

Good afternoon,

As we enter the colder months we are reaching out with an update and some helpful reminders regarding both COVID-19 and Flu procedures. We are currently seeing an uptick in illnesses, including cold, Flu, RSV, and COVID-19. **Given the number of Flu and COVID cases we are seeing we strongly encourage you to leave campus for the semester as soon as you are able. Given the close nature of our community, the longer you remain on campus the greater your risk of catching COVID or Flu.**

## COVID

While COVID-19 is still very much a reality that requires our continued attention, MCLA is in a good place when it comes to COVID. Our campus, and surrounding communities, continue to monitor the long-term management of the virus. Our policies and guidelines strive to equally prioritize health, safety, wellbeing, and our campus community. We will continue to carefully monitor local, regional, and national health conditions and respond as appropriate.

If you test positive for COVID

- You cannot attend classes until cleared by Health Services.
- You must isolate in your room or at home.
- Please wear a mask around others.
- Please notify your professors using the Excused Absence Request Form (which can be found in the portal under Student Academics) that you cannot attend classes until cleared by Health Services.
- Please email Health Services on Day 5-if your rapid is negative you can leave isolation. If you are still positive you will need to continue to isolate.

A Health Services representative will contact students who test positive intermittently by email to see how you are feeling during your isolation period. Please respond to the check in emails.

Following the latest CDC information:

- When you test positive for Covid. This is day 0.
- Isolation begins immediately.
- Day 0 is your first day of your positive test. If after 5 full days, your symptoms resolve, and you are fever free (without using fever-reducing medication) you can take a rapid test on day 5.
- Per the new CDC guidelines, isolation can now end on day 5-7 if you are symptom/fever-free. However, MCLA requires a negative rapid test on day 5 to get out of isolation on day 6. **This can be a home test. This should not be a PCR testing since you can continue to test positive for 90 days.**
- If your rapid test on days 5-7 is negative and you are released from isolation, you need to continue mask wearing until day 10. The day you would be mask free would-be day 11.

- If your test is positive on day 5 you will stay in isolation until you test negative. If you are still positive up until day 10 you can be released from isolation on day 11 regardless of rapid testing.

### Mass DPH Isolation guidelines

Please call Health Services at 413-662-5421 Monday through Friday from 8:00am until 4:00pm if you have any questions.

**Watch for any red flag symptoms-red flag symptoms that are associated with Covid such as- chest pain, shortness of breath, confusion, or inability to wake up, blue lips or face you need to call 911 or Campus Police at 413-662-5100.**

### **FLU**

We are seeing a substantial uptick in the Flu across campus. If you missed the two flu vaccine clinics that were held on campus you can obtain a vaccine at most pharmacies. To locate the pharmacy closest to you, enter your zip code in the [Flu Vaccine Finder](#). Remember to bring your insurance card with you, since most insurance companies will cover the cost of the vaccine.

### **Ways to prevent the transmission of influenza**

- Obtain the seasonal flu vaccine.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don't have a tissue, cough or sneeze into your upper arm.
- Wash your hands often with soap and water for at least 15–20 seconds, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid close contact with sick people.
- Avoid touching your eyes, nose or mouth. Germs spread this way.

### **What to expect if you contract the flu**

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Some people who have been infected with this virus also have reported diarrhea and vomiting.

More information about what to do if you have the Flu can be found on the [CDC's Website](#).

If you should experience any of these symptoms or have any questions, please call 413-662-5421 Monday through Friday from 8:00am until 4:00pm to speak with a provider or to schedule an appointment. Health Services is located on the ground floor of MountainOne Student Wellness Center, the entrance is across from CSI.

For more information regarding the Flu, consult the [CDC's website](#).

Thank you for your continued efforts to keep our campus as safe and as healthy as possible.

Good luck on finals.

Patrick

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**“National Top Ten Public Liberal Arts College”**

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