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## Coronavirus Update—What to Do If You Feel Sick 9-21-23

The Coronavirus Planning Team  
*Sacred Heart University*

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The Coronavirus Planning Team, "Coronavirus Update—What to Do If You Feel Sick 9-21-23" (2023).  
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Coronavirus Planning Contact Us [coronavirusplanningcontactus@sacredheart.edu](mailto:coronavirusplanningcontactus@sacredheart.edu)

### **Coronavirus Update—What to Do If You Feel Sick 9-21-23**

Dear members of the Sacred Heart University community,

As we head into cold and flu season and as COVID cases continue to rise both on campus and around the country, we want to remind you that COVID is currently considered an endemic—like the flu—rather than the pandemic we experienced three years ago. That said, there are many things we can all do to help keep one another healthy:

- Do not come to class or work if you feel sick
- Take a test if you have COVID-like symptoms. If you test positive, [follow the CDC guidelines for isolation](#). This link includes a calculator that will help you determine how long you need to isolate. Expect to isolate for a minimum of five days after day zero and continue to wear a tight-fitting mask indoors for another five days
  - Students with COVID should plan to go home. If that is not possible, stay in your room where you and your roommates will need to mask up. Contact your professors for guidance with keeping up with your work
  - Employees should stay home if sick. Notify your supervisor. You may be able to work from home if your manager approves and you feel up to it
- Meals to go are available from all dining halls
- If you find yourself feeling anxious, the counseling center is available to students and the EAP program is available to employees
- Continue to practice the good habits we developed during the pandemic—wash hands often and use sanitizer in between
- We recommend that you get a flu shot and the new COVID vaccine if eligible, especially if you are at risk. Both vaccines are available at area drugstores and can be received at the same time
- Masks are available from the concierge in the main academic building, and we are keeping all hand sanitizers stocked

Our goal is for everyone to be as healthy as possible as we head toward colder weather and more time indoors. We appreciate everyone's efforts to make this happen. Thank you.

Have a great weekend,  
The Coronavirus Planning Committee

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