

## **I HAVE COVID – NOW WHAT DO I DO?**

### **BACKGROUND**

- COVID-19 is a virus that causes a respiratory illness.
- Most people infected have a mild illness (like a common cold) while others have experienced more severe symptoms that sometimes require hospitalization. Deaths from COVID have also occurred.
- The COVID-19 virus is thought to spread mainly from person to person in the following ways:
  - Between people who are in close contact with one another (within about 6 feet) by respiratory droplets produced when a person talks, coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - Close personal contact, such as touching or shaking hands.
  - Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.

### **WHAT SHOULD I DO IF I TEST POSITIVE?**

- You should isolate for at least 5 days. (Day 0 is the day you develop symptoms or test positive).
- You are expected to recover in your room and not attend classes, activities, or eat/drink in dining areas/coffee shops during the isolation period.
- You will need to recover in your room even if you have roommates (students will not be moved to isolation rooms).
- You must wear an N95/KN95 mask which includes when briefly entering dining areas to select food to-go.
- You should contact your professors so you can receive instructions on how to keep up with your classes if you are feeling well enough to study.
- If you tested positive and have symptoms, you can stop isolating after 5 full days if you are fever-free for 24 hours (without fever-reducing medication) and your symptoms are improving.
- If you continue to have fever or your other symptoms have not improved after 5 days, you should wait to end your isolation until you are fever-free for 24 hours (without fever-reducing medication) and your other symptoms have improved.
- If you tested positive and did not have symptoms, end isolation at least 5 days after your positive test.
- Regardless of whether you had symptoms, you should continue to take precautions until day 10 by wearing a mask, avoiding travel and avoid being around people who are high-risk.
- Students testing positive who are moderately or severely ill with COVID-19 (including those who were hospitalized or required intensive care or ventilation support) and people with compromised immune systems should isolate for at least 10 and up to 20 days.

### **WHAT INFORMATION CAN I PROVIDE TO MY CLOSE CONTACTS?**

- Inform your close contacts, including family members, who may need to quarantine.

### **WHAT IF I STILL HAVE QUESTIONS OR CONCERNS?**

- You should email Student Health Services at [SHS@conncoll.edu](mailto:SHS@conncoll.edu) or call (860) 439-2275. Our hours are Monday through Friday, 8:30am to 5:00pm. We are happy to answer your questions and wish you a speedy recovery!
- For more information visit <https://www.cdc.gov/coronavirus>.