

**Saint Michael's College – Bergeron Wellness Center
COVID-19 Positive Result Letter – updated 1/6/22**

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. 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.
2. Additional information is included with this email (Quarantine/Isolation Packing List, Guidance for Outdoor Time, Contact list worksheet, etc.).
3. You will be called by the Bergeron Wellness Center and asked about contacts that you have been with during the last 48-56 hours. Please answer their call and help with this very important task.

Isolation:

A person's isolation period is the time following a positive test or symptom onset where they are most infectious to others. Isolation is meant to allow the person to recover without spreading the infection further.

Under updated CDC and Vermont Department of Health guidance, a person with a positive test needs to isolate for at least 5 days, wear a mask for a full 10 days, and notify all close contacts that they've tested positive.

You can leave isolation when you meet ALL three of these conditions:

1. You no longer have symptoms or symptoms have significantly improved.
2. You have had no fever for at least 24 hours without the use of medicine that reduces fever, AND
3. You have had two NEGATIVE rapid tests 24 hours apart. The test may not be given any earlier than 4 days of isolation. In other words, if you are asymptomatic at day 4, you can test on day 4 and 5 and be released from isolation after both of these tests are negative. You must continue to wear a mask around others for a full 10 days! If either of the tests are positive, your isolation may be extended until 2 consecutive negative tests are obtained.

Isolation will require that you move to a different dorm that has been designated for this purpose. We will give you more information about this when we call. In the meantime, please

look at **the Quarantine/Isolation Packing List** and begin to prepare for your move. The Associate Dean (AD) on call will be in touch to assist you with your move.

If it is safe and possible for you to travel independently and go home to isolate, we ask that you do so. If you choose to go home, we can talk about what this will mean, as well as help you make a plan to return.

Additional information about isolation housing:

- You may be placed in a room with another student while in isolation housing. While in isolation you are free to gather with other students also isolated. Please review guidance for outdoor time while you isolate on campus.
- Cleaning products can be found in your isolation dorm and should be used to wipe down all shared surfaces (bathroom-kitchen) after each use.
- Counselors are available to support you by Zoom or phone call during this time. You can call Bergeron Wellness Center at 802-654-2234 to schedule an appointment. We ask that you reach out and schedule an appointment for this service.
- Health Services will check-in with you by phone or email to monitor your progress and answer any questions. You may call with questions at any time 802-654-2234.

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, you will be exempt from routine surveillance testing. If during this time you develop symptoms of illness, consult with one of the nurse practitioners at Bergeron Wellness Center.

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

Updated 1/6/22