

Bryn Athyn College Health & Wellness Center
COVID -19, RSV, Flu Guide
Fall 2024

Students who test positive for COVID-19 with an at home test and need medical advice or evaluation may stop at the Student Health and Wellness center during their normal hours of operation.

- Monday-Friday 4 hours each day
 - Check hours on the BAC Health Center Webpage.
 - Hours also located outside of Health Center Door (ground floor of College Center).
- Students who test positive outside of open hours, please call Student Health and Wellness Center **267-502-6077**.

Medical Care Options

- The Student Health and Wellness Center will conduct in-person medical appointments upon request. Students can walk-in during open hours for evaluation.
- If a student needs medical evaluation over the weekend or in the overnight hours, they should seek care at an outside medical facility or stay in isolation until the Health Center opens the following day for evaluation.
- If you need an emergency response, please contact Public Safety 267-502-2424.
- Outside medical facilities in the area:
 - **AFC Urgent Care – Southampton**
<https://www.afcurgentcare.com/southampton/>
(267) 669-1660
 - **Patient First Urgent Care – Abington**
<https://www.patientfirst.com/locations/eastern-pennsylvania/abington>
(267) 620-0237
 - **Patient First Primary and Urgent Care – Feasterville**
<https://www.patientfirst.com/locations/eastern-pennsylvania/feasterville>
(267) 684-1047
 - **Emergency Department at Holy Redeemer Hospital**
<https://www.redeemerhealth.org/locations/holy-redeemer-strauss-emergency-pavilion>
(215) 947-3000
 - **Emergency Department Abington-Jefferson Memorial Hospital**
<https://www.jeffersonhealth.org/locations/abington-hospital>
[215-481-2000](https://www.jeffersonhealth.org/locations/abington-hospital)

Medical Treatments and Advice

- COVID-19, RSV, and Flu infections may present for many with mild to moderate symptoms that can be managed with routine over the counter medication, increasing hydration and rest. If you would like advice on supportive care therapies like which over the counter medications are appropriate for you and your illness, please call the Student Health Center for guidance (267-502-6011).
- Students are encouraged to call the Student Health Center if any medical questions arise or if they are having more severe symptoms (i.e. fever > 102, shortness of breath, lightheadedness, chest pain, excessive vomiting or diarrhea).
- If a student is having severe symptoms and the Health Center is not open, they are encouraged to seek outside medical care (see above for facility options).
- Antiviral treatments for COVID-19 and Flu are approved for use and should be discussed with your healthcare provider or health center staff for guidance. Please call the Health Center during routine hours to make an appointment to speak with one of our clinical staff.
- *** Once you have tested positive DO NOT take any further COVID-19 tests unless directed by a medical clinician. ***

Isolation

Duration:

Currently, students with a COVID-19, RSV, and Flu infection must isolate in place and away from others **until at least 24 hours after both their symptoms are getting better overall, and they have not had a fever (and are not using fever-reducing medication).**

***Students must be cleared by the Health Center to leave isolation. If the isolation period occurs on the weekend, please contact the Health Center On-Call Number (267- 502-6077).**

Once the above criteria are met, a person may begin participating in activities on campus if they are wearing a well-fitting mask around others for 5 days after they complete their isolation. During the period of strict masking and isolation, students should not eat around others nor participate in any activities unmasked around other people.

Location:

Bryn Athyn students living on campus must isolate themselves in their assigned dorm rooms. Students living off campus must be isolated in their off-campus location. If you share a room with another student, you should always wear a mask except for eating, sleeping, and bathing. You should maintain a six-foot distance from the other when sleeping. Besides

roommates, no other students, staff, guests or faculty are allowed in your dorm room unless there is an emergency. In the event of an emergency and someone else needs to enter the room, you must ask them to put a mask on prior to entering due to illness.

Alternatively, a student may decide to leave campus to isolate off campus with family/friends or in a hotel at one's own cost. If staying with family or friends, please be sure they know about your infection and agree to the risk. You will want to stay in an individual room if possible.

If you have non-medical questions about isolating-in-place or general housing concerns, please contact the Director of Resident Life (jena.frey@brynathyn.edu) during regular business hours.

Activities of Daily Living

Bathroom Use:

If you reside in a place with shared bathroom facilities, you may use these facilities as long as wearing a mask. Limit the time unmasked for brushing teeth and showering. Try to visit the bathroom facilities for those activities during "slow" times. If you are in an apartment style dorm, ask roommates to wait 10 minutes after your use before entering the bathroom.

Nutrition:

Students living on campus with a COVID-19, RSV, or Flu infection may leave their room to pick up meals to go at the dining facilities on campus. You must remain masked in those spaces and avoid interacting with others for prolonged periods. You may eat your meals outdoors alone or return to your room to eat.

You may order out for contactless delivery at your own cost.

You may have a friend pick up food for you from the dining facilities. To do this and register under your own meal plan, please provide the individual getting you food with your swipe card temporarily.

If you have non-medical questions about the on-campus dining facilities, please reach out to John Starrett, *Food Service Director* (j.starrett@sagedining.com).

Academics

During your period of isolation, you are not allowed to attend class in person. You are responsible for contacting your professors regarding required absence. If a Dean's note is requested by a professor, please send an email to the Dean of Students Suzanne Nelson (suzanne.nelson@brynathyn.edu) You may attend class, strictly masked, once you have completed the initial isolation period described above.

Athletics/Clubs/Extracurricular

During your period of isolation, you are not allowed to attend athletics/club events/extracurricular activities. You may attend activities strictly masked once you have completed the initial isolation period described above. During the active of play you will not be required to wear a mask.

For athletes, please contact Mark (Chip) Cherwony directly to plan your return to athletics after a COVID-19 infection.

Contact Tracing

Students are asked to provide the Health Center with a list of individuals they have been in close contact with over the 24 hours leading up to your onset of symptoms or positive test results.