

### **COVID-19 Infection Isolation Guide**

**Notification: Students may notify the Student Health and Wellness team of their infection by the following means:**

- Monday- Thursday 9:15am - 4:45pm and Friday 9:15am - 3:45pm: Please call the Student Health and Wellness Center at **610-328-8058**.
- Times outside of clinic hours (above): Call the Team Health Nurse on Call at **610-328-8548**. (Please note the Nurse on Call service is an outsourced medical clinician and not a Swarthmore staff member).

### **Medical Care Options**

- Students who test positive for COVID-19 may notify the Health Center about their infection by calling the Health Center between the hours of 9am-4:45pm or by calling the nurse on-call service.
- The Student Health and Wellness Center will conduct in-person medical appointments upon request. Students must call the Health Center during clinic hours to schedule an appointment.
- If a student needs medical evaluation over the weekend or in the overnight hours, they should utilize the Nurse on Call service for advice over the phone or seek care at an outside medical facility. If you are in need of an emergency response, please contact Public Safety 610-328-8333.
- Outside medical facilities in the area:
  - Patient First Urgent Care in Springfield
  - Emergency Department at Riddle Hospital in Media
  - Emergency Department at Crozer Chester Medical Center in Chester

### **Medical Treatments and Advice**

- For many students, a COVID-19 infection will present with mild to moderate cold and flu-like symptoms that should be managed with routine over the counter medication, increasing hydration and rest. If you would like advice on supportive care therapies like which over the counter medications are appropriate for you and your illness, please call the Student Health Center for guidance.
- Students are encouraged to call the Student Health Center if any medical questions arise or if they are having more severe symptoms (i.e. fever > 102, shortness of breath, lightheadedness, chest pain, excessive vomiting or diarrhea).
- If a student is having severe symptoms and the Health Center is not open, they are encouraged to call the Nurse on Call service for advice.
- Antiviral treatments are approved for use to reduce the risk of hospitalization in people with certain underlying medical conditions and those that are unvaccinated. If you have an underlying medical condition or are unvaccinated and would like to know if antiviral

treatment is right for you, please call the Health Center during routine hours to make an appointment to speak with one of our clinical staff.

- **\*\*\* Once you have tested positive DO NOT take any further COVID-19 tests unless directed by a medical clinician.\*\*\***

### **Isolation**

#### **Duration:**

Currently, students with a COVID-19 infection must isolate in place for a **minimum period of 5 days\*\***.

Isolation may be discontinued after day 5 if the following criteria are met:

- The student is fever free for 24 hours  
AND
- Symptoms are improving or gone

If a person does not meet the above criteria, the person should continue to isolate and reassess their symptoms each day. Once the above criteria are met, a person may begin participating in activities on campus as long as wearing a well fitting mask around others up until day 10 from the onset of symptoms. During the period of strict masking and isolation, students should not eat around others nor participate in any activities unmasked around other people.

\*\* The day of onset of symptoms is counted as day zero. If a person has no symptoms, the day of the test is considered day zero. For a person with no symptoms on the day of the test, if symptoms develop afterwards, you should restart counting days from onset of those symptoms. If you need help determining your isolation duration you may call the Student Health Center or utilize this [calculator](#) from the CDC.

#### **Location:**

Swarthmore students living on campus must isolate in their assigned dorm rooms. Students living off campus must isolate in their off campus location. If you share a room with another student, you should wear a mask at all times with the exception of eating, sleeping, and bathing. You should maintain a six foot distance from the other when sleeping. Besides roommates, no other students, staff, guests or faculty are allowed in your dorm room unless there is an emergency. In the event of an emergency and someone else needs to enter the room, you must ask them to put a mask on prior to entering due to illness.

Alternatively, a student may decide to leave campus to isolate off campus with family/friends or in a hotel at one's own cost. If staying with family or friends, please be sure they know about your infection and agree to the risk. You will want to stay in an individual room if possible.

If you have non-medical questions about isolating-in-place or general housing concerns, please contact your Area Coordinator or email [housing@swarthmore.edu](mailto:housing@swarthmore.edu) during regular business hours.

## **Activities of Daily Living**

### **Bathroom Use**

If you reside in a place with shared bathroom facilities, you may use these facilities as long as wearing a mask. Limit the time unmasked for brushing of teeth and showering. Try to visit the bathroom facilities for those activities during “slow” times. If you are in an apartment style dorm, ask roommates to wait 10 minutes after your use before entering the bathroom.

### **Nutrition**

Students living on campus with a COVID-19 infection may leave their room in order to pick up meals to go at the dining facilities on campus. You must remain masked in those spaces and avoid interacting with others for prolonged periods. You may eat your meals outdoors alone or return to your room to eat.

You may order out for contactless delivery at your own cost.

You may have a friend pick up food for you from the dining facilities. In order to do this and register under your own meal plan, please request a “buddy pass” from the Student Health Center by sending a secure message to “COVID-19” provider through the health portal or calling the Health Center during normal business hours.

If you have non-medical questions about the on-campus dining facilities, please reach out to [dining@swarthmore.edu](mailto:dining@swarthmore.edu).

If you have questions about off campus dining facilities, please contact the Student Health Center by calling the clinic or sending a secure message to “Covid-19 Provider” in the health portal.

### **Academics**

During your 5 day (+) period of isolation you are not allowed to attend class in person. You are responsible for contacting your professors regarding required absence. If a Dean’s note is requested by a professor, please make a request from the Student Health Center by sending a secure message to “COVID-19” provider through the health portal or calling the Health Center during normal business hours.

You may attend class, strictly masked, once you have completed the initial isolation period described above.

### **Athletics/Clubs/Extracurriculars**

During your 5 day (+) period of isolation you are not allowed to attend athletics/club events/extracurricular activities. You may attend activities strictly masked once you have completed the initial isolation period described above.

For athletes, please contact Marie Mancini directly to plan your return to athletics after the COVID-19 infection.

### **Contact Tracing**

Students are asked to contact those people they have had close contact with as defined on this [site](#). The Swarthmore COVID-19 Contact Tracing page will help guide you in determining who is a close contact and the next steps those people should take. Please refer any people that are close contacts to this page as well for information.

\*If a student determines there is someone who is a close contact and they do not feel comfortable speaking to them due to privacy concerns, a student may contact the Student Health Center to request contact tracing assistance by sending a secure message to COVID-19 provider or by calling the Student Health Center during routine hours.