

Saint Michael's College – Bergeron Wellness Center

COVID-19 Contact Letter – updated 2/26/21

Dear Student,

You have been identified as a **contact** of a student who recently tested Positive for COVID. We want to provide information and reassurance at this time. Please take a moment to breathe and remember, this is not unusual during a pandemic. 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 during this time.

Here is important information:

1. A Nurse Practitioner from Bergeron Wellness Center (BWC) will be in touch by phone 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.
2. Additional information is included with this email (Roommate information, Quarantine/Isolation Packing List, Important phone numbers/websites).
3. Bergeron Wellness staff does contact tracing on campus and shares this information with the VDH. Sometimes they reach out for additional information. Please answer your phone and help the BWC and with this important task.
4. Quarantine is roughly 7 days from the date of your most recent contact with the positive case, along with a negative result of a COVID test at day 7. This requires that you move to a single room in Ryan which has been designated for this purpose. The Associate Dean (AD) on call will be in touch to assist with your move. In the meantime, please look at the Quarantine/Isolation Packing List and begin to prepare for your move. Meals will be delivered to you while in quarantine and specific dietary needs will be met. The quarantine dorm kitchens are stocked with snacks and drinks for your use. Please use the cleaning supplies provided to wipe down kitchen and bathroom surfaces after use. While in quarantine stay in your single room with the door closed at all times. If you leave your room, wear a mask and maintain 6 ft. of distance from all other students in quarantine. Use cleaning supplies after use in the bathroom and kitchen. Do not leave the quarantine dorm at any time (except for an emergency). Please do not invite friends/visitors to enter the quarantine dorm.

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

5. You will have testing as soon as possible following your COVID contact (unless you have just had a surveillance test). This will happen either today (Day 0), or on Monday (if we are notifying you on the weekend). Your test result will come back in 36-48 hours. You'll then remain in quarantine until tested again on Day 7. If a Day 0 or Day 7 test result is positive, you'll be required to move to an Isolation dorm for a full 10 days. If your Day 7 test is negative, you'll be released from quarantine and free to return to your dorm. **If you develop symptoms during quarantine, call Bergeron immediately to schedule repeat testing asap. If testing reveals that you have acquired COVID while in quarantine, you will then need to isolate for at least 10 days from the onset of symptoms.**
6. For close contacts who were diagnosed with COVID within the last 90 days:
 - If you have no current symptoms there is no need to quarantine.
 - If you have symptoms you'll be required to isolate for 10 days.If you were diagnosed with COVID more than 90 days ago, the usual testing/quarantine rules outlined in #5 will apply.
7. For close contacts who have received 2 doses of the COVID vaccine and 14 days have passed since the second dose, they are not at risk and do not need to quarantine.
8. Counselors are available to support you during this time. Call BWC at 802-654-2234 to schedule an appointment.

The Bergeron Wellness Center and the entire St. Mike's community are thinking of you and wishing you well.