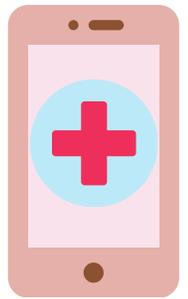
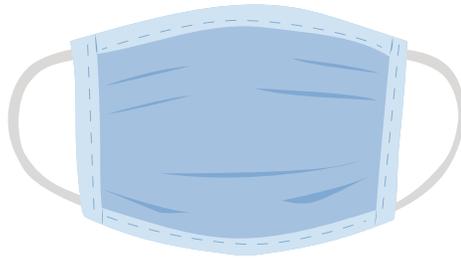
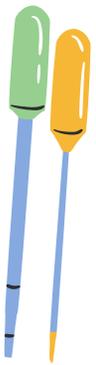


COVID-19 TESTING AND NEXT STEPS at UMass Amherst



CONTACT UHS

Main Number: 413-577-5000
24-Hour Health Advice: 413-577-5229

IN AN EMERGENCY, CALL 9-1-1

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University Health Services

150 Infirmery Way, Amherst, MA 01003
umass.edu/uhs
413-577-5000

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Environmental Health & Safety

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Introduction

The purpose of this document is provide you an overall summary of COVID-19 testing by University Health Services of those who have COVID-19 symptoms or have been determined to be a close contact of someone with COVID-19.

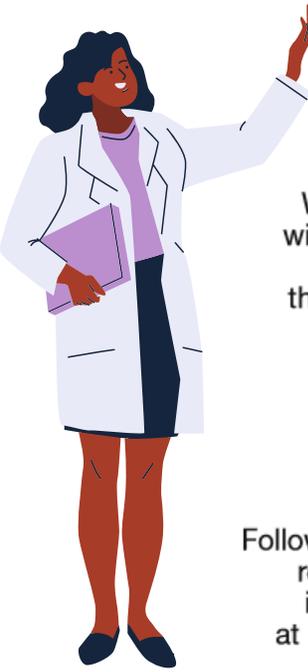
The document also includes information on what you can expect after your test, including isolation and quarantine information and contact tracing at UMass.

University Health Services will be testing all individuals who have any of the COVID-19 symptoms, and their close contacts. Anyone experiencing symptoms should call the UHS Triage Nurse to arrange a COVID-19 test:

413-577-5229.

Precautions

EVERYONE should take the following steps to avoid COVID-19:



Wash your hands with soap and water several times throughout the day.



Use hand sanitizer with at least 60% alcohol if soap and water are not available.



If you develop a fever, cough, shortness of breath, or other symptoms call a doctor.



Wear a mask when out in public.



Follow all social distancing recommendations including staying at home when asked.



Keep 6 feet of physical distance from other people.



Sneeze and cough into your elbow.



Avoid touching your face.

If you have any of the COVID-19 symptoms listed on the next page, please call the UHS Triage Nurse to arrange a COVID-19 test:

413-577-5229.

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Symptoms of COVID-19

Call the Triage Advice Nurse, 413-577-5229, if you start to feel very sick.
Call 9-1-1 if you have an emergency.

COVID-19 affects different people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face
- Call your medical provider for any other symptoms that are severe or concerning to you.

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Testing & Getting Test Results



Molecular PCR Testing:

We will swab the inner front portion of your nose (the anterior nares). You can expect your test results within 24 to 48 hours.

While you wait for test results, you should stay in your room and wait for more information. Review "How to Quarantine" (p. 7) and your Isolation & Quarantine Plan (p. 9).

If you are asymptomatic and have been tested in order to travel, return to work, return to sports, or because you have been in large gatherings, you should quarantine until you receive your results or are contacted with more information.

If your test is negative, you will be notified via secure message in your Patient Portal. If you were directed by the UMass Public Health Team to quarantine, if you have been a close contact of someone with COVID-19, or if you have symptoms of COVID-19, **you should quarantine** (see p. 7). A negative test result means that right now we do not have evidence that you have the COVID-19 virus. It takes a while for someone to become infected after an exposure, so it is still possible you will get sick.

If your test is positive, you should self-isolate right away (see p. 8). You will receive a phone call from the UMass Public Health Team with guidance on next steps, including isolation and contact tracing (p. 11).

