

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.

FACULTY AND STAFF:

- Follow [CDC guidelines](#) and notify HR if you contract or exposed to COVID
- Employees are urged to seek medical attention if symptoms are severe or persist

STUDENTS IF YOU TEST POSITIVE FOR COVID-19:

- **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
 - » Residential student: After day 5 students may return to their rooms but must wear a mask at all times.
- 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 if needed. **It is vital that you comply with guidance from the student handbook and the CDC.**

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

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.

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