



**COVID-19
Information and Management**



COLLEGE OF THE
Holy Cross

Health Services

HOW TO MANAGE COVID-19 ON CAMPUS

BREATHE, We can help you!

Have a conversation with roommates

- ▶ Covid-19 is transmitted 48 hours prior to becoming positive, therefore your roommates have already been exposed.

Make a plan to isolate while you are sick

- ▶ Can you isolate off campus or will you stay at your current location
- ▶ Isolation is from Day 0 through Day 5.

FAQ? On Campus Isolation

Food

- ▶ Dining will be able to provide you with a "meal-to-go" if you are isolating on campus
- ▶ You will need to wear a mask when picking up your food and let the greeter know when you arrive. Bring your ID so they can swipe your card.

Academics

- ▶ Academic policies have been updated to support your isolation time
- ▶ Email your Professors and Dean and let them know you are sick with COVID - 19
- ▶ Discuss academic concerns and absentee issues with your Dean

Transportation

- ▶ Public transportation is not advised while you are in isolation except for medical reasons. See if you can have a friend/roommate/classmate pick up your medicine for you.
- ▶ Go to the Transportation website for shuttle information or use the HC Go app to access local pharmacies: Walmart on Tobias Boland Way or CVS in Target at Blackstone Shoppes.
- ▶ Wear a mask on public transportation
- ▶ If you or your roommate need a temporary parking pass in order to commute, please fill out a Request for a Parking Exception form on their website for COVID isolation purposes.



- ▶ For non-medical circumstances, fill out this form for review by the college. They will review requests for parking on LOT 5 only. It is \$12.50 per week and for COVID-19 granted for 2 weeks maximum.

**Fill out COVID-19 Student Positive Case Form
(see QR code on other page)**

HOW TO TAKE CARE OF YOURSELF WHILE YOU ARE SICK WITH COVID-19

Treat symptoms — Treating the symptoms of covid-19 can help you to feel better but will not make the illness go away faster.

- ▶ **Rest** until the Covid-19 virus is fully resolved, especially if the illness has been severe.
- ▶ **Fluids** – Drink enough fluids so that you do not become dehydrated. One way to judge if you are drinking enough is to look at the color of your urine. Normally, urine should be light yellow to nearly colorless. If you are drinking enough, you should pass urine every three to five hours.
- ▶ **Acetaminophen** (Tylenol) or nonsteroidal anti-inflammatory ibuprofen (Advil/Motrin) are drugs that may be used to relieve fever, headache, and muscle aches.
- ▶ **Aspirin** and medicines that include aspirin (eg, bismuth subsalicylate [sample brand name: Pepto-Bismol]) are not recommended for children under 18 because aspirin can lead to a serious disease called Reye syndrome.
- ▶ **Cough medicines** that contain dextromethorphan can help relieve cough.
- ▶ **Decongestants**, Flonase (nasal steroid spray), and nasal rinses can help relieve nasal congestion.
- ▶ **Antihistamines** can help relieve runny nose.
- ▶ **Guaifenesin** can help loosen phlegm.
- ▶ **Salt gargles** can help relieve sore throat.

RETURN TO SPORTS

A staged progression for any varsity athletes, club participants, recreational, and military athletes is advised. With mild symptoms, 3 days of rest after a positive test is recommended, while moderate symptoms are advised a 5 day rest. It is advised that your symptoms must be mostly resolved before returning to activity.

WHEN TO SEEK EMERGENCY MEDICAL ATTENTION?

- ▶ Complaints of difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion, inability to stay awake, pale, gray or blue-colored skin/lips/nail bed, persistent fevers, headaches, abdominal pain, vomiting, diarrhea, rash, conjunctivitis, swollen feet or hands, irregular or fast heart beats.
- ▶ After Hours MD on call is available when Health Services is closed at 508-334-8830 if you are having worsening symptoms.
- ▶ Call Public Safety for emergency assistance at 508-793-2222 if you are on campus.
- ▶ Call 911 for emergency assistance if you are off campus.

