

Isolation Guidelines

Step 1

- If you test positive, fill out your symptom tracker <https://misericordia.medicatconnect.com/status.aspx> or email cougarcare@misericordia.edu
- Upload positive COVID test into Medicat <https://misericordia.medicatconnect.com/home.aspx>

Step 2

- Think about when your symptoms began, and who your close contacts are
 - General Notes: A person is deemed to be a “close contact” of a COVID-19 positive person if they were within six (6) feet of the person for more than 15 minutes within a 24-hour period two (2) days prior to symptoms beginning

Step 3

- Cougarcare will be in contact with you and provide you guidance and determine your isolation dates, and will provide you with a template to send to your close contacts.
 - Day 0= Day of your positive test result, or the first day you began experiencing symptoms
 - Day 0 – 5 All individuals isolate
- Students should reach out to their faculty members, employees should contact their direct supervisors.

Step 4

- **On Day 5**, take a rapid at home test if your symptoms are improving and you are fever free for 24 hours without the use of fever reducing medication (Tylenol, Advil, ibuprofen)
 - Take a picture of your at home test (with your name and date in the picture) and send it via email to cougarcare@misericordia.edu
 - You will not be cleared to return to class/campus without approval from the Cougarcare team.
 - **If you test NEGATIVE** on your Day 5 test, you will be permitted to return to class/campus the following morning (Day 6).
 - You must continue to wear a well-fitted mask until the end of the 10th day when indoors around others.
 - **If you test POSITIVE** continue to isolate and see step 5

Step 5 (If applicable)

- **On Day 7**, take a rapid at home test if your symptoms are improving and you are fever free for 24 hours without the use of fever reducing medication.
 - Take a picture of your at home test (with your name and date in the picture) and send it via email to cougarcare@misericordia.edu
 - **If your test is NEGATIVE** you will be cleared to return to class/campus the following morning (Day 8).
 - You must continue to wear a well-fitted mask until the end of the 10th day when indoors around others.
 - **If your test is POSITIVE**, NO FURTHER TESTING is required, and you will continue to isolate and complete a full 10-day isolation and return to class/campus the following morning on the 11th day.

***Residential Students: Isolate in your room and begin to make arrangement to travel home to isolate**