

Connecticut College Isolation Instructions (2022-23)

This document provides directions for isolation (Part 1) and directions for testing out of isolation (Part 2).

Part 1 – Isolation Instructions

Given your positive test result, your recovery period (5-10 days) will occur in your room. I hope the additional information below will be helpful to you while you are in isolation, but please know that you can reach out to Student Life anytime if you need assistance or have a question.

As you may know, the College is following guidance from our infectious disease partners at Hartford HealthCare and referring to CDC guidance for individuals who have tested positive for COVID-19. Please review this information carefully and let me know if you have any questions.

- The College needs you to isolate for 5-10 days. The duration of your isolation will be dependent on symptoms and results from rapid antigen tests (process described below).
 - **Very Important:** Towards the start of your isolation period you need to pick up an Isolation Kit that includes KN95 masks, rapid result tests, and instructions. This kit can be picked up from Cro 218 Monday-Friday 8:30-3:30.
 - **If you have a roommate, you must wear a mask.**
 - If you have a roommate with extenuating circumstances (i.e. immunocompromised) that requires you to isolate outside of your room and you cannot go home, you can call Campus Safety and request to speak with with the Student Life staff member on-call to evaluate your option to move to isolation housing. Please note there are a limited number of recovery rooms on campus and the decision to move to a dedicated recovery room depends on availability.
- **While in recovery, you should not enter other buildings, except to pick up your isolation kit, your meals from Harris or to go outside for a walk by yourself. You may not have in-person contact with anyone except a person(s) you are sharing an isolation space with during your isolation period.**
- Please monitor your symptoms so that you can communicate the information to health professionals. Symptoms include:
 - Fever (over 100 degrees) or chills – **If you do not have a thermometer the College can provide you with one.**
 - New cough
 - New shortness of breath or difficulty breathing
 - Extreme fatigue
 - Muscle or body aches
 - New headache
 - New loss of taste or smell
 - New sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

Bathroom Use

While in isolation, please make sure to wear a mask and wipe down the surfaces you use before and after use.

Completing Isolation At Home

You can recover at your home address provided you have the ability to travel there using private transportation. If you will be going home to isolate you will need to email covidresults@conncoll.edu and let us know. You will need to be sure you have rapid antigen tests so your progress toward clearance from isolation can be tracked.

Class

You may not attend in-person classes while in isolation. We will notify your class dean of your isolation status. You are encouraged to contact your professors to notify them about your class absence.

Work/Activities/Athletics

You may not attend in-person work/activities/athletics while in isolation. You should email your supervisor or coach to discuss plans for your absence.

Meals

You may enter Harris **to pack a to-go meal** for yourself. Please request a **disposable to-go container** when you arrive to Harris.

- Wash your hands with soap and water or hand sanitizer before entering Harris.
- You must wear a mask covering both nose and mouth in Harris.
- You may not engage with anyone except to swipe your ID.
- **You may not eat inside Harris.**

Problems? Call 860.439.5494 and ask for a supervisor for immediate assistance, or email dining@conncoll.edu

While in isolation please throw out all trash and recyclables into the bins outside so they can be properly removed.

Close Contacts (and/or Roommates)

It is recommended that you notify people who you identify as being a close contact. A person is considered a close contact if they have been within six feet of you for 15 minutes or more during what is considered the infectious period, which is 48 hours prior to positive diagnosis or onset of symptoms.

If you have a roommate, your roommate(s) should always be masked in the room.

If someone asks you what they should do as your close contact or roommate: they should test with a rapid antigen test on Day 5 from their last contact with the positive person and should test if they begin to experience symptoms. Close contacts are expected to consistently wear a mask and should watch symptoms for 10 days from their last close contact with the positive person.

Health support

If your symptoms worsen or need advice from a medical professional, please contact Student Health Services during business hours (860-439-2275). After business hours or on weekends you may also contact [GoHealth Urgent Care](#) located in New London. They have a virtual appointment option. If you need immediate medical attention, please contact Campus Safety (860-439-2222). Campus Safety will call the Student Life staff member on-call and with that person you will discuss possible options given how you are feeling.

What can I do while in isolation?

Though you currently have additional restrictions on campus here are some things you might consider doing while in recovery:

- Go for a walk/be outside in the immediate vicinity of the building by yourself and not in contact with anyone other than a person(s) you are in isolation with. While outside you must always be wearing a mask.
- Connect with your peers virtually through google meets or other video options
- You can order food from outside the College with contactless delivery methods - do not open the door for a delivery person - you must not have any contact.

Mental Health Support

We also want to be sure you know that you have access to MySSP, an online counseling app (to access download via [Google Play](#) or [Apple Store](#)). Hotline resources can also be found at the bottom of the [SCS website](#) and online resources for stress management can be found there as well. There are also specific [COVID-19 related resources](#) on the SCS site.

Emergency Assistance

In the event you need emergency assistance, please contact Campus Safety (860-439-2222) and let them know you are living in isolation so they can respond accordingly. There is always a Student Life staff member on-call and they can be reached by calling Campus Safety and just ask to speak with the Student Life person on-call. Please do not hesitate to reach out if you need any assistance.

Guests

While you are in isolation, you may not have any friends, guests or visitors (including family members) to your space for any reason.

Getting Cleared from Isolation

Isolation is a minimum of 5 Days from your positive test. The day your sample is collected (either rapid or PCR) is considered Day 0.

If on Day 5 of isolation you have been fever free without taking fever-reducing medication and your symptoms are improving, you will have the opportunity to shorten your isolation period. To ensure you have passed your contagious period, you must get 1 negative rapid antigen test. The process for isolation clearance begins on Day 5. Details on this process are in the instructions in your Isolation Kit.

Rapid Test Pick Up: Rapid test kits with detailed instructions will be provided to you. You will be able to pick up your Isolation Testing Kit in the Cro 218 from 8:30am-3:30p.m.. If your Day 5 is on the weekend, please make sure to pick up the kit before the end of the day on Friday.

Detailed instructions will be provided in the test kits.

When you test negative (Day 5 or after), you will email your negative test result to covidresults@conncoll.edu and you are cleared to leave isolation. You do not need to wait for a response to this email before leaving isolation.

Questions? Student Life is the point of contact for you (and your family) if you have any additional questions. Monday-Friday from 8:30am-5pm we can be reached at 860-439-2825 and on the weekends you can contact Campus Safety and ask to speak to the Student Life On-Call person.

Part 2 - Day 5-10 Test Result Submission

If you are submitting a negative result, you are cleared to leave isolation and may return to regular activities.

If you are submitting a positive result but no longer have a fever, please continue to isolate, test again tomorrow, and email us the result.

If you are submitting a positive result but still have a fever, continue to isolate and wait one day before testing again.

If you need additional tests, please come to Cro 218 to pick up another box of tests.