

**The College of Saint Rose Health Services**  
**Positive COVID Student Patient Information**

- Isolate Immediately in own room with preferably own bathroom
  - Home or off campus test positive please email your results to [covidresults@strose.edu](mailto:covidresults@strose.edu)
  - ON Campus Students: Residence life will call you to work on isolation housing and meals.
  - OFF Campus Students: Disinfect bathroom after us and wear mask while in kitchen. Sleep, Eat, and Drink in single room.
  - No contact with others for the duration of Department of Health Mandated Isolation time period except to receive medical care.
  - Health Services Providers are available for student medical evaluation or questions M-F 10a-4p at (518)454-5244
  - **COVID infection time frame**
    - 1) Day 0 = first day of symptoms or day of test if asymptomatic**
    - 2) Day 6 = \*start partial isolation**
    - 3) Day 11 = Off ALL isolation**
  - \*Partial isolation: After 5 Days of full Isolation if asymptomatic a person can leave full isolation to continue the rest of their isolation period in partial isolation. This means a person can participate in all activities with a properly worn well-fitting mask as long as they stay remain asymptomatic. They must sleep, eat, and drink in their isolation room.
  
- NOTIFY YOUR PRIMARY CARE PROVIDER of your POSITIVE RESULT
  - **Please notify your Primary Care Doctor and/or Specialists Provider you see for any medical conditions about your positive result today, especially if you are immunocompromised, pregnant, have chronic conditions, or take daily medications.**
  
- Notify your close contacts as soon as you are able
  - Alert them to get tested immediately and on Day 5 after last contact.
  - Your Direct Contacts should begin Quarantine if they have symptoms
  
- Answer Phone Calls :**The College of Saint Rose Contact Tracing team** will be calling you to begin campus contact tracing for your case.
  
- Notify Professors, Coaches, and Employer that you are in Isolation and will be unable to attend in person until day 6 of infection.
  
- Review Positive COVID Patient Health Information (page 2 of this document)
  
- For more information call
  - NY State COVID information Hotline 1-888-364-3065
  - Albany County Department of Health (518) 447-4580
  - The College of Saint Rose Health Services (518)454-5244 or email at [healthservices@strose.edu](mailto:healthservices@strose.edu)
  - The College of Saint Rose Residence Life (518)454-5295

**Seek Medical Care Immediately if you develop severe symptoms:**

\*\*\*\*On Campus: Security (518) 454-5187 \*\*\*\*OFF Campus: 911

## Positive COVID Patient Health Information

### What You Need to Know:

- Please notify your Primary Care Doctor and/or Specialists Provider you see for any medical conditions about your positive result today, especially if you are immunocompromised, pregnant, have chronic conditions, or take daily medications.
- You may not show any symptoms or symptoms may be mild this does not mean you are not contagious.
- Most symptoms resolve within a week or two and patients return to normal health.
- Although it is more common for older adults and those with underlying medical conditions to have more moderate to severe symptoms, severe symptoms can present in any age group and in otherwise healthy individuals.
- There are a few people who have prolonged health concerns related to COVID 19 infection and should follow up with their primary care doctor to address such concerns

### Symptoms:

[Symptoms of Coronavirus \(COVID-19\) \(cdc.gov\)](https://www.cdc.gov/coronavirus/2019-ncov/symptoms.html)

-Majority of COVID symptoms can be treated with over-the-counter medicines, per your health care provider's recommendations.

### Seek Medical Care Immediately if you develop severe symptoms:

\*\*\*\*On Campus: Security (518) 454-5187

\*\*\*\*Off Campus: Call 911

Emergency Symptoms include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

\*Please seek medical care for any other symptoms that are severe or concerning to you and make any emergency personnel aware you are COVID Positive.

#### How to Isolate or Quarantine:



Stay home, except to visit a doctor.



If you must see a doctor, call ahead and avoid using public transport such as subways, buses, taxis.



Don't have visitors.



Separate yourself in a room that is not shared with others. Stay at least 6 feet away from others at all times.



Use a separate bathroom, if possible, and disinfect after each use.



Arrange for food, medicine, and other supplies to be left at your door.



Cover your coughs and sneezes. Throw away used tissues. Bag your trash and leave outside your door.



Don't touch pets.



Arrange for others to care for your children, if possible.



Wear a face mask if you must be around others.



Wash your hands often with soap and water for 20 seconds each time, or if unavailable, use hand sanitizer with at least 60% alcohol.