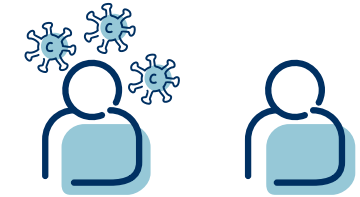


# KEEPING SIMMONS HEALTHY

## KEEPING SIMMONS HEALTHY

# I was exposed to COVID-19, what do I need to do?



**I have been boosted OR I am not yet eligible for the booster** (vaccinated within 5 months for Pfizer/Moderna, 2 months for J&J)

**I am not boosted** (vaccinated more than 5 months ago for Pfizer/Moderna, more than 2 months for J&J) **OR I am unvaccinated**

<b>Do I have to quarantine?</b>	No, unless you have symptoms.	Yes. If you are deemed a close contact, you must quarantine.
<b>How long do I have to quarantine?</b>	You do not have to quarantine. You should continue to wear a mask around other people for 10 days.	5 days. If after 5 days, there are no symptoms, you can end quarantine. You should continue to wear a mask around other people for 10 days.
<b>Can I attend class in-person?</b>	Yes, unless you have symptoms.	Not until the quarantine period is complete.
<b>Where do I stay?</b>	N/A	In your room or off campus.
<b>Can I leave my quarantine space on-campus?</b>	N/A	You are not permitted to leave your quarantine space, except to use the restroom. Food will be delivered to your room.
<b>I was exposed and I have symptoms of COVID-19</b>	Begin quarantine and get tested as soon as possible. If the test comes back positive, follow the "I tested positive for COVID-19" steps.	Begin quarantine and get tested as soon as possible. If the test comes back positive, follow the "I tested positive for COVID-19" steps. If it comes back negative, you may leave quarantine.

# I tested positive for COVID-19, what do I need to do?



**The process is the same for everyone, regardless of vaccination or booster status.**

<b>Do I have to isolate?</b>	If you are not symptomatic, you can return to face-to-face classes after the 5-day isolation period, however, outside of classes you must remain in the isolation space (whether on the residential campus or at home) for the full 10 days.
<b>Can I attend class in-person?</b>	If you are not symptomatic, you can return to face-to-face classes after the 5 day isolation period, however, outside of classes, you must remain in the isolation space (whether on the residential campus or at home) for the full 10 days. If it is not practical to return to in-person classes, you must work with your faculty member to make up any missed work.
<b>Where do I stay?</b>	In your room or off campus.
<b>Can I leave my isolation space?</b>	During the initial 5-day period, you may not leave your isolation space, except to use the restroom. Food will be delivered to your room. After 5 days, if you are not symptomatic, you may attend face-to-face classes, however, outside of classes, you must remain in the isolation space (whether on the residential campus or at home) for the full 10 days.
<b>Are visitors allowed?</b>	No visitors are allowed while in isolation.
<b>How do I get meals?</b>	Email Heather Lupis of Dining Services at <a href="mailto:lupis-heather@aramark.com">lupis-heather@aramark.com</a> to set up meal delivery. Meal delivery is available Monday-Friday at 9 a.m., 12 p.m., and 5 p.m. and Saturday-Sunday at 11 a.m. and 5 p.m. Dining will send a text message or call and leave a message for you before delivery.
<b>What support is available while I am isolating?</b>	<p>The Health Center and Counseling Center are available to support you. The Health Center will conduct regular wellness checks while you are isolating on campus. In addition, if you need to speak to a medical professional, please contact the Health Center at <b>617-521-1020</b>.</p> <p>A positive COVID-19 test or a possible exposure to someone with COVID can be a stressful time for students and the community around them. We have assembled a page with a few resources that we hope will be relevant and helpful at this time: <a href="https://sites.google.com/simmons.edu/resourcesquarantineisolation">sites.google.com/simmons.edu/resourcesquarantineisolation</a></p> <p>You can also go to <a href="https://whocanhelp.simmons.edu">whocanhelp.simmons.edu</a> if you need additional assistance.</p>
<b>How do I make a counseling appointment?</b>	Log into the <b>Simmons Health Portal</b> and select "Forms." Under "Counseling," fill out the initial paperwork with as much information as possible. Email <a href="mailto:counselingcenter@simmons.edu">counselingcenter@simmons.edu</a> or call <b>617-521-2455</b> to indicate you have completed the paperwork and are ready to make an appointment. If you need to speak with someone urgently, please call Public Safety at <b>617-521-1112</b> and they will contact the on-call clinician. Drop-in hours for brief check-ins are available at: <a href="https://sites.google.com/simmons.edu/resourcesquarantineisolation">sites.google.com/simmons.edu/resourcesquarantineisolation</a>