

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

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

Do I have to isolate?	<p>Yes</p> <p>You must isolate for 5 full days, with day 0 being the date of your positive test sample or the first day you experienced symptoms            Note: If you did not have symptoms when you first tested positive, but then developed symptoms later, your day 0 resets to the first day you experience symptoms.</p>		
How long do I have to isolate for?	<p>5 full days, which means the earliest you can come out of isolation is day 6  <i>Day 0 = first day of symptom onset or positive test</i></p>		
When can I go back to regular activities, class, or sports?	<p style="text-align: center;">You can leave isolation when:</p> <p>You have completed 5 full days of isolation (on day 6 at the earliest)  <b>AND</b> You have been fever free for 24 hours without the use of fever-reducing medication (Tylenol, Advil/Motrin/ibuprofen, etc)  <b>AND</b> If you had symptoms, they have improved  <i>Athletes need to contact their coach and athletic trainer for current Return to Play protocols once they are cleared from isolation</i></p>		
Do I need to have a Covid-19 test?	<p>No</p> <p>Testing is not required to end isolation, but you may choose to test on day 5 or later.            If you choose to test at the end of your isolation, be sure to use rapid antigen tests (“home” tests), and be sure to test multiple times.            If you test positive and are able to stay home, continue to isolate until you have 2 negative tests 48 hours apart.            If you cannot stay in isolation, you must wear a well-fitting mask until you have 2 negative tests 48 hours apart.</p>		
How long do I have to wear a mask around others?	<b>No Testing</b>	<b>Tested Negative</b>	<b>Tested Positive</b>
	Wear a well-fitting mask for 10 full days	You can stop wearing a mask once you have 2 negative antigen tests 48 hours apart, even if this is less than 10 days	Continue to wear a mask until you have 2 negative antigen tests 48 hours apart. This may mean you will need to wear a mask longer than 10 days.
Do I need to tell anyone I tested positive?	<p>Yes</p> <ol style="list-style-type: none"> <li>1. Complete <a href="#">this formstack</a> to notify Health Services</li> <li>2. Contact the RD on-call at 508-527-9123 to be placed in an isolation space (if home is more than 200 miles from campus)</li> <li>3. Notify your close contacts. Anna Maria College is no longer conducting contact tracing for positive Covid-19 cases. It is your responsibility to notify all of your close contacts, both on campus and off. A close contact is anyone who was 6 feet or closer to you, indoors, for a cumulative of 15minutes or more in a single 24hour period starting 2 days before your symptoms began or you had your positive test. Whether masks were worn or not does not determine a close-contact.</li> </ol>		
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>No</p> <p>not until your isolation period is complete</p>		

<p>What do I do about class attendance?</p>	<p>Step 1: complete <a href="#">this formstack</a> to notify Health Services of your positive Covid test. Health Services will copy you on a notification email to Academic Affairs of a required medical absence</p> <p>Step 2: email/contact your professors to notify them of your absence. It is your responsibility to arrange for remote or virtual coursework when possible and to plan for assignment completion. You are still responsible for all academic and course requirements</p>
<p>Can I leave my isolation space or have visitors?</p>	<p>No</p> <p>Students isolating on campus are not permitted to leave their assigned isolation space, and no visitors are allowed while in isolation</p>
<p>How do I get meals?</p>	<p>The Residential Life and Housing team will coordinate meal drop off while you are in isolation.</p> <p>The Residential Director On-Call is available by phone at 508-527-9123 if you have questions or need help with meals.</p>
<p>What if my symptoms don't go away or get worse?</p>	<p>Contact Health Services at 508-849-3315 or email <a href="mailto:healthservices@annamaria.edu">healthservices@annamaria.edu</a></p> <p>Or seek care at <a href="#">a local urgent care</a> or with your primary care provider</p>
<p>Do I need to go to an Emergency Room?</p>	<p>Most people do not need to go to the Emergency Room</p> <p>Emergency warning signs include: trouble breathing, persistent chest pain or pressure, new-onset confusion, unable to wake or to stay awake, or pale, gray, or blue-colored skin, lips, or nail beds</p> <p>If you or someone else has these symptoms, call 911 right away</p>
<p>What support is available while I am isolating?</p>	<p>The Health and Counseling Services office is available to support you, call 508-849-3315 or email <a href="mailto:healthservices@annamaria.edu">healthservices@annamaria.edu</a> or <a href="mailto:counselingservices@annamaria.edu">counselingservices@annamaria.edu</a></p> <p>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 <a href="https://www.bettermynd.com/">https://www.bettermynd.com/</a> and create an account with your @amcats.edu email address to get started. If you need assistance, contact the Health and Counseling Services office.</p>