



VERMONT TECH

HEALTH SERVICES

COVID-19 Student Protocol – 07/14/22

Please report positive test results to [COVID-19 Positive Self-Reporting Form](#).

Free antigen tests are available from Health Services in Randolph, Public Safety, Jean-Marie Clark in Williston, and Site Directors at the nursing sites. COVID-19 vaccination is a requirement for all VTC students. Students are also **highly encouraged** to receive the COVID-19 booster(s) when eligible. Per the CDC and the Vermont Department of Health, **vaccines are the best tool we have to protect ourselves against COVID-19, especially from severe illness, hospitalization and death.**

WHAT IF I...		
Become symptomatic	<p>Then do the following:</p> <ul style="list-style-type: none"> • Stay home or in your room. • Wear a mask, test (antigen, PCR or LAMP), and stay away from others. • If you use antigen testing, take two tests 24 hours apart. • Wait until all test results come back before returning to class. If negative antigen tests, it is recommended that you confirm your negative result with a PCR or LAMP test. 	
Become a close contact	<p>If you are up to date on your vaccine/booster(s), meaning</p> <ul style="list-style-type: none"> • You had your booster shot OR • You completed your Pfizer or Moderna vaccine series within the last 5 months OR • You completed your Johnson & Johnson vaccine within the last 2 months 	<p>Then do the following:</p> <ul style="list-style-type: none"> • You do not need to mask. • You do not need to quarantine. • If you become symptomatic, see above.
	<p>If you are not up to date on your vaccines/booster(s) or you are not vaccinated.</p> 	<p>Then do the following:</p> <ul style="list-style-type: none"> • You do not need to mask. • You do not need to quarantine. • No earlier than day 4, take two antigen tests 24 hours apart (or longer) OR • On or after day 5 take a PCR or LAMP test • If you become symptomatic, see above.
Become COVID positive	<ul style="list-style-type: none"> • Complete the self-reporting form: COVID-19 Positive Self-Reporting Form • Stay home and isolate for 5 full days. • Day 0 is the day your positive test was collected or the day that symptoms started. • If you are a student living in a dorm, please go home to recover. If it is not possible for you to go home, remain in your room and notify healthservicesC19@vtc.edu for instructions on meal pick-up. • You may leave isolation after day 5 without retesting if: <ul style="list-style-type: none"> ○ Your symptoms are improving AND ○ You are fever free for 24 hours without fever reducing medications. • Notify your close contacts that you have tested positive as soon as possible. 	

Please see the definitions below. If you have questions, email HealthservicesC19@vtc.edu. Sarah Billings-Berg, DC, DNP, RN, CNE is the VTC Health Services Coordinator and can help answer your questions.

Definitions:

- **Positive COVID Test** – Positive result for PCR, LAMP or Antigen test.
 - A positive is a positive.
 - You do not need to retest to confirm a positive result.
- **Symptomatic** – You experience any of these symptoms:
 - Fever (100.4 °F or higher)
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Fatigue
 - Muscle or body aches
 - Headache
 - Sore throat
 - New loss of taste or smell
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- **Asymptomatic** – Have not experienced any of the above COVID symptoms, but have a positive COVID test result.
- **Infectious Period** –
 - If you are symptomatic – Two days prior to when symptoms began until they are recovered.
 - If you are asymptomatic – Two days prior to positive test result collection.
- **Recovered** -
 - You have completed a full 5-day isolation period, have been fever-free for at least 24 hours without anti-fever medication, and other symptoms are significantly resolved.
- **Close Contact** – Within 6 feet, for a total of 15 minutes or more within a 24-hour period, of someone with COVID during their infectious period. Examples: Live in the same house, ride in a car together, intimate partners, had dinner together, sat within 6 feet during class.
 - **When identifying close contacts, consider the following:**
 - Write down the names of anyone who was in close contact with you during your infectious period. For COVID-19, close contact means within 6 feet, for a combined total of 15 minutes or more over a 24-hour period. People are considered close contacts even if you, or they, were wearing a mask.
 - Look at your planner, calendar, social media or photos to remember what you did and where you have been.