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Coronavirus Update 1-6-22

The Coronavirus Planning Team

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Coronavirus Update 1-6-22

Dear members of the Sacred Heart University community,

We want to give you some updates to our protocols based on CDC guidelines and also respond to some of the concerns you expressed after Tuesday's message.

Updated CDC Guidelines for Quarantining and Isolating

The CDC recently updated its guidelines for quarantining and isolating. We delayed implementing the new guidelines, because we expected the CDC to release more specific guidance for institutions of higher education. After consulting with state and local health officials, we have decided to move forward with the new guidelines. When the CDC does release guidelines for higher education, we will review them and may update our protocols accordingly. We are sharing some highlights of the new guidelines below, but the guidance is constantly changing, and you can find the most up-to-the-minute decisions on [the CDC website](#).

- What to do if you test positive for COVID:
 - Stay home and isolate. The recommended isolation period is now five days
 - You may end your isolation after five days if you are symptom-free
 - You need to wear a well-fitting mask anytime you are around others for five days after you end isolation. Do not eat or exercise without a mask around others during this time
- What to do if you are exposed to someone with COVID and have been boosted or have been vaccinated and are still in the time frame before the booster is recommended:
 - Wear a well-fitting mask around others for 10 days
 - Test on day five if possible
 - If you develop symptoms, get tested and stay home until you have been symptom-free for five days and fever-free for 24 hours; then follow the post-isolation protocols above
- What to do if you are exposed to someone with COVID and you are unvaccinated or are vaccinated and are eligible for the booster, but have not received it:
 - Quarantine for five days and wear a well-fitting mask around others for an additional five days
 - Test on day five if possible
 - If you develop symptoms, get tested and stay home until you have been symptom-free for five days and fever-free for 24 hours; then follow the post-isolation protocols above

If you are in the middle of quarantine or isolation, you may begin to follow these updated guidelines. For example, if you have been isolating for eight days, you may discontinue isolation as long as you have no symptoms. If you have been isolating for three days, you may end your isolation in two more days as long as you have no symptoms. Again, more information about quarantining and isolating is [available on the CDC website](#).

Please note: Clinical students should follow all guidelines for their clinical sites.

Booster Clinic Scheduled for Saturday

Sacred Heart will be offering an onsite booster clinic at the Edgerton Center lobby on Saturday from 10 a.m. to 3 p.m. with 200 slots available. The clinic will offer Pfizer and Moderna shots and will be limited to SHU students and employees. Attendees should bring identification and their vaccination card. Sign up is necessary. You can sign up for either the [Pfizer](#) booster or the [Moderna](#) booster.

New Time Frame—24 Hours—for At-Home Rapid Tests

We are still encouraging everyone to get a PCR test before returning to campus. However, we are accepting at-home rapid test results for the pre-arrival testing requirement. If you use a rapid test, please take the test **within 24 hours** of your arrival. Ideally, you would take it just before you get in the car to leave for campus.

Reporting Process for Pre-Arrival Test Results

You only need to upload your pre-arrival test results if you test positive. **Please write your name, date of birth and the date and time the test was performed on the test and upload a photo** (see example below). Once you do that, you will hear from health services regarding the protocols you need to follow. You do not need to upload a negative test result. You can bring that with you to campus.



Note to Athletic Teams Who Will be Arriving Early: You will be hearing separately from your coaching staff regarding your testing protocols.

How to Prepare for a COVID Saliva Test

The testing that we are doing on campus for both employees and students is a saliva test. Please do not eat (including chewing gum), drink or smoke anything or use any nasal spray within 30 minutes of your appointment. Do not have water within 10 minutes of the test. [Sign-up](#) for next week's testing clinic for employees on Monday, January 10, is now available.

Stay safe,
The Coronavirus Planning Team

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Please note: Given the unpredictability of the variants, we will continue to consult with and follow the guidance of the CDC, the Connecticut Department of Health and state and local health officials. We will all need to be flexible and understand that as we continue to work in the best interest of the University community, there will likely be changes and updates. We also suggest that all students have plans in place should there be a need to return home for isolation, quarantining, etc.

[SHU Coronavirus Website](#)

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