

**Saint Michael's College – Bergeron Wellness Center
COVID-19 Contact Letter – updated 8/29/22**

Dear Student,

You have been identified as a close 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.

Guidance for Close Contacts

The guidance below reflects recently updated information for people to follow post exposure.

- We DO ask that you wear a mask around others for the next 10 days which includes all buildings and all social situations.
- We also ask that you watch/monitor for symptoms. If you develop any symptoms, test yourself or contact Bergeron Wellness Center at healthservices@smcvt.edu to schedule a test.
- Test for Covid-19, 5 days after your most recent exposure, regardless of vaccination status. Bergeron Wellness Center can perform this test for you with a PCR or you can take 2 rapid antigen tests 48 hours apart.
- Counselors are available to support you during this time. You can call the Bergeron Wellness Center at 802-654-2234 to schedule an appointment via zoom.

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