Bryn Athyn College

Health & Wellness Center

COVID-19 Infection Isolation Guide

Fall 2024

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

* Monday-Friday 4 hours each day
  + Check hours on 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 are in need of an emergency response, please contact Public Safety 267-502-2424
* Outside medical facilities in the area:
  + AFC Urgent Care Southampton
  + Patient First Primary and Urgent Care - Feasterville
  + Emergency Department at Holy Redeemer Hospital
  + Emergency Department Abington-Jefferson Memorial Hosptial

**Medical Treatments and Advice**

* For many students, a COVID-19 infection will present with mild to moderate cold and flu-like 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 are approved for use to reduce the risk of hospitalization in people with certain underlying medical conditions. If you have an underlying medical condition and would like to know if antiviral treatment is right for you, 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 infection must isolate in place for **a minimum period of 5 days from the onset of symptoms\*\*.**

Isolation may be discontinued after day 5 if the following criteria are met:

* The student is fever free for 24 hours AND
* Symptoms are improving or gone

\*\*\* Students must be cleared by the Health Center to leave isolation. If the 5 day isolation period occurs on the weekend please contact the Health Center On-Call Number (267-502-6077)

If a person does not meet the above criteria, the person should continue to isolate and reassess their symptoms each day. Once the above criteria are met, a person may begin participating in activities on campus as long as wearing a well fitting mask around others until day 10 from the onset of symptoms. During the period of strict masking and isolation, students should not eat around others nor participate in any activities unmasked around other people.

\*\* The day of onset of symptoms is counted as day zero. If a person has no symptoms, the day of the test is considered day zero. For a person with no symptoms on the day of the test, if symptoms develop afterwards, you should restart counting days from onset of those symptoms. If you need help determining your isolation duration you may call the Student Health Center (267-502-6011).

**Location:**

Bryn Athyn students living on campus must isolate in their assigned dorm rooms. Students living off campus must isolate in their off campus location. If you share a room with another student, you should wear a mask at all times with the exception of 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)](mailto: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 of 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 infection may leave their room in order 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. In order 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)](mailto:j.starrett@sagedining.com).

**Academics**

During your 5 day (+) 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 5 day (+) 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 the 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.