

**Dickinson College**  
Isolation Instructions to Reduce Community Risk of COVID-19

You are being asked to isolate because you have tested positive for COVID-19. Isolation is used to separate people with COVID-19 from those without COVID-19 until it is safe for them to be around others.

**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.
  - 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.**