

08/14/2023

Dear Student,

If you test positive for COVID or if you have a known or suspected COVID exposure, please read the information below to guide you through the next steps. Please read this important message to the very end so that all your questions are answered.

If you have COVID and are sick:

- The CDC strongly recommends that you isolate at home for 5 days. The first isolation day starts on the 1st full day after your symptoms started. Isolation will help prevent the spread to your campus community.
- Plug in your date of first symptoms, and get an immediate isolation timeframe without any guesswork <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>
- If you are fever free (<100.4 by mouth without the use of medicine to reduce your fever) and your symptoms are better, you may leave isolation after 5 days, however, it is recommended that you wear a mask at all times when you are around others (eat alone so that you can safely remove your mask) for a total of 10 days.
- Need an Extended Medical Illness (EMI)/ Away from Campus excuse? Please call Health Services at your respective campus during normal business hours or send a message through secure web portal (if applicable).

If you test positive for COVID-19 at any point, please call Health Services at your respective campus—this helps to ensure the safety of the CU campus community.

If you have COVID but are NOT sick:

- The CDC strongly recommends that you isolate at home for 5 days. The first isolation day starts on the first full day after a positive test. Isolation will help prevent the spread to your campus community.
- Plug in the date you tested positive, and get an immediate isolation timeframe without any guesswork <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>
- It is recommended that you wear a mask at all times when you are around others (eat alone so that you can safely remove your mask) for a total of 10 days.
- If you develop symptoms within 10 days of when you tested positive, you will need to restart isolation. (see section positive COVID with symptoms)
- Need an Extended Medical Illness (EMI)/ Away from Campus excuse? Please call Health Services at your respective campus during normal business hours or send a message through secure web portal (if applicable).

If you test positive for COVID-19 at any point, please call Health Services at your respective campus—this helps to ensure the safety of the CU campus community.

COVID Exposure:

- If you are NOT sick and symptom free:
 - You do not need to isolate or quarantine.
 - Watch for symptoms.
 - If you have a chronic medical or immunocompromising condition (or live with someone high risk) consider isolating at home.
 - Self-testing is recommended 5 days after your most recent date of exposure.
- See above guidelines if you are sick.

If you test positive for COVID-19 at any point, please call Health Services at your respective campus—this helps to ensure the safety of the CU campus community.

If you feel sick or develop COVID symptoms at any time:

- Test with your own home COVID test, if available.
- If your campus' Health Services are closed and you need medical attention please seek medical care

- either by calling your home doctor, local Urgent Care, local Emergency Department or calling 911.
- Please call Health Services at your respective campus during normal business hours. (contact info below).
 - Need an Extended Medical Illness (EMI)/ Away from Campus excuse? Please call Health Services at your respective campus during normal business hours or send a message through secure web portal (if applicable).

If you test positive for COVID-19 at any point, please call Health Services at your respective campus—this helps to ensure the safety of the CU campus community.

Do you live on Campus?

- Please remember the safest place to isolate is at your permanent home address. There are no isolations spaces available at your campus. If you plan to go home to isolate, please call health services at your respective campus during normal business hours to let them know **and** notify the residence life staff that you are leaving to go home.

For more information, visit the website for your campus Health Service

- Bloomsburg: <http://www.bloomu.edu/health>
- Lock Haven: <https://www.lockhaven.edu/healthservices/general.html>
- Mansfield: <https://www.mansfield.edu/residence-life/mu-campus-clinic.cfm>

Student Health Center contact numbers:

- Bloomsburg: (570) 389-4451
- Lock Haven: (570) 484-2276
- Mansfield: (570)-662-4350

If your campus' Health Center is closed and you need immediate medical attention, please call your home medical provider, go to your local Urgent Care, go to the nearest Emergency Department or call 911.

COVID Testing options:

- At-home test
- FREE rapid COVID19 test kits are available for pick-up at each Campus Health Center or at your campus Library.
- FALL 2023 COVID-19 community testing sites (At Cost testing options)
***Be sure to reach out to your insurance provider to determine coverage and out of pocket costs prior to scheduling an appointment with one of the providers below. *Please call ahead as testing availability at the following locations may vary.* ***

Bloomsburg:

Geisinger Bloomsburg Convenient Care
<https://locations.geisinger.org/details.cfm?id=130>
570-416-1890

Lock Haven:

River Valley Health and Dental
<https://rivervalleyhealthanddental.org/river-valley-health-is-in-clinton-county/>
570-567-5400

Clearfield:

Penn Highlands QCare
https://www.phhealthcare.org/location/qcare-walk-in-clinics/qcare-clearfielda-service-of-penn-highlands-dubois-510?utm_source=google&utm_medium=organic&utm_campaign=GMB-Listings&utm_content=QCare-Clearfield

814-205-1250

Mansfield:

Guthrie Walk-in Care, Wellsboro

<https://www.guthrie.org/locations/wellsboro-walk-care>

570-724-4241

Sayre:

Guthrie Walk-in Care, Sayre

<https://www.guthrie.org/get-care-now?condition%5B0%5D=9346>

570-887-2383

If you test positive for COVID-19 at any point, please call Health Services at your respective campus—this helps to ensure the safety of CU campus community.

