

COVID-19 CARE – Revised March 24, 2020

Dear students,

If you are currently residing on campus and are experiencing symptoms suggestive of COVID-19 (fever, cough and/or shortness of breath), or have been in close contact with someone diagnosed with COVID-19, we urge you to call the Davison Health Center (DHC) at 860-685-2470 to speak with a staff member. The health center is open weekdays (unless otherwise announced) from 9 a.m. to 5 p.m. After-hours and weekend callers will be connected with the on-call provider. **Please note: After hours on call services will end following spring semester on May 22 although we will be available Monday-Friday for phone triage 9am-4pm over the summer months.** We are not accepting walk-in patients. CALL us and we will advise you on the best course of action.

The possible recommendations that may be made are as follows:

SELF-MONITORING: This is the process of continually being mindful of any symptoms you develop, particularly fever, cough, and shortness of breath. Students should check their temperatures twice a day.

ISOLATION: This involves keeping those with a contagious disease away from others who are well. It is not as strict as quarantine. One may leave their residence, but should not interact with others.

QUARANTINE: This is the process of staying inside one's residence without leaving for a specified period of time, and only when cleared by a medical professional.

If after assessing you, we believe that you may have COVID-19 (test kits are limited throughout the country, and especially in Connecticut), we will require that you quarantine yourself for at least 14 days. If you are not already in a single with your own bathroom and kitchen, you will be moved to another residence. We will ensure that you have food delivered, and you will be supplied with linens. Trash should be doubled bagged and left outside your door each morning. We stress that if you are under quarantine, that you DO NOT LEAVE your room for the duration of the quarantine. This is critical to decreasing the spread of COVID-19. I cannot overemphasize the importance of this.

If you are asymptomatic, the duration of the quarantine will be 14 days. If you have symptoms at the time of quarantine or develop symptoms during quarantine such as fever or cough, we will follow the protocols for care as outlined by the Centers for Disease Control.

If you become acutely ill during quarantine, you should call the health center to speak with one of our on-call providers (available 24/7). If you feel you need emergency care (such as if you are struggling to breathe), call 911 (Public Safety will be alerted) and you will be assessed and taken to the closest appropriate medical facility for care.

While in quarantine, you will be checked on daily by phone to see how you are doing.

We also cannot stress enough the following for all our students:

- 1) Hand washing with soap and water for 20 seconds, or if not readily available, hand sanitizer (rub into your hands until dry).

- 2) Avoid sick people.
- 3) Avoid touching your face.
- 4) Maintain 6 feet (2 meter) distance from people.
- 5) Frequently wipe down high-touch areas (door knobs, counters, and table tops). You may want to avoid using another person's keyboard.
- 6) Avoid groups of people, particularly more than 10 in one place.
- 7) Do not share drinks.
- 8) Cough/sneeze into the crook of your elbow.

Thank you for following this guidance to keep yourself and others healthy.

Stay well,

Tom McLarney, MD, Medical Director
Davison Health Center