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What is Quarantine vs. Isolation?

- **Quarantine:** The separation of someone who has been exposed to a contagious disease (such as COVID-19) to see if they become sick. Typical quarantine period lasts 14 days.
- **Isolation:** The separation of someone who is ill with a contagious disease from people who are not sick. Typical isolation period is for a minimum of 10 days to much longer if symptoms persist.

Isolation or quarantine will be used at UMass Amherst as a tool to prevent the spread of COVID-19 to others. If you need to go into isolation or quarantine, you will be notified by the UMass Public Health Team.

On-Campus Students: All students living on campus are required to have an isolation and quarantine plan. For students who can travel in a private vehicle, we strongly recommend isolation and quarantine in the comfort of your own home. For those students living on-campus who cannot travel home, the university has set aside dedicated isolation and quarantine space. Meals and needed medications will be delivered to students isolating and quarantining on campus.

Off-Campus Students: All students living off campus are strongly encouraged to have an isolation and quarantine plan. The university will provide support services in your off-campus location or at your family home. The university will not provide on-campus isolation and quarantine space.

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Possible Exposure? Quarantine

While you wait for test results, stay in your room. Follow the "How to Quarantine" instructions below and wait for more information.

If your test for COVID-19 was negative, that means that right now we do not have evidence that you have the COVID-19 virus. It takes a while for someone to become infected after an exposure, so it is still possible you will get sick.

For students who can travel in a private vehicle, we strongly recommend quarantine in the comfort of your own home. For those students living on-campus who cannot travel home, the university has set aside dedicated quarantine space. For students living off-campus, the university will provide support services but not on-campus quarantine housing.

Here's how to quarantine:

- **Quarantine lasts until 14 days** from the date of your last exposure, but it can continue if you start experiencing symptoms. Call the UHS Triage Advice Nurse at 413-577-5229 if you start experiencing symptoms, and call 9-1-1 if you have an emergency.
- **Stay home except for urgent medical care.** If you must leave, wear a mask. Do not take public transportation, ride shares, or taxis. If you do not have a car and need emergency transport, call 9-1-1.
- **If possible, use a separate bedroom and bathroom.**
- **Do not share your things** with others in your house.
- **Do not have visitors** in your home.
- **Keep 6 feet distance** from other people at all times, even in your home.
- **Wipe down surfaces** that you touch with bleach, if possible, or household cleaners. COVID-19 can be transmitted via surfaces.
- **Wash your hands** throughout the day with soap and water for at least 20 seconds. Cover coughs and sneezes.

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Tested Positive? Self-Isolate

Call 413-577-5229 if you start to feel very sick. Call 9-1-1 if you have an emergency.

If you test positive for COVID-19, self-isolate right away. It is very important that you self-isolate. Your self-isolation will prevent the spread of COVID-19 and protect your family, friends and neighbors.

For students who can travel in a private vehicle, we strongly recommend isolation in the comfort of your own home. For those students living on-campus who cannot travel home, the university has set aside dedicated isolation space. For students living off-campus, the university will provide support services but not on-campus isolation housing.

- **You should live and eat in your own space.** If anyone in your household is high risk, it would be best if they could stay somewhere else. People who are high risk are people over age 65 and people with diabetes, heart disease, kidney disease, cancer patients on chemotherapy, anyone on immunosuppressant drugs or with compromised immune systems, and pregnant women.
- **Isolation lasts until** the UMass Public Health Team tells you it is safe to stop self-isolating. They will make that decision based on your check-ins regarding your symptoms.
- **Stay home except for urgent medical care.** If you must leave, wear a mask. Call your doctor before you seek medical care and tell them you are diagnosed with COVID-19.
- **Do not take public transportation,** ride shares, or taxis. If you do not have a car and need emergency transport, call 9-1-1.
- **Stay 6 feet away from others at all times,** including at home. Sleep in a room alone and use a different bathroom if possible.
- **Wash your hands** throughout the day with soap and water for at least 20 seconds.
- **Wipe down surfaces** that you touch with bleach, if possible, or household cleaners.
- **Do not share food or personal items.**
- **Do not have visitors in your home.**
- **Anyone you come in contact with** (including anyone in your home) during your isolation must self-quarantine and watch for fever, cough and other symptoms.
- **Call 413-577-5229** if you start to feel very sick. Call 9-1-1 if you have an emergency.

