

COVID TESTING

It is essential for all of us to take care of the well-being of our campus community. Get tested for COVID as soon as you have symptoms or exposed to COVID. In this way, we can reduce the spread and keep our community healthy.

Trinity is no longer providing COVID testing. You are strongly encouraged to keep a supply of test kits in your room or home.

STUDENTS IF YOU TEST POSITIVE FOR COVID-19:

- **The first step** is to complete the [COVID Response Team Intake Form](#)
- **Follow Isolation Guidelines from the CDC:**
 - » **Begin your 5-day minimum isolation** & avoid contact with others
 - *Students must isolate off-campus if possible*
 - » Wear a high-quality mask if you must be around others
 - » Let your close contacts know you've tested positive so they can take precautions
 - » Continue masking in accordance with CDC guidelines
 - » Covidresponse@trnty.edu will be in contact with you about isolation release
- Notify your professors that you will be absent from in-person classes until your isolation period ends. They will be able to confirm the dates of your excused absence with the COVID response team if needed. It is vital that you **respond** to the **Covid response team prompts about your symptoms to be released from isolation. You will not be able to access release documentation without doing so**

IF YOU ARE EXPOSED TO SOMEONE WITH COVID: *immediately take precautions, as advised by the [CDC](#).**

- Wear a mask in public spaces
- Complete the [COVID Response Team Intake Form](#) to receive automated information & guidance
- Get tested 5 full days after your exposure
- If you test negative, continue taking precautions through Day 10

**If exposed, you may continue to participate in regular activity (i.e. classes) while taking precautions*

IF YOU EXPERIENCE COVID SYMPTOMS*: *immediately take precautions, as advised by the [CDC](#).*

- Test for COVID
- Complete the [COVID Response Team Intake Form](#) to receive automated information & guidance
- If you test negative with mild symptoms, you may continue to participate in regular activity, taking precautions
- If you test negative with severe symptoms (i.e. uncontrolled cough, fever, extreme fatigue), stay at home until your symptoms subside
- Notify your professors that you will be absent from in-person classes until your symptoms subside

**Possible symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle/body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea*

PREVENTION

1. GET BOOSTED

We strongly encourage you to get the new bivalent vaccine or booster which offers protection from the COVID-19 Omicron variant as soon as you are eligible. Omicron is very contagious, and the bivalent booster can protect you from getting this variant. Our strong desire is for you to be healthy and fully able to engage your Trinity experience this semester. Once you get the booster, please upload your updated vaccine/booster information to the student portal.

2. MASK UP

Please refresh your mask stock with high-quality masks (like N-95 or KN95). They will be needed if you test positive for COVID-19, develop symptoms, or are exposed. As a precaution, if you see COVID cases on the rise or if you are at high risk, you may want to wear a mask to help protect yourself from any virus.

3. PROTECTING THE CAMPUS FROM COVID-19

Besides testing, masking, and isolating, there are numerous measures you can take to prevent the spread of COVID -19.

- Continue to wash your hands frequently and sanitize shared surfaces
- Move outside to spend time with others, and if indoors open windows and utilize fans to optimize air circulation
- Stay 6 ft. apart especially if you are ill, were exposed to someone with COVID or notice others nearby have symptoms
- When you are within 6 ft of others, avoid singing, coughing, shouting or breathing heavily
- Avoid being with symptomatic people for more than 15 minutes

If you have any remaining questions, please do not hesitate to reach out to COVIDResponse@trnty.edu