WHEN TO SEEK FOLLOW UP MEDICAL CARE AFTER HAVING COVID-19?

Recovery and long term sequelae

- ▶ Most individuals recover within 2 weeks of illness.
- ▶ Seek care if you have any symptoms that interferes with your daily life beyond 2 weeks
- ▶ Return to sports (Athletes / NROTC / Active lifestyle): Do you have any persisting heart symptoms or chest pain or breathing problems that continue after your recent covid - 19 illness?
- ▶ See your athletic trainer or a health care provider for further evaluation

IS PAXLOVID RIGHT FOR ME?

- ▶ Discuss your personal health information with a Healthcare Provider to see if you are eligible for this treatment.
- ▶ Provided in a dose pack contains 5 daily- dose blister cards

WHAT IS PAXLOVID

Paxlovid is an investigational medicine used to treat mild-to-moderate COVID-19 in people who are at high risk for progression to severe COVID-19.

Pros	Cons
<ul style="list-style-type: none">▶ Help decrease the chance of progression to severe COVID19 infection.	<ul style="list-style-type: none">▶ May cause rebound positive after completed and you will have to isolate again▶ Side effects may include altered sense of taste, diarrhea, muscle aches, abdominal pain and nausea.▶ Drug interactions with many medications

UMASS COVID-19 TREATMENT SELF-REFERRAL

Go to UMass Memorial Health website and type in the search bar: "COVID-19 Treatment Self-Referral."

If you are unable to fill out this form online, please call 855-UMASS-MD (855-862-7763) and our caregivers will fill out the form on your behalf.

Covid treatments are based on availability. We will review your form and call you within 24-48 hours of your request if we have Covid treatments available. If you do not receive a phone call, please refer to the state of Massachusetts webpage, Therapeutic treatments for COVID-19.

mass.gov/info-details/treatments-for-covid-19



IF YOU HAVE TESTED POSITIVE FOR COVID:

Please fill out this form and you will be promptly contacted by a member of the COVID Team.



For additional questions, please email coronavirus@holycross.edu

PREVENTION

- ▶ Staying up to date with vaccine recommendations
- ▶ Isolate yourself from others for 5 days, masking day 6-10
- ▶ Improve Ventilation - open window moving air in space
- ▶ Wearing Masks, covering your cough and sneezes
- ▶ Increased space or distance
- ▶ Wash Hands 20 seconds with soap and water often, especially after blowing your nose, eating food, coughing or sneezing, or touching your face and using the bathroom
- ▶ Avoid touching your eyes, nose, face
- ▶ Do not share personal items: utensils, cups, towels, toothbrushes, equipment
- ▶ Clean surfaces regularly: your room and areas you touch often to eliminate spread from surfaces

RESOURCES

- ▶ **COVID-19 Public Health / COVID Team**
coronavirus@holycross.edu
holycross.edu/2019-novel-coronavirus-covid-19-information
- ▶ **Health Services**
Call or book online in patient portal for MD or NP appointments
508-793-2276
healthservices@holycross.edu
holycross.edu/health-services
Loyola
After Hours MD on call urgent: 508-334-8830
- ▶ **Counseling Center**
508-793-3363
holycross.edu/health-wellness-and-access/counseling-center
Hogan 207
Urgent Care same-day services:
M-F at 10 am & 3 pm
Holy Cross 24 - hour Crisis Center number:
855-418-7282
National Suicide Help Line: 800-273-8225
National Suicide Prevention Lifeline: 988
- ▶ **Chaplain's Office**
508-793-2448
"Check-In" with a chaplain Mon - Fri 1-2 pm.
hc_chaplains@holycross.edu
holycross.edu/faith-service/office-college-chaplains
Campion House
Instagram: @hc_chaplains
- ▶ **Public Safety**
Lower Level of the Jo Rec Center:
Gate 7 entrance
Routine: 508-793-2224
On Campus Emergency: 508-793-2222
Off campus medical, police, fire or life threatening Emergency call: 911
National Suicide Prevention / Mental Health Crisis call: 988



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