Develop an Isolation & Quarantine Plan

How to Prepare:

- 1. Communicate with your family.** Let them know you have been tested for COVID-19 and are awaiting results. Review the plan you made before coming to campus to either return home in a private vehicle, or to isolate or quarantine on or off campus.
- 2. Make sure you have the following supplies.** The Campus Store and UHS Pharmacy will have supplies to purchase if you forget anything, and the student supply closet will have some supplies for those in need.
 - EPA-approved disinfecting wipes
 - Self-care medications (i.e., acetaminophen or ibuprofen, lozenges, cough medication, vitamins or supplements)
 - Thermometer with working batteries
 - Face coverings (enough so you can wear a fresh one each day)
 - Favorite comfort foods, snacks and drinks
 - To-Go-Kit
- 3. If you will be using campus isolation or quarantine housing, pack a To-Go Kit** with the above supplies, plus:
 - Any prescription medications
 - Comfortable clothes (a few days' worth)
 - Hygiene supplies (shampoo, soap, menstrual products)
 - Towel, spare set of twin sheets and a pillow
 - Phone charger
 - Have academic materials readily accessible to be brought to you.



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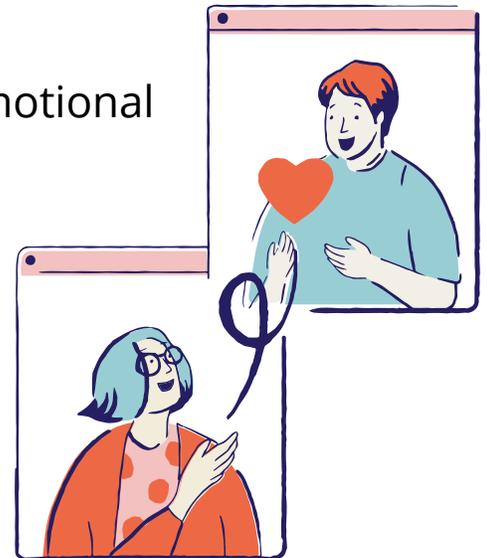
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Support & Resources

All students in isolation or quarantine will receive:

- **Wellness calls daily** and, if needed, telehealth visits with a UHS provider. Students should call 413-577-5229 to arrange a telehealth appointment. Students should call 9-1-1 for any life-threatening emergencies; please let the dispatcher know that you are in isolation or quarantine.
- **Peer support** provided by the Public Health Ambassador Students. Students can receive emotional supportive counseling through the Center for Counseling and Psychological Health (CCPH).
- **Academic support** provided through the Dean of Students Office, student support services, and the student's academic advisor.



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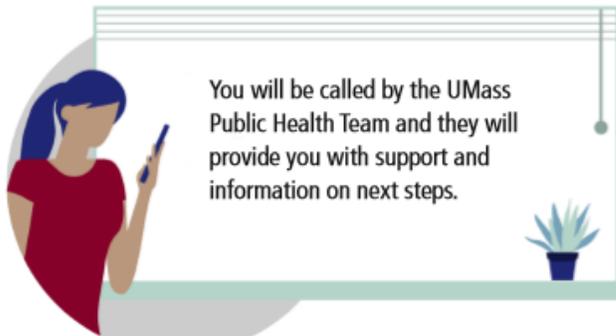
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COVID-19 Contact Tracing at UMass Amherst

What is contact tracing? Contact tracing is an important step in slowing the spread of COVID-19. It's when the UMass Public Health Team will notify you that you've been in contact with an infected person, and you will be directed to get tested. Your information is always kept confidential.

If you test positive for COVID-19:



You will be called by the UMass Public Health Team and they will provide you with support and information on next steps.



Your contacts will be told they may have been exposed, but they will **NOT** be told your name or any personal information.



They will ask about places you have been on and off campus and the people you have spent time with recently. Your information is confidential and will not be shared.

If you have been in contact with someone who has tested positive for COVID-19:



You will receive a call from the UMass Public Health Team who will help you understand next steps.

They will provide access to testing. You will also be asked to separate yourself from others in your housing to protect those around you.



The UMass Public Health Team will stay in touch to see if you develop symptoms or need access to help.