**COVID-19 Positive Resource Guide**

Dear Student,

Your most recent COVID-19 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. Thank you for completing your online contact tracing form. You should have received an email back with the next steps.
2. A Nurse Practitioner from Bergeron Wellness Center will call or email you on the next business day to provide further information and to answer questions. If you test positive on the weekend or in the evening, please call the switchboard at 802-654-2000 and ask for the Associate Dean (AD) on call. They can answer questions about isolation locations and meals.
3. We ask that you stay put in your dorm with the door closed until hearing from one of us or the AD on call. Be sure to wear a well-fitting mask and maintain 6 ft. of distance from others. If you use the bathroom, wipe down surfaces with cleaning products if available.
4. When we call we will review your contact tracing form with you that you have already completed and returned to us. Please answer the call from Bergeron Wellness Center and help with this very important task.
5. Please inform your professors/faculty and athletics (if you are an athlete) of your positive test result.

**Isolation**:

**A person’s isolation period is the time following a positive test. It is meant to allow the person to recover without spreading the infection further, during the time when they are most infectious.**

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, **AND**
2. You have had no fever for at least 24 hours without the use of medicine that reduces fever, **AND**
3. You have completed 5 full days of isolation from your positive test, whichever came first.

You must continue to wear a well-fitting mask around others for a full 10 days! We will release you on the morning of day 6, if you meet all of the above conditions.

**You will be isolating in place in your dorm room**. There are certain circumstances that may require you to isolate at home or move to a different dorm that has been designated for this purpose. We will discuss your isolation plan when we call or when you talk with the AD on call.

Below is an **Isolation Packing List**, should you have to move to another location. If a move is necessary, the Associate Dean (AD) on call will be in touch with you.

**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.

**Other Helpful information about isolation:**

* Meals: you can get take-out meals in Alliot. You will show a food slip for each meal during the duration of your isolation. Please discuss this with the associate dean when they call.
* 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.

Once your symptoms have resolved after having a positive COVID-19 test, you may continue to test positive for 3 months on a PCR or LAMP test, 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.

**Isolation Packing List**

You are moving to an isolation dorm for a period of time to be determined by your situation. Here is a list of suggested items to consider before your move.

**Suggested Items:**

* **Clothing**: pajamas, underwear, comfortable clothes, sneakers, flip flops, slippers, etc.
* **Bedding**: sheets, pillow, blanket or sleeping bag
* **Towels**: bath/hand towels and face cloth
* **Toiletries**: toothbrush, toothpaste, floss, face wash, moisturizer, deodorant, contact lenses/solutions, glasses, shampoo/conditioner, body wash/soap, brush/comb, hair ties, lotion, feminine products
* **Medical supplies/medicines**: digital thermometer, Acetaminophen (Tylenol) or Ibuprofen (Motrin), cough drops, prescription medicines, cough and cold medicines, allergy medicines, vitamins, etc.
* **Course work**: books, class work, planner, pens/pencils, calculator, notebooks
* **Electronics**: laptop/charger, cell phone/charger
* **Cards and IDs:** KnightCard, medical insurance card, credit card
* **General supplies**: Tissues, hand sanitizer
* **Important**: Laundry facilities are not available in isolation dorms. Please pack accordingly.
* Additional facemasks
* Water bottle

**Mental Health during Isolation**

\*If you need mental health support while in isolation, do not hesitate to let us know and we will make a time to meet with you.

**During the weekdays, call Heidi Brodtman at 802-654-2234 and she can set you up for a call or zoom meeting with a counselor at Bergeron. If you call first thing in the morning, Heidi can schedule you to see a counselor that same day.**

**In the evenings and on weekends or for more immediate needs, call the** **switchboard at 802-654-2000 and ask for the AD on call**.

\*As you are preparing to head into isolation, consider your mental health and what you might need during this time.

**How do you want to organize your time?** Some students have found it helpful to create a schedule for themselves during isolation to help keep a sense of purpose, direction, and passage of time.

**What kinds of activities can you do to pass the time?** Do you need to bring anything with you (like a yoga mat, some books, or some art supplies, or a video game console, for some examples)?

