

## **INSTRUCTIONS IF ONE FAILS A SCREENING (each noted below)**

- A.** Residential Student
- B.** Commuter Student
- C.** Carlow Employee or Visitor
- D.** Faculty Instructions

### **RESIDENTIAL STUDENT:**

Dear Carlow Residential Student,

You have failed a screening for symptoms of, and exposure to, the virus that causes coronavirus disease 2019 (COVID-19). Your symptoms may or may not be related to COVID-19.

#### **Since you did not pass the screening, you:**

- May not remain on campus nor are you to attend school affiliated activities.
- Must immediately activate your Safety Plan to leave campus and are not permitted to return to campus for a minimum of 14 days from today's date. A failed screening will require quarantining for a minimum of 14 days from a positive COVID-19 test, the onset of symptoms, or the last day of a known exposure.

#### **Next Steps:**

- **Provide** all requested information to screeners and health officials.
- **Follow** all instructions from the screener and contained in this letter.
- **Activate** your Safety Plan (the document you were required to complete prior to moving into the residence halls)
- **If you have a car on campus:**
  - Wait outside the screening area for a residence life staff member to call you so they can provide a virtual escort to your room to safely get your go-bag. You can talk to the screener for assistance if you are unable to wait outside; or call Dispatch at 412-578-6005 if the screening stations are not open.
  - Once you have your go-bag, immediately go to your vehicle and return home while you quarantine for a minimum of 14 days from a positive COVID-19 test, the onset of symptoms, or the last day of a known exposure.
- **If you did not have a car on campus:**
  - Immediately arrange for a ride home so you can quarantine for a minimum of 14 days from a positive COVID-19 test, the onset of symptoms, or the last day of a known exposure.
  - Wait outside the screening area for a residence life staff member to call you so they can provide a virtual escort to your room to safely get your go-bag. You can

talk to the screener for assistance if you are unable to wait outside; or call Dispatch at 412-578-6005 if the screening stations are not open.

- Please wait outside for your ride while maintaining at least 6' of distance from others and wearing your mask at all times. You can talk to Residence Life staff for assistance if you are unable to wait outside or have to wait for an extended period of time before your ride arrives; or call Dispatch at 412-578-6005 if you are unable to get in contact with Residence Life.
- **Call your medical provider** (primary care physician, family doctor) for medical guidance about testing, quarantine/isolation, and treatment.
  - If you have health insurance, you can contact your health plan provider for assistance finding a medical provider if you do not have one.
  - If you do not have health insurance, see the FAQ section of this letter for free or low-cost resources.
- Look for **emergency warning signs\*** for COVID-19. If you are experiencing any of these signs, **call 911 or your local emergency room** and report that you need immediate medical assistance, possibly related to COVID-19:
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Inability to wake or stay awake
  - Bluish lips or face
  - \*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
- **Contact Carlow Health Services** at 412-578-6174 or email at [healthandcounselingservices@live.carow.edu](mailto:healthandcounselingservices@live.carow.edu) to inform them of your quarantine for guidance on when you may return to campus and gather other relevant information or assistance.
- **Contact instructors, coaches, residence life**, or other relevant University staff that you are engaged with in-person to inform them of your quarantine and receive further instruction on remote learning options while you quarantine/isolate. \*Please note that Carlow Health Services and the screeners do NOT contact your instructors or coaches.

## Frequently Asked Questions

### **Q: What else do I need to know about quarantining?**

- Quarantine is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.
- You should stay home for 14 days after a positive Covid-19 test, the onset of symptoms, or the last contact with a person who has COVID-19.

- Even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.

**Q: What is the difference between isolation and quarantine?**

Isolation is different from quarantine. Isolation separates sick people with a contagious disease from people who are not sick. Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. Both are important to keep the public healthy.

**Q: I don't have health insurance and/or a medical provider but think I need a COVID-19 test. What are my options?**

- Many testing sites in Allegheny County, including Rite Aid and federally qualified health centers (FQHCs), now offer COVID-19 testing without a doctor's referral, meaning you can receive a test without a primary care physician. Rite Aid and the FQHCs ask that you fill out an online pre-screening form.
- Find a COVID-19 testing site in Allegheny County:  
<https://allegheny.curativeinc.com/welcome>  
<https://www.riteaid.com/pharmacy/services/covid-19-testing>
- Find a COVID-19 testing site in PA:  
<https://pema.maps.arcgis.com/apps/webappviewer/index.html?id=1a4c139769d646839e1549bcb6a668f1>
- Baseline COVID-19 testing program: Help protect yourself and the people around you by getting tested through this program. Who's eligible to get screened for COVID-19 testing?
  - Age 18 or older
  - Able to get to a testing site location
  - Willing to sign COVID-19 Public Health authorization form and lab consent
  - COVID-19 testing is open in [select states](#): CA, CT, DE, ID, MA, MD, MI, NH, NJ, NY, OH, OR, PA, VA and WA, and we are continuing to expand.
  - <https://www.projectbaseline.com/study/covid-19/>

Telemedicine coverage options:

- National Telemed Solutions  
<https://www.nattelemed.com/>  
**(800) 674-1106**  
 \$19.95/month or \$199.95/year  
 Unlimited general medicine and behavioral health virtual visits
- TELADOC: <https://www.teladoc.com/> (includes mental/behavioral health)
- PLUSHCARE: <https://plushcare.com/>
- MDLIVE: <https://www.mdlive.com/> (includes mental/behavioral health)
- DR+ ON DEMAND: <https://www.doctorondemand.com/> (includes mental/behavioral health)

