

**SJC Health and Wellness Center
COVID-19 Plan of Care**

Student's Name _____

You have a confirmed case of SARS-CoV-2 or have been potentially exposed to COVID-19. If you are able to safely return home, we are recommending that you do so. If you are unable to return home, you are **required** to isolate/quarantine at the College in O'Connor Residence Hall for at least the next 10 days, or until test results indicating you are not infected with the virus are available. In either circumstance, you will be asked to follow the isolation rules and plan of care below that apply to your situation.

(Please indicate one of the following)

A. Tested positive for COVID-19 with symptoms.

Follow all required precautions. **Stay at home** and isolate yourself until:

1. At least 10 full days have passed since your symptoms started
and
2. At least 24 hours have passed since last fever with without the use of fever-reducing medications
and
3. Your symptoms have improved (e.g., cough, shortness of breath)

B. Tested positive for COVID-19 but you do not have symptoms.

Follow all required precautions. **Stay at home** and isolate yourself until:

1. **Ten (10)** full days have passed **without symptoms** since your positive test.
2. You must take your temperature twice a day (morning and evening) for all **10 days**.

C. Tested positive for COVID-19, and symptoms developed a few days after the test was performed.

Follow all required precautions. **Stay at home** and isolate yourself until:

1. At least **10 full days** have passed since your symptoms started – not from the date of your test
and
2. At least 24 hours have passed since last fever with without the use of fever-reducing medications
and
3. Your symptoms have improved (e.g., cough, shortness of breath)
4. You must take your temperature twice a day (morning and evening) for all **10 days** after symptoms start.

D. Tested for COVID-19 due to exposure and awaiting results

Follow all required precautions. **Stay at home** and quarantine yourself until:

1. Test results are available

E. Exposed to an individual who has a confirmed diagnosis of COVID-19 based on contact tracing

Follow all required precautions. **Stay at home** and isolate yourself for 14 days

Please indicate your plan

- I will be residing in O'Connor Hall during my isolation/quarantine period (see plan below)
- I will be returning home to self isolate/quarantine (see plan below)
- I will be isolating/quarantining off campus at the following address _____

Isolation/Quarantine at HOME Checklist

- Begin Contact tracing
- Notify parents (needs to sign consent form)
- Notify Maine CDC
- Notify Student Engagement & Residential Living
- Notify Academic Affairs
- Notify Roommate(s)
- Notify point person to collect student's belongings
- Notify Facilities

Care instructions for **HOME**

1. **Contact your regular primary care provider immediately.** Let them know that you have been diagnosed or tested here, and released home to rest and recover. They may have further instructions, or be able to answer additional questions you may have as they guide your recovery. The Health Center will also be able to answer questions 7 days a week by calling 893-6634 or emailing spiers@sjcme.edu. Telehealth appointments are also available while isolating/quarantining at home.
2. **Contact the Academic office.** The College has invested in technology so that students who need to continue their studies outside of the classroom can do so. If you need to participate in your classes away from the classroom, as part of your plan of care, the office of Academic Affairs (Elaine Trumble) will notify the faculty who teach your classes and the faculty will reach out to you with specific information about how to continue your learning remotely. She can be reached by calling 893--6642 or emailing etrumble@sjcme.edu
3. **Take care of yourself.** Get plenty of rest. Fever, cough, and body aches are the most common symptoms. To reduce fever, take over-the-counter medicine you know is safe for you. If other medicines have been recommended, take them as prescribed.

These comfort measures may help:

- Drink lots of water, juice, or broth to replace fluids lost from a fever.
- A cool mist humidifier can help ease congestion and coughing.
- Propping yourself with 2 to 3 pillows may make it easier to breathe and sleep.
- Limit the level and frequency of physical activity.

4. **Monitor your symptoms carefully.** If your symptoms get worse, call your health care provider immediately. If you develop emergency warning signs, get medical attention immediately — the same as you would for any emergency condition. Emergency warning signs include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to be awake or stay awake
- Bluish lips or face
- Sustained high fever (101 degrees or over)

For medical emergencies, call 911. Notify the dispatcher that you have or may have COVID-19.

Help protect your loved ones and the community.

- **Stay home, except to get medical care.** Stay home from work, school, and away from other public places including the store. If you must go out, avoid public transportation or ridesharing/taxis and stay far away (6-feet or more) from other people.
- **Call ahead.** If you have a medical appointment, call your healthcare provider ahead of time and tell them that you have, or may have, COVID-19. Follow their instructions.
- **Stay away from others in your home.** As much as possible, stay in a specific room and away from other people in your home to protect them. Keep the door closed. Use a separate bathroom, if available. Clean all surfaces that are shared with others. Do not make or serve food for others.

