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1-20-2022

## Coronavirus Update 1-20-22

The Coronavirus Planning Team

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coronavirusplanningcontactus=sacredheart.edu@mg.regroup.com; on behalf of; Coronavirus Planning Contact Us [coronavirusplanningcontactus@sacredheart.edu](mailto:coronavirusplanningcontactus@sacredheart.edu)

## Coronavirus Update 1-20-22

Dear members of the Sacred Heart University community,

We understand there has been some confusion about the process if you test positive through a test not administered by the University. The graphic below explains the process, and this information can also be found on the [coronavirus campus status webpage](#) in the FAQ section. The first thing you will need to do is fill out [this form](#).

# COVID FAQs

## What do I do if I tested positive for COVID?



### **STOP DO NOT GO TO CLASS**

- If you test positive off campus or with a self test, notify Health Services by completing the online form at <https://studentselfreportcovid19.sacredheart.edu>
- Notify your professors
- **ISOLATE** for **5 days** from the positive test or 5 days from the date you started to have symptoms; if symptoms started after your positive test, the 5 days begin when symptoms started.
- You should have a plan to isolate off campus.
- You must be cleared by Health Services to return to class. Emails will come from Veoci with clearance dates.
- If you still have a fever or are not improving after 5 days, continue to isolate.
- You may return to class on the 6th day as long as you are fever-free for 24 hours and symptoms, if any, have improved.

## How do we get our on-campus test results?

- Students who test positive will receive an email from [covidalertdonotreply@sacredheart.edu](mailto:covidalertdonotreply@sacredheart.edu)
- Negative results may be found on your health portal.

## When do I need to wear a mask?

- Masks must be worn indoors at all times. When in your room with your roommate, you may unmask. If another person comes into your room, you must all mask up.

### ATTENTION FACULTY: COVID Excused Absence Letters

We want to make you aware that as part of process, students who have tested positive receive a letter with their expected date of return to classes. (See fifth bullet in graphic above.) Their isolation dates will be the previous five days when they will be excused from classes. This document will have the SHU seal on it and will be signed "Dean of Students." You should accept this document as proof of their excused COVID-related absence. It will be the student's responsibility to work with you to make up any missed work.

### **Master's in Public Health Students Taking Over the Coronavirus Box**

We are excited to share that we have partnered with our public health program to facilitate COVID-related communications. We are fortunate to have hired three MPH students as COVID communication specialists. These graduate students will be using the expertise and public health knowledge they have acquired through their training to answer questions sent to the coronavirus planning mailbox (the box from which you receive these messages) on matters of SHU policy. This will give them a chance to expand their educational experience.

### **JED Campus/SHU Mental Health Coalition**

Sacred Heart University is becoming a [JED Campus](#), which is a nationwide initiative of The Jed Foundation designed to help schools build upon existing student mental health, substance misuse and suicide prevention efforts. JED Campus schools embark on a strategic partnership with JED that assesses and enhances existing work and helps to create positive, lasting, systemic change in the campus community. Over the past few years, as we have dealt with the COVID pandemic, we have also witnessed a significant increase in mental health issues among the members of our community. In fact, many say that mental health is the next campus-wide epidemic that higher education must be prepared to deal with to move past the pandemic and best serve the needs of our student populations. Sacred Heart has also appointed a mental health coalition, made up of representatives from departments throughout campus, as required by CT House Bill 6402, passed by the Connecticut General Assembly last January. You will continue to hear about the work of this coalition and our partnership with JED.

### **The Power of Happiness**

We thought you would enjoy a recently published [op-ed on happiness](#) by Professor Cara Kilgallen.

Have a great weekend,  
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](#)

This message was sent to the following groups: !Campuswide-Students, !Campuswide-Employees