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Coronavirus Update Spring 2024

The Coronavirus Planning Team

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Coronavirus Planning Contact Us coronavirusplanningcontactus@sacredheart.edu

Coronavirus Update Spring 2024

Dear members of the Sacred Heart University community,

We are looking forward to welcoming our students back for the spring semester. As we prepare for a rewarding and fun few months, we want to remind you of our COVID protocols.

According to the Centers for Disease Control and Prevention (CDC), levels of the virus are currently higher than they have been since the first Omicron wave. That said, severe outcomes are lower than in previous winters.

The CDC recommends the following:

- Stay up to date with COVID vaccines
- Get tested for COVID if needed
- Follow recommendations for what to do if exposed
- Stay home if you have symptoms and/or confirmed COVID
- Seek treatment if you have COVID and are at high risk of getting very sick
- Avoid contact with people who have suspected or confirmed COVID

COVID Symptoms

COVID symptoms mimic those of other seasonal illnesses, such as colds and the flu. You should test if you have any of these symptoms: fever, chills, shortness of breath, trouble breathing, muscle or body aches, headache, sore throat, congestion, runny nose, nausea, vomiting, diarrhea, new loss of taste or smell.

What to do if You Have Symptoms

- If you have any of the symptoms above or have been exposed to someone who has tested positive, test for COVID. Students who do not have a test kit (they can be purchased at area drugstores) can make an appointment to be tested at the student health center and take the shuttle to the Park Avenue Medical Center. If you are experiencing symptoms, you should wear a high-quality mask on the shuttle.
- If you test positive, isolate for five days and continue to wear a high-quality mask around others for the next five days

Students who need to isolate should let their professors know and make a plan to complete assignments. To-go options will be available from the dining halls.

Employees who need to isolate should make arrangements with their supervisors.

Remember, we are all responsible for the well-being of others in our community.

See you soon,

The Coronavirus Planning Team