

La Salle University

COVID-19 Guidance and Resources

Last Updated 8/21/2023

What should I do if I test positive for COVID-19?

Isolate, Notify, Rest, Return

Step 1: Isolate: Stay home and avoid close proximity with others.

Where should I isolate? You should determine if you can isolate at your current residence or find a more appropriate location. While you recover, be sure that you will have access to food, medication, communication with others, and anything else you might need to stay comfortable

- Residential students are encouraged to return to their permanent residence to isolate as most students find this the most comfortable place to recover. If a residential student is unable to return to their permanent residence, they may choose to isolate in their assigned housing, but should take precautions including masking when within six feet of others and in common areas, and cleaning frequently touched surfaces. Students who share a living space should create as much physical distance between their living arrangements as possible.

How long should I isolate? You should plan to isolate at home for a minimum of 5 days after the day your symptoms began. *Example: If you started to feel sick on September 7, you should isolate through the end of the day on September 12.*

How can I keep others safe? People who are in isolation should stay home until it is safe for them to be around others. In the home, anyone sick or infected should physically separate themselves from others by staying in a specific 'sick room' and using a separate bathroom if available. If you **must** be near others while you are sick, you and all others should be masked. You should also self-monitor your symptoms.

Additional information on how to isolate can be found by visiting [CDC Isolation Guidance](#).

Step 2: Notify your close contacts.

Who should I tell? You should tell any individuals who may have been exposed to you beginning while you were contagious with COVID-19. This includes anyone with whom you were in close contact: within 6 feet or less for a combined total of 15 minutes or more during a 24-hour period. You should make a list of anyone who was in close contact with you from two days before you started to feel sick – it's possible that you may have been contagious with COVID-19 up to two days before your symptoms began. This may include, but is not limited to:

- Household members, roommates, family, or overnight guests
- Intimate partners
- Coworkers, colleagues, classmates
- Teammates
- Students, faculty, and staff who you may have had close interactions with
- Those you have shared a vehicle with

Example: If you started feeling sick on March 27, you should notify anyone you had close contact with beginning March 25.

What should I tell my close contacts? People who may have been exposed should follow simple steps summarized below:

1. **Stop:** Monitor for symptoms for 10 days after exposure; stay home if feeling sick.

2. **Mask:** Wear a high quality, well-fitting mask around others for 10 full days after exposure, even if not feeling sick.
3. **Test:** Get tested at least 5 days *after* their exposure or sooner if experiencing symptoms.

You can find more detailed information by using the CDC's guide: [How To Talk To Your Close Contacts](#).

Who else should I notify about my absence?

Students: You should reach out early in communication with faculty/advisors/coaches regarding any health-related matters that may result in absence. You should notify your professors/instructors to let them know about your absence from in-person classes. You should also ask about any make-up coursework and discuss your plan to stay up-to-date. Please contact your professors/instructors to request accommodations if your academic responsibilities will be negatively impacted by having to isolate.

Employees: While you are not required to disclose your medical status, you should refer to your department's protocol for calling out. If you have illness or symptoms that prevent you from working, you can utilize any available paid time off under La Salle's [Sick Leave Policy](#) and [Vacation Policy](#). The Office of Human Resources is available to help employees and supervisors navigate through any questions or issues surrounding pay. Please check in with your direct supervisor about your work schedule.

Step 3: Recover

It is important to take time to rest and recover from COVID-19. You may want to consider the following while you isolate:

- Checking in with your support system regularly
- Drinking plenty of water
- Resting when you need to
- Getting some fresh air if you are able

Health and Wellness for Students: If you test positive for COVID-19, you should reach out to your primary care provider for guidance. You can also contact the Student Health Center via email at studenthealth@lasalle.edu or phone at 215-951-1565 and ask for a telehealth consultation with one of the Nurse Practitioners. They are available Monday-Friday, 8:30am-4:30pm during the academic semester.

