

I tested positive for Covid-19, What do I need to do?

The process is the same for everyone, regardless of vaccination status.

Do I have to isolate?	<p style="text-align: center;">Yes</p> <p style="text-align: center;">You must isolate for 5 full days, with day 0 being the date of your positive test sample</p>
How long do I have to isolate for?	<p style="text-align: center;">5 days from the date of your positive test <i>Day of positive test = day 0</i></p> <p>If you have no symptoms or symptoms are resolving, you have been fever free for 24hours or longer without the use of fever-reducing medications, and you have a negative antigen test the morning of day 6, you may leave your isolation space.</p>
Do I need to have a Covid-19 test?	<p>Yes, you must have a rapid antigen test the morning of day 6. If it is negative, you may leave your isolation space and return to campus activities. If it is positive, you need to stay in isolation and contact Health Services</p>
How long do I have to wear a mask around others?	<p style="text-align: center;">Continue to wear a mask at all times, except to eat, shower, and sleep, through day 10. This is very important to prevent infecting others.</p>
Do I need to tell anyone I tested positive?	<p style="text-align: center;">Yes – contact Health Services at 508-849-3315 or by email at healthservices@annamaria.edu If Health Services is closed, call the Residential Director on call at 508-527-9123.</p> <p>You also need to inform any close contacts of their exposure. Someone is a close contact if they have been within 6 feet of you, indoors, for 15minutes or more over a 24hour period in the two days before symptoms began or you had a positive test. Health Services can help notify on-campus close contacts.</p>
Where do I stay?	<p>Residential students whose permanent address is more than 200 miles from campus will be placed in an isolation space on campus. Commuter students and residential students whose permanent address is 200 miles or less from campus, and employees, are required to isolate at home</p>
Can I attend class in-person or participate in sports?	<p style="text-align: center;">No</p> <p style="text-align: center;">not until your isolation period is complete</p>
Can I leave my isolation space or have visitors?	<p style="text-align: center;">No</p> <p style="text-align: center;">Students isolating on campus are not permitted to leave their assigned isolation space, and no visitors are allowed while in isolation</p>
How do I get meals?	<p style="text-align: center;">The Residential Life and Housing team will coordinate meal drop off while you are in isolation. The Residential Director On-Call is available by phone at 508-527-9123 if you have questions or need help with meals.</p>

What support is available while I am isolating?

The Health and Counseling Services office is available to support you, call 508-849-3315 or email healthservices@annamaria.edu or counselingservices@annamaria.edu

Health Services can answer isolation, quarantine, and contact tracing questions and discuss symptoms or clinical concerns. Counseling Services is available for mental health issues. You can also utilize online counseling services through BetterMynd, available free to all students. Go to <https://www.bettermynd.com/> and create an account with your @amcats.edu email address to get started. If you need assistance, contact the Health and Counseling Services office.