

Fall 2022 Semester Information

Students: What do I do if I don't feel well?

Any student who is not feeling well can **contact the Wellness Center** for a sick appointment at 717-245-1663.

The Wellness Center is open Monday, Wednesday, Thursday and Friday 8 a.m. – 5p.m. and Tuesday 9 a.m. to 5 p.m.

After hours and weekends students can call Nurseline 877-229-4183 for consultation. Depending on symptom severity you may also visit a local urgent care (listed below):

- UPMC Urgent Care: 1175 Walnut Bottom Rd, Carlisle, PA 17015 · (717) 258-9355
- UPMC Carlisle ER: 361 Alexander Spring Rd, Carlisle, PA 17015 · (717) 249-1212

Students: What do I do if I test positive for Covid?

If you have tested positive for COVID during normal business hours Monday, Wednesday, Thursday and Friday 8 a.m. – 5p.m. and Tuesday 9 a.m. to 5 p.m **contact the Wellness Center** at 717-245-1663.

After hours and weekends students can call Nurseline 877-229-4183 for consultation. Depending on symptom severity you may also visit a local urgent care (listed below):

- UPMC Urgent Care: 1175 Walnut Bottom Rd, Carlisle, PA 17015 · (717) 258-9355
- UPMC Carlisle ER: 361 Alexander Spring Rd, Carlisle, PA 17015 · (717) 249-1212

Other than seeking medical attention, students who test positive should not be leaving their residence, notify the Wellness Center using this [link](#) and:

Wear a [well-fitting mask](#) if you must be around others in your space.

Contact the Wellness Center on the next business day to report positive result.

Notify any close contacts that you have tested positive ([How-to-Determine-Close-Contacts \(cdc.gov\)](#)), additionally, **it is the student's responsibility to notify faculty of their illness.**

The CDC provide an excellent tool for Quarantine and Isolation guidance:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#>

Students: What are the isolation instructions for students?

Students are expected to isolate in place, additional isolation information is found below, student with questions should contact the Wellness Center.

You will need to isolate from others for at least 5 full days from your symptom onset. Day 0 is the day your symptoms started, or if you are asymptomatic, the date of your positive test.

- **Stay in your residence for 5 days and isolate from others in your space.**

- If you have emergency symptoms, such as shortness of breath, trouble breathing, or inability to keep down food or drink, **seek medical care immediately.**

- Call the Wellness Center at **717-245-1663** if you have concerns about your symptoms. If you need health advice for a non-emergency on evenings or weekends and cannot wait until we reopen, **please call our after-hours service, AccessNurse, at 877-229-4183.** **o Call the Department of Public Safety (DPS) at 717-245-1111 for any emergencies after hours or on weekends.**

- Dickinson will provide [meals](#) during your isolation period.

- Wear a [well-fitting mask](#) if you must be around others in your space.

- Please direct any housing concerns to [ResLife](#).

Ending isolation

- **End isolation [after 5 full days \(on day 6\)](#) if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.**

- If you do not meet these criteria after day 5 or if you have a weakened immune system, **the Wellness Center providers may discuss an extended isolation period.**

- If you did not have symptoms, you may end isolation on day 6.

Take precautions until day 10

- Wear a [well-fitting mask](#) for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

- **[Do not travel](#)** until 10 full days have passed since your symptoms started or the date your positive test was taken if you had no symptoms (private transportation to isolate at an off campus location is acceptable).

- **Avoid being around people who are [more likely to get very sick](#) from COVID-19.**

Notifying Close Contacts

- Think about people you were near (within 6 feet for 15 minutes or more) and the places you went starting two days before you got sick .

- Tell people you were near they should monitor for symptoms and get tested for COVID-19 **5 days after exposure.**

- Tell people you were near they may need to wear a well-fitting mask for 10 days following exposure.

Students: How can I get food while I'm in isolation?

You can order a sick meal using the Dining Services sick meal form https://cm.maxient.com/reportingform.php?DickinsonCollege&layout_id=16 and ask a friend to deliver the food for you. If you have specific questions regarding sick meal ordering, you may contact (717) 245-1318.

Students: What to do if my roommate tested positive for COVID?

If you have concerns about your roommates COVID status and them isolating in place, please reach out to the [Office of Residence Life and Housing](#) for assistance.

Please note that given the exposure you have already had by living with your roommate, relocation will not likely mitigate risk of infection.

Students: I have been exposed to Covid and would like to test.

If you are symptomatic and would like to test, you can schedule an appointment Wellness Center during normal business hours. Tests are also available at local drug stores after hours if you feel you cannot wait until the Wellness Center opens.

Quarantining is no longer recommended by the CDC, students who have been exposed to a Covid positive individual should wear a well-fitting mask and get tested on day 5 of their close contact.

The CDC provide an excellent tool for Quarantine and Isolation guidance: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#>

Faculty: What should I do if a student reports they are not feeling well?

If a student reports to faculty that they are ill or appear ill, they can encourage the student to reach out to the Wellness Center at 717-245-1663. Students can also call the Nurseline to receive medical advice and support 24/7, especially when the Wellness Center is closed at 866-491-4462.

If faculty have concerns about a student's health or well-being, they may submit a [Care Team report](#).

Masking

Masks are not required on campus except in health care facilities such as the Wellness Center, in classes or labs when required by faculty, or in individual offices when requested. We recognize that some people may choose to continue to mask and it is important that students, faculty, and staff respect and support these personal health decisions.