Health and Wellness for Employees: We highly recommend reaching out to your personal health care provider to assess next steps. If you have difficulty reaching your primary care physician, you may be able to get assistance through Doctor on Demand at 1-800-997-6196.

Step 4: Return

When am I able to leave isolation? You can return from isolation if it has been 6 days since your symptoms first began and:

- Your symptoms are improving
- You haven't had a fever within the last 24 hours (without the use of fever-reducing medication)

Example: If you begin to feel sick on February 2 and test positive, you can leave isolation beginning February 8 if your symptoms are improving and you have not had a fever within 24 hours.

What if I am not feeling well enough or don't meet the requirements above? If you still have a fever, your other symptoms have not improved, or if you experienced moderate-severe illness, you should

isolate for at least ten days after the day your symptoms began. You should consult with your medical provider to determine when it is safe for you to return.

When can I take my mask off? You should continue to wear a mask around others, even after you leave isolation, for at least ten days after the day your symptoms began. This helps prevent spreading COVID-19 to others in the event that you are still contagious. *Example: If you got sick on April 12, you should continue masking around others through the end of April 22.*

What should I do if I am sick or having symptoms of COVID-19?

STOP: Stay home until you can get tested. Limit your contact with others.

MASK: Wear a high-quality mask if you *must* be around others. This helps prevent the spread of COVID-19 and other illnesses.

TEST: Get tested. You can use an at-home test or visit a provider of your choice. There are a number of resources on campus and adjacent to campus by which you could obtain a Covid-19 test in the event you required one. *Please see further specific information in Testing below.*

Health and Absence:

Students: Consult the attendance policies for your courses. You should proactively notify your professors to make arrangements to continue your coursework. You are encouraged to consult with your personal health care provider. You may contact the La Salle Student Health Center (studenthealth@lasalle.edu or 215-951-1565) if you need further assistance. or 215-951-1565) if you need further assistance.

Employees: While you are not required nor expected to disclose your personal medical condition or information to your supervisor, you should notify your supervisor of your need for sick time using your department's procedures. If you are in a position where remote work is possible and you feel up to working, please coordinate with your supervisor. You are encouraged to consult with your personal health care provider.

What should I do if I am exposed to someone with COVID-19?

STOP: Monitor yourself for symptoms; stay home if you experience symptoms within 10 days after your exposure.

MASK: Wear a high-quality mask for 10 days after your exposure, even if you are not feeling sick. This helps prevent the spread of COVID-19.

TEST: Get tested at least 5 days *after* your exposure, even if you are not feeling sick. You can use an at-home test or visit a provider of your choice. Full-time, undergraduate students may contact the Student Health Center for additional resources. You can see below for a list of testing resources. *If you test positive for COVID-19, you should begin to follow the instructions for isolation above.*

Household exposures: If you are repeatedly exposed to a positive individual in your household, you should receive a test at least 5 days after your first exposure, and at least 5 days after they have ended their isolation period. You should monitor yourself for symptoms and wear a high-quality face mask for at least 10 days after they have ended their isolation period.

COVID-19 Testing Resources

- Clinical appointments including testing is available at the **Student Health Center** for all currently enrolled students. Students may schedule an appointment or inquire by emailing studenthealth@lasalle.edu or calling (215) 951-1565.
- The **COVID Resource Hub** at *The Shoppes at La Salle* (5301 Chew Avenue) provides free at-home tests. You can visit the [Philadelphia Department of Public Health's website](#) for the hub's availability.
- At-home tests are available for purchase at most pharmacies.
- At-home tests will be made available to all residential students during residential move-in days. Additionally, at-home tests are available in limited supply (while supplies last) on campus through Residence Life offices and at Union Information Office and SDCL Suite 123.

COVID-19 Vaccine Resources

Students and employees are encouraged to stay up-to-date on their COVID-19 vaccination series. You can learn more about [CDC vaccination recommendations here](#).

The University may continue to host combined flu and COVID-19 vaccination clinics during the academic year to make vaccinations accessible.

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