone on a daily basis to monitor your progress and answer any questions.
9. If you develop symptoms during isolation (when previously not symptomatic) you must inform Bergeron Wellness staff immediately. In this situation, your isolation clock will be reset, with day 0 of isolation being the first day that symptoms began.
10. You will end isolation after a full 10 days (**the morning of day 11**) if all symptoms have improved and you have had no fever for 24 hours (without the use of fever lowering medicines).
11. If you have recovered from your symptoms after having tested positive for COVID, you may continue to test positive for 3 months without being contagious to others. During this time, if you develop symptoms again, you'll be tested and placed in quarantine pending results. If positive again a 10-day quarantine is required.
12. If you're determined to be a new asymptomatic COVID contact in the next 90 days, you'll be unable to test-out of quarantine and will be required to quarantine for 14 days from the date of COVID exposure.

The staff at Bergeron Wellness Center and your entire St. Mikes community are thinking of you and wishing you well.