- **Wear a mask.** If you need to be around other people in or outside of the home, wear a facemask. If you are not able to (for example, because it causes trouble breathing), then people should not stay in the same room with you.
- **Cover your cough and sneezes.** Use a tissue or your elbow. Throw the tissue away immediately and wash or sanitize your hands.
- **Wash your hands often.** Use soap and water for at least 20 seconds. Or use an alcohol-based hand sanitizer that contains at least 60% alcohol. It's especially important to clean your hands after blowing your nose, coughing, sneezing, going to the bathroom, and before eating or preparing food. For visible soiling on your hands, soap and water are best.
- **Avoid sharing personal items with others.** Some examples include dishes, towels, and bedding.
- **Don't handle pets or other animals while sick.**
- **If you are the only adult, clean surfaces that are touched often.**
- **There should be good air-flow in spaces shared with others, even for brief periods of time.** Use an air conditioner or, if weather allows, open a window to keep air moving.
- **Urge everyone in your home and recent close contacts to pay attention to their own health.** They should call their provider if they have symptoms that could be COVID-19 (cough, fever, aches, or shortness of breath).

Isolation/Quarantining in O'Connor Checklist

- Escort, while masked, to 3rd-floor isolation room
- Begin Contact tracing
- Notify parents (sign consent form)
- Notify CDC
- Notify Student Engagement & Residential Living

- Notify Academic Affairs
- Notify Roommate(s)
- Notify point person to collect student's belongings
- Notify Facilities
- Notify Campus Safety (if student has car on campus during winter months)
- Notify Pearson's Cafe (set up meal delivery and indicate dietary restrictions)
- Sign O'Connor Hall Isolation and Quarantine Leave policy
- Sign O'Connor Hall Isolation and Quarantine Adherence Policy

Care instructions for O'Connor Hall

- 1. The Health and Wellness staff will be available Monday-Friday, 8:30-4:30.** Telehealth and on-call services will be available after hours 7 days a week. This can be accessed by calling 893-6634 or emailing spiers@sjcme.edu. **For medical emergencies, dial 893-7911** Notify the dispatcher that you have or **may have** COVID-19. Non Medical emergencies, please dial 893--6687.

Mental Health related services, including telehealth, will also be available to all isolated/quarantined students through the Counseling Center. To request an appointment or obtain more information contact the Counseling Center at counselingcenter@sjcme.edu or 207-893-6631.

During normal office hours, the HWC will make rounds at a minimum of 3 times per day on isolated/quarantined students in order to assess temperatures and general assessments.

2. **Contact the Academic office.** The College has invested in technology so that students who need to continue their studies outside of the classroom can do so. If you need to participate in your classes away from the classroom, as part of your plan of care, the office of Academic Affairs (Elaine Trumble) will notify the faculty who teach your classes and the faculty will reach out to you with specific information about how to continue your learning remotely. She can be reached by calling 893--6642 or emailing etrumble@sjcme.edu
3. All meals will be provided to students on a drop-off basis.
4. **Take care of yourself.** Get plenty of rest. Fever, cough, and body aches are the most common symptoms. To reduce fever, take over-the-counter medicine you know is safe for you. If other medicines have been recommended, take them as prescribed.

These comfort measures may help:

- Drink plenty of water, juice, or broth to replace fluids lost from a fever.
 - A cool-mist humidifier can help ease congestion and coughing.
 - Propping yourself up with 2 to 3 pillows may make it easier to breathe and sleep.
 - Limit the level and frequency of physical activity.
5. **Monitor your symptoms carefully.** If your symptoms get worse, call your health care provider immediately. If you develop emergency warning signs, get medical attention immediately — the same as you would for any emergency condition. Emergency warning signs include:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to be awake or stay awake
- Bluish lips or face
- Sustained high fever (101 degrees or higher)

O'Connor Hall Isolation and Quarantine Adherence Policy

The health of the Saint Joseph's College Community is dependent on all individuals adhering to all health and safety requirements.

Any student that requires isolation or quarantining in O'Connor Hall is expected to adhere to the CDC's guidelines definition of isolation.

Isolation is used to separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected.

People who are in isolation should **stay away from others** until it's safe for them to be around others.

Therefore, any member of the community who fails to adhere to these measures will be asked to return home, or to another off-campus location of their choosing, for the remainder of their isolation/quarantine and will have the option to continue their studies remotely.

Signature _____ Date _____

O'Connor Hall Isolation and Quarantine Leave policy

While under the direct care of the Health and Wellness Center in O'Connor Hall at Saint Joseph's College, I, _____ acknowledge that I must notify the Health and Wellness Center if I decide to return home or leave the residence hall at any point during my 10-day isolation/ 14-day quarantine period.

If I do not notify the Health and Wellness Center of my intentions to leave the residence hall, there will be serious impacts to my continued enrollment status at the College.

Signature: _____ Date _____