- LEMONAID HEALTH: <https://www.lemonaidhealth.com/> (includes mental/behavioral health)

**Q: I don't have transportation to get to a testing site. What are my options?**

- If you are feeling sick with symptoms of COVID-19 and require testing, please do not use public transportation or a ride-sharing service like Uber or Lyft.
- Several community health clinics, including federally qualified health centers, have recently opened for COVID-19 testing. A map showing their locations is available here. You may schedule an appointment and walk to a clinic if one is near you. <http://alcogis.maps.arcgis.com/apps/Nearby/index.html?appid=472bad5ba19f4247a094d55e712195c8>
- The Allegheny County Health Department has resources available to people who do not have transportation to a testing site. Please call the Allegheny County COVID-19 Hotline at 888-856-2774 for more information.

**Q: Who can I contact with additional questions?**

- 1-877-PA-HEALTH (1-877-724-3258)
- your medical provider
- Allegheny County COVID-19 Hotline at 1-888-856-2774
- [www.cdc.gov](http://www.cdc.gov)
- [www.health.pa.gov](http://www.health.pa.gov)
- Carlow Health Services 412-578-6174 or [healthandcounselingservices@live.carlow.edu](mailto:healthandcounselingservices@live.carlow.edu)

We wish you a speedy recovery and sincerely thank you for your efforts to keep the students, faculty, and staff of Carlow University and the public safe.

Together, we can do this!

**COMMUTER STUDENT**

Dear Carlow Commuter Student,

You have failed a screening for symptoms of, and exposure to, the virus that causes coronavirus disease 2019 (COVID-19). Your symptoms may or may not be related to COVID-19.

**Since you did not pass the screening, you:**

- May not remain on campus nor are you to attend school affiliated activities.
- Must immediately leave campus and are not permitted to return to campus for a minimum of 14 days from today's date. A failed screening will require quarantining for a minimum of 14 days from a positive COVID-19 test, the onset of symptoms, or the last day of a known exposure.

## Next Steps:

- **Provide** all requested information to screeners and health officials.
- **Follow** all instructions from the screener and contained in this letter.
- **If you drove** to campus, immediately return to your vehicle and return home while you quarantine for a minimum of 14 days from a positive COVID-19 test, the onset of symptoms, or the last day of a known exposure.
- **If you did not drive** to campus, immediately arrange for a ride home so you can quarantine for a minimum of 14 days from a positive COVID-19 test, the onset of symptoms, or the last day of a known exposure. Please wait outside for your ride while maintaining at least 6' of distance from others and wearing your mask at all times. You can talk to the screener for assistance if you are unable to wait outside; or call Dispatch at 412-578-6005 if the screening stations are not open.
- **Call your medical provider** (primary care physician, family doctor) for medical guidance about testing, quarantine/isolation, and treatment.
  - If you have health insurance, you can contact your health plan provider for assistance finding a medical provider if you do not have one.
  - If you do not have health insurance, see the FAQ section of this letter for free or low-cost resources.
- Look for **emergency warning signs\*** for COVID-19. If you are experiencing any of these signs, **call 911 or your local emergency room** and report that you need immediate medical assistance, possibly related to COVID-19:
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Inability to wake or stay awake
  - Bluish lips or face
  - \*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
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## Frequently Asked Questions

### Q: What else do I need to know about quarantining?

- Quarantine is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.

People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

- You should stay home for 14 days after a positive Covid-19 test, the onset of symptoms, or the last contact with a person who has COVID-19.
- Even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.

**Q: What is the difference between isolation and quarantine?**

Isolation is different from quarantine. Isolation separates sick people with a contagious disease from people who are not sick. Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. Both are important to keep the public healthy.

**Q: I don't have health insurance and/or a medical provider but think I need a COVID-19 test. What are my options?**

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  - Age 18 or older
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**Q: I don't have transportation to get to a testing site. What are my options?**

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**CARLOW EMPLOYEE OR VISITOR**

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  - \*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
- **Employees** of Carlow should also contact Human Resources and their Supervisor for guidance on their return to campus.
- **Please note** that employees may be asked to provide documentation prior to returning to campus (e.g., self-certification, letter from physician, attestation, etc.); HR and/or your supervisor will provide additional information.

### Frequently Asked Questions

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We wish you a speedy recovery and sincerely thank you for your efforts to keep the students, faculty, and staff of Carlow University and the public safe.

Together, we can do this!

**FACULTY INSTRUCTIONS**

If a student contacts you to inform you that they have COVID-19, have symptoms of COVID-19, failed a screen, have been exposed to a confirmed case of COVID-19, and/or have been advised to quarantine or isolate due to COVID-19, please follow these steps:

- Follow all official University policies and procedures related to remote learning options and attendance related to COVID-19
- Direct student to the COVID-19 page on Carlow's website for instructions and resources related to quarantining, isolating, and testing <https://www.carlow.edu/re-entry.aspx>
- Direct student to contact their health care provider for medical guidance
- Direct student to contact Carlow Health Services for guidance on their return to campus
  - Phone: 412-578-6174
    - Alt. phone: 412-578-6474
  - Email: [healthandcounselingservices@live.carlow.edu](mailto:healthandcounselingservices@live.carlow.edu)
    - Alt. email: [crbergamasco@carlow.edu](mailto:crbergamasco@carlow.edu)

- Direct student to inform any faculty/staff of their need to quarantine/isolate