

HAMPSHIRE STUDENTS IN RESIDENCE

What to do if you have Tested Positive for COVID-19 or
Have been in contact with someone who has Tested Positive for COVID –19?

Case Information	Can you circulate on campus once state stay-at-home order lifts?	Do you need to be tested?	Who do I notify?	Where do I go for care?
<u>You tested COVID-19 Positive</u> You have been tested and informed you test positive.	No , you will need to self-isolate in designated housing until instructed to stop by public health officials and Health Services.	Yes , You will need to be tested before you can circulate beyond your campus housing.	Call the Hampshire College Health Service (413) 559-5458 or UMass Triage Advice Nurse (413) 577-5229 for guidance AND On Call Residential Life staff (413) 559-5424	Hampshire Health Services will contact you twice daily and monitor your health needs. You should be in self-isolation on or off campus.
<u>A household contact tests positive</u> Someone you live with, a roommate, significant other	No , you should self-quarantine, follow these CDC guidelines , and stay in designated housing until instructed to stop by public health officials or Health Services.	Possibly , if you become ill then yes, you will need testing.	Call the Hampshire College Health Service (413) 559-5458 or UMass Triage Advice Nurse (413) 577-5229 for guidance AND On Call Residential Life staff (413) 559-5424	Hampshire Health Services should be contacted if you develop any symptoms of illness and will provide self-care advice. Students in residence can receive care and COVID testing on campus, if indicated.
<u>A close contact tests positive</u> Someone who you spent more than 10 minutes in close contact with, within 6 feet since the day they developed symptoms OR a positive case who coughed on you or whose respiratory secretions or saliva you contacted directly.	No , you should initially self-quarantine in your campus residence until the Health Services can determine the case details and provide you with instructions.	Not unless you have symptoms.	Call the Hampshire Health Services (413) 559-5458 or UMass Triage Advice Nurse (413) 577-5229 for guidance.	Hampshire Health Services should be contacted if you develop any symptoms of illness and will provide self-care advice. Students in residence can receive care and COVID testing on campus, if indicated.
<u>Coworker, friend or casual contact tests positive:</u> Someone you were not within 6 feet of for more than 10 minutes or with whom you shared secretions	Follow the same social distancing guidelines as the general public.	Not unless you have symptoms.	No notification needed.	If there are no symptoms, you do not need care. You should self-monitor your health for 14 days.
<u>Friend of a friend tests positive.</u> You were in contact with your friend but not the person who tested positive.	Follow the same social distancing guidelines as the general public.	Not unless you have symptoms.	No notification needed.	If no symptoms, you do not need healthcare.

*Hampshire Health Services and the UMass University Health Services are open and providing healthcare for students by telephone medical visits and appointments only. If you are a **student**, please call the Hampshire Health Services **(413) 559-5458** or the UMass Triage Advice Nurse **(413) 577-5229** for guidance and to make arrangements to be seen if needed.

Practice social distancing: maintain a 6 feet distance whenever possible, wash your hands frequently and do not share personal items.

How to know if you have been exposed to CoVID-19: You generally need to be in close contact with a sick person – this includes:

- Living in the same household as a sick person with COVID-19
- Caring for a sick person with COVID-19
- Being within 6 feet of a sick person with COVID-19 for about 10 minutes, or
- Being in direct contact with secretions from a sick person with COVID-19, (e.g. being coughed on, sharing utensils, kissing, etc.)