

Initial Isolation Information

Dear Eph,

If you are reading this information sheet you have tested positive for COVID and are currently isolating in your room. Once you have settled in, please become familiar with this guide as it provides information about what to expect during your period of medical isolation. It details symptoms to watch for, how to treat your symptoms, when to reach out for assistance urgently and who to call. Your infectious period is 11 days, with your first potential opportunity to exit isolation being on Day 6 of your isolation period. You should be isolated in a single dorm. If you are in a shared living space please refer back to www.health.williams.edu and utilize the link under COVID Housing Information to reach a housing coordinator for assistance.

If you have any questions or concerns regarding your symptoms during your isolation period, please call the health center at 413-597-2206. If it is outside the health center's normal hours of operation, follow the prompts to speak with the on-call provider.

ISOLATION PERIOD:

We have adopted the CDC guidelines shortening isolation to 5 full days with discharge on day 6. Day 0 is the day you took the test that returned as a positive result. You will need to remain in isolation only exiting to use the bathroom and to retrieve food with a high quality mask (cloth masks are not acceptable, a high quality mask may be obtained from the health center) on until at least Day 6. **On Day 6 you may exit isolation as long as you are fever free for 24 hours without use of fever reducing medication and your symptoms are improving.** You must mask anytime you exit your room until you reach Day 11. You may attend class masked until Day 11 at this point.

Covid PCR testing:

Due to the sensitivity of the Covid PCR test, you should not utilize a Covid PCR test for 90 days after your positive test results. If you develop sick symptoms in that 90 day period, you should isolate and can contact the health center regarding recommendation for testing.

Close Contacts:

A close contact is anyone who has been within 6 ft of you for 15 minutes or more in a 24 hour period (indoors), 48 hours hours prior to you developing symptoms up until until the point you enter isolation. You should notify your close contacts that you have tested positive for Covid. Instruct your contacts to mask for 10 days after their last contact with you, while they continue to monitor for symptoms. If they develop symptoms, they should isolate and perform a rapid antigen test or contact the health center to discuss recommendations.

Symptom Management:

If you have a pre-existing medical or mental health concern, continue with your current treatment and pay attention to new or worsening symptoms.

You may contact the Health Center at (413)597-2206 to speak to a healthcare provider at any time with concerns or changes in your symptoms for further recommendation.

Important: If you develop emergency signs for COVID-19, seek medical attention immediately by calling Campus Safety (413-597-4444) or 911. Symptoms include:

Fever over 103 F (39.4C) that does not come down within one hour of taking 500 mg to 650 mg of acetaminophen (also referred to as Tylenol or Paracetamol)

Chest pain or tightness

Difficulty taking deep breaths, wheezing or restricted breathing

Inability to speak in full sentences or walk to the restroom without gasping for breath, feeling weak, or needing to rest in order to catch your breath

Uncontrolled vomiting or diarrhea

Extreme lightheadedness, dizziness or fainting

After normal operating hours please call the on-call physician at 413-597-2206 (follow the prompts) if you have an urgent medical concern that cannot wait until the next business day.

Note: If you're calling medical services after hours, an operator will take your message and have the on-call physician call you back. If you do not hear back from the physician within 30 minutes, please call again.

If you find you need to reach out for mental health support please reach out to IWS here on campus, the best way to do so is provided in the link below

<https://health.williams.edu/integrative-wellbeing-services-covid-19-response/>

Or

<https://health.williams.edu/choose-well/>

The Health Center and Integrative Wellbeing Services

Monday - Friday, from 9am - 5 pm. Please call the Health Center to discuss any health-related concerns.

Front desk 413-597-2206

After-hours 413-597-2206

Integrative Wellbeing Service (IWS)

413- 597-2353

Other Phone Numbers:

Campus Safety: 413-597-4444

Office of Accessible Education: 413-597-4978

Strategies for Symptom Relief:

Over-the-Counter Medications:

ALWAYS be sure to read the label for instructions. Do not exceed recommended doses. Call the Williams College Health Center or your pharmacy with any questions about possible drug interactions.

For fever, headache and body aches:

Tylenol (acetaminophen) - Do not take more than 4000mg in 24 hours.

Advil (Ibuprofen) - Do not take more than 3200mg of Ibuprofen in 24 hours.

For cough and related sore throat:

Coughing sometimes can cause muscle soreness and throat irritation. Cough drops can soothe and quiet the cough reflex.

Drink tea with honey.

Throat lozenges such as Cepacol or Chloraseptic soothe throat pain. These products contain numbing agents that can make your throat and mouth feel tingly and numb. This is expected and is a normal sensation.

Additional Resources you may find helpful:

www.health.williams.edu

www.cdc.gov

www.mass.gov/orgs/department-of-public-health