Dear Member:

We understand that you have received a positive test result for COVID-19. Many people who test positive for COVID-19 never develop symptoms or develop mild symptoms, but some people may develop more severe symptoms that require immediate medical attention. Per the CDC, if you experience any of the following emergency warning signs, you should seek immediate medical care:

|  |  |
| --- | --- |
| * Trouble breathing
 | * Inability to wake or stay awake
 |
| * Persistent pain or pressure in the chest
 | * Bluish lips or face
 |
| * New confusion
 |  |

**Required Isolation**

Even if you do not exhibit symptoms, it is important that you isolate away from other members in the facility to protect the health and safety of all residents living in the building. Staying away from others helps to stop the spread of COVID-19. Our chapter has identified the following options for isolation:

1. Members who test positive for COVID-19 and are within a 5-hour driving distance from their permanent residence should go home.
2. If the university offers isolation space in a residence hall, members who test positive should plan to temporarily relocate to that available space.
3. If neither of the above are an option, then members must move to the following room for isolation in the chapter house: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (If a set of roommates tests positive together, you may isolate in your own room.)

**Isolation Rules in the Chapter House**

Members who are in isolation in the chapter house must adhere to the following:

* While in the facility, you must remain in your bedroom at all times aside from using a designated restroom.
* No other common spaces are permitted to be used (including living rooms, study rooms, dining rooms, etc.)
* Other members or guests are not allowed into your bedroom under any circumstances.
* Coordinate with a friend to bring you meals to leave at your bedroom door during mealtimes.
* When you leave your bedroom, you must wear a mask that covers your nose and mouth at all times and stay at least six feet apart from other members and/or staff in the facility.
* Please wash and sanitize your hands frequently.
* Please use sanitizing wipes or spray to wipe down highly touched surfaces such as light switches and doorknobs in your bedroom.
* Please use only the designated restroom assigned to you. This will be: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* Please use only the \_\_\_\_\_\_\_\_\_\_\_\_\_\_door and \_\_\_\_\_\_\_\_\_\_\_\_stairwell to enter and exit the building.

**Take Care of Yourself**

* Stay in touch with your doctor if you develop symptoms.
* Get rest, stay hydrated and ensure you have proper medication to address your symptoms.
* Avoid public transportation, ride shares or taxis.
* Identify a friend in the facility that will check on you and help you get what you may need to be comfortable.
* Work with your professors to let them know you won’t be able to come to class and arrange for distance learning while isolating.

**When to Stop Isolating**

The CDC recommends the criteria below for when you can stop isolating in your room. Note that most people do not require testing to determine when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

|  |  |
| --- | --- |
| **If you HAD symptoms** | **If you had NO symptoms** |
| * 10 days since symptoms first appeared **AND**
* 24 hours with no fever without the use of fever reducing medication **AND**
* Other symptoms of COVID-19 are improving (note that loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation)
 | * 10 days have passed since you had a positive test for COVID-19.
 |

For those who may have had severe COVID-19 related symptoms, you may need to isolate up to 20 days. Guidance from the CDC is updated regularly on this topic and can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

**Additional Resources Available to You**

* University Health Center Phone Number:
* University Health Center Website:
* Nearest Testing Location:
* University COVID-19 webpage:
* University COVID-19 Reporting Here:
* CDC What to do if you are sick: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>