

COVID QUICK GUIDE

BIG PICTURE:

- COVID is still with us, but increasingly we are taking it in stride.
- Individuals with symptoms (especially congestion, sore throat, cough, headache) are expected to MASK, and ISOLATE according to [updated CDC guidance](#) for respiratory illness.

CDC GUIDANCE FOR ANY RESPIRATORY ILLNESS

- **Isolate in your room** at the onset of symptoms and wear a mask around others including in your residence hall. You may leave isolation 24 hrs after a fever resolves (if present) **and** when your symptoms are improving.
 - You should not eat in the dining hall during this time. Mask and order your food to go.
- **Wear a mask around others for an additional 5 days.** *You may still be infectious during this time!* Masks may be obtained at the Wellness Center.
- Notify your faculty of your illness prior to missing class.
- Contact the Wellness Center 724-946-7927 if you have underlying immune compromise or are experiencing severe symptoms (such as high fever, shortness of breath, vomiting) for consideration of treatment.

COVID SYMPTOMS, TESTING and TREATMENT

- COVID [symptoms](#) have not changed even though variants have.
- Testing is no longer required but is recommended if available to you, and strongly suggested if you are immunocompromised.
 - Free rapid antigen tests are available at the Wellness Center
- If you test, consider waiting 1-2 days after symptoms begin to avoid a false negative test very early in infection. It is reasonable to test again when you are considering leaving isolation. If you test positive, continue to isolate. If you must go out, distance from others and wear an N95 or KN95 mask.
- Paxlovid is recommended within 5 days of symptom onset for those [at risk for severe illness](#). Contact your primary care provider or the Wellness Center.

RESPIRATORY ILLNESS PREVENTION

- **Masking** remains an important tool. They are recommended for those with immune compromise, in crowds in poorly ventilated places and for close contacts.
- Risks may also be reduced by handwashing, distancing and improving ventilation by opening windows or using an air filter.

VACCINES

- An updated COVID vaccine is available and will provide protection against the currently circulating “FLiRT” variants. **All students are strongly encouraged (but not required) to be vaccinated.**
- Vaccine reduces (but does not eliminate) the risk of infection, reduces the severity of infection for those who may become infected, and reduces the risk of transmission to vulnerable others.
- Vaccination also reduces the risk of long COVID.
- Vaccines are available at Rite Aid pharmacy in New Wilmington and at other local pharmacies.

QUESTIONS: email wellnesscenter@westminster.edu