

## Protocol For Students Who Think They May Have Been Exposed To, Or Are Experiencing Symptoms Of, COVID-19

If you think you have been exposed to COVID-19 or are experiencing symptoms such as respiratory symptoms, loss of taste or smell, fever, cough, shortness of breath and breathing difficulties, please seek treatment as follows:

### **If you are experiencing a medical emergency:**

Call the Department of Public Safety at 717-358-3939 or dial 911.

### **If you are seeking treatment during Student Wellness Center Hours (Monday through Friday from 8:30 a.m. to 4:30 p.m.):**

Call the Student Wellness Center at 717-544-9051. Please do not go to the Student Wellness Center without calling first. During your phone call, you will be asked a series of questions to determine next steps.

If you are concerned about symptoms or exposure outside of Student Wellness Center Hours, there are several options: video visit with a provider through PennMedicine OnDemand, Urgent Care, or the Lancaster General Emergency Department.

**Phone numbers, addresses, and wait times for the Lancaster General Health Urgent Cares can be found at [www.LGHealthUrgentCare.org](http://www.LGHealthUrgentCare.org). You can also reserve your spot in line at the urgent care through this website.**

The Urgent Care closest to campus is Lancaster General Health Urgent Care at 540 N Duke Street, which is approximately one mile off campus. It is open Monday through Friday from 5 p.m. to midnight and Saturday and Sunday from 9 a.m. to midnight.

There is another nearby Lancaster General Health Urgent Care at 2118 Spring Valley Road which is approximately three miles off campus. It is open Monday through Friday 9 a.m. to 9 p.m. and Saturday and Sunday from 8 a.m. to 8 p.m..

Virtual appointments with a medical provider are available 24/7 through **PennMedicineOnDemand**. You can schedule a virtual visit by calling 717-544-2222.

Learn more about PennMedicineOnDemand at [www.lancastergeneralhealth.org/ondemand](http://www.lancastergeneralhealth.org/ondemand).

You may also call the Department of Health at 1-877-724-3258 for information on treatment options.

Additional important information:

- Please do not stop by your House Dean's Office or other offices to report you are not feeling well. Take the steps listed above to practice physical distancing.
- Please call the Student Wellness Center first before going in person. The Student Wellness Center will help you with next steps.
- Please see the [COVID-19 Information page](#) for additional information provided by the Student Wellness Center.

## You have received a positive test result for COVID-19. Now what?

- **If you have received a positive test result**, please quarantine in place so as to prevent the spread of the virus to others.
- **If you were tested through the F&M testing process, or through the Student Wellness Center (SWC)**, the SWC will also be notified of your results and will contact you as soon as possible regarding the next steps.
- **If you were tested outside of the SWC or separate from the F&M testing process**, please contact the SWC if during regular working hours of the SWC. If you receive a positive test outside of the SWC hours, please notify DPS who will then be in contact with the quarantine and isolation team.
- **If you are experiencing symptoms associated with COVID-19 and were tested at an outside facility**, please notify the SWC or DPS as above.

Please remember your test results are private information. Refrain from contacting roommates, faculty members, House Deans, etc. until you hear from the SWC.

## Isolation and Quarantine

If you are symptomatic and awaiting test results or if you have tested positive, you will need to quarantine for a designated period of time. Once made aware, the SWC will contact you to discuss the details of your quarantine and options.

The SWC will also request information regarding any potential close contacts during the potentially infectious period in order to help prevent the risk of viral spread. If determined to be a close contact of a person who tests positive, the close contact will need to quarantine for 14 days from their last day of exposure to a positive individual. The SWC will contact close contacts to discuss details of quarantine and options.

To read more about quarantine and isolation:

<https://www.fandm.edu/fall-2020-reopening-plan/healthsafety/covid-19-quarantine-and-isolation>

One option for isolation and quarantine is Schnader Hall, F&M's quarantine and isolation dormitory. Should you need to move to Schnader, the College's quarantine and isolation coordinator will instruct you to meet DPS with the key to your assigned room in Schnader. Please gather everything you might need for up to two weeks' time. Of course, if you forget necessary items, arrangements can be made to bring them to you.

Please be sure to follow all instructions provided by the Student Wellness Center and logistical instructions provided by the Quarantine/Isolation Coordinator.

The SWC followed by the Q/I Coordinator will notify when you are released from isolation or quarantine.

If you have any questions, please contact the Department of Public Safety at 717-358-3939.

**The College is here to support and guide you through F&M's processes. Thank you for doing your part and working together to keep F&M safe!**