**Who can you look to for support and “company” while in isolation?** Be sure to let them know what is happening and that you may need a bit of extra support during this time.

\***Check out Talk Campus, a new peer to peer online support**. Click on this link for more information and use your SMC email address to get connected to peer to peer supports today: <https://www.students.talkcampus.io/st-michaels-college>.

**\*Access the Bergeron Counseling “Resources” page here:** <https://www.smcvt.edu/student-life/health-and-safety/bergeron-wellness-center/personal-counseling/resources/>. This page has a bunch of links to excellent supports and resources for mental health and general well-being.

**Guidelines for Isolation and Outdoor Time**

You are in isolation, because you are currently infectious to others. However, we feel there is great benefit to your physical and mental health when you can get outside daily and experience both some physical activity and fresh air.

Here are the Do’s and Don’ts for getting outside while in isolation so that you DON’T potentially expose others to Covid-19.

**DO:**

* Go outside and stay away from others
* Plan to go outside between the hours of 9am and 7pm.
* Talk a walk on your own away from other groups of people.
* Go for a drive **IF** you have your own personal vehicle and you are alone.
* Use Joyce entrance that face the green (facing St. Ed/Library lawn) for exiting and entering the building.
* Call Bergeron Wellness Center at 802-654-2234 if you have any questions before you go.

**DON’T:**

* Meet a friend, partner, teammate, or family member.
* Gather at a sporting event, party or with any other group of people.
* Take public transportation.
* Go to any public space involving others, such as a library, supermarket or place of employment.

**Medications and Self Care for Covid-19**

See below for some helpful tips on things you can do at home to make yourself feel better while you are recovering from Covid-19. Please remember that we are always here to answer questions or point you in the right direction. Seek care at the Emergency Room or Urgent Care if you develop fever that does not come down with medication, chest pain or shortness of breath.

**Fever, Headache, Body aches:**

* **Ibuprofen (Advil, Motrin):** 400mg every 4 to 6 hours as needed. No more than 3200mg per day.
* **Acetaminophen (Tylenol):** 500-650mg every 4 to 6 hours as needed. No more than 4000mg per day
* **Naproxen (Aleve)**: 220mg every 12 hours as needed. No more than 440mg per day.

**Sore throat:**

* **Over the counter throat lozenges or cough drops:** as needed to help with dry or sore throat.
* **Hot tea with honey**
* **1 TSP-TBSP of honey by itself**
* **Warm salt water gargle:** mix 1tsp of salt into warm water, gargle and spit out.

**Cough:**

* **Mucinex:** follow package instructions for the specific formulation you purchase.
* **Robitussin:** follow package instructions for the specific formulation you purchase.
* **Cough Drops**

**Hydration:**

* **Gatorade**
* **Pedialyte**
* **Water**
* **Broth or soup**
* **Popsicles**

**Nausea and vomiting:**

* **Avoid eating or drinking for 1-2 hours after an episode of vomiting, then start with sips of fluids or ice chips. If you are tolerating fluids for 4 to 6 hours then you can progress to bland foods as desired.**
* **Ginger ale/ginger chews**
* **Ice Chips**

**Diarrhea:**

* **Imodium (loperamide):** 2 capsules/tablets by mouth after the first loose stool, then 1 capsule/tablet after each loose stool but NO more then 4 capsule/tablet per day.
* **Pepto Bismol:** take 1 dose of Pepto Bismol every half hour to hour until you feel better, but do not take more than 8 doses in a 24-hour period. Follow the package directions for your specific formulation.
* **BRAT diet:** This is a diet that can help thicken stools. It consists of eating the following foods: bananas, rice, apple sauce and toast.
* **Bland foods:** these are foods that are not greasy, spicy or hard to digest like dairy. Think toast, noodles, broth, rice, crackers, etc.

**Congestion:**

* **Sudafed:** follow package instructions for your specific formulation.
* **Flonase:** 1 spray up each nostril twice per day. Use consistently for 2-4 weeks.
* **Neti Pot/Saline Nasal Rinse:** use one to two times daily as needed for congestion.