

Guidance for Members Who've Encountered or Tested Positive for Covid-19

We understand that you have received a positive test result for Covid-19. Many people who test positive for Covid-19 never develop symptoms or develop mild symptoms, but some people may develop more severe symptoms that require immediate medical attention. Per the CDC, if you experience any of the following emergency warning signs, you should seek immediate medical care:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Even if you do not exhibit symptoms, it is important that you isolate away from other members in the facility to protect the health and safety of all residents living in the building. WPN has established protocol for each chapter property specific to their facility layout. Visit your specific Chapter Property Procedure [here](#). Staying away from others helps to stop the spread of Covid-19.

Take Care of Yourself

- Report your results to the university via their website or support phone line.
- Stay in touch with your doctor if you develop symptoms.
- Get rest, stay hydrated, and ensure you have proper medication to address your symptoms.
- Avoid public transportation, rideshares, or taxis.
- Identify a brother that will check on you and help you get what you may need to be comfortable.
- Work with your professors to let them know you won't be able to come to class and arrange for distance learning while isolating.

Isolation Rules in the Chapter House

Chapter members must adhere to the following amended house rules where there has been a positive case:

- No guests or out of house members allowed at the chapter property.
- No alcohol use of any kind at the chapter property.
- Twice daily disinfecting of high touch surfaces by members.
- Maintain social distancing in the chapter property communal living spaces at all times. Where social distancing is not possible, members are required to wear a mask.
- Follow [CDC handwashing guidelines](#).
- Adhere to your state, local, and campus gathering restrictions.
- Follow Sigma Tau Gamma's [Member Safety and Wellness Policy](#).

Isolated Member Must

- While in the facility, you must remain in your bedroom at all times aside from using a designated restroom.
- No other common spaces are permitted to be used (including living rooms, study rooms, dining rooms, etc.)
- Other members or guests are not allowed into your isolation space under any circumstances.
- Coordinate with a friend to bring you meals to your isolation space door during mealtimes.
- If necessary to leave your isolation space...
 - You must wear a mask over your nose and mouth at all times and stay at least six feet apart from other members and/or staff.
 - You must utilize a specific exterior door to enter/exit.
 - Prohibited from touching any surfaces when outside of the isolation space.
- Please wash and sanitize your hands frequently.

When to Stop Isolating

The CDC recommends the criteria below for [when you can stop isolating](#) in your room. Note that most people do not require testing to determine when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

If you think/know you had Covid-19 and have symptoms	If you had NO symptoms
<ul style="list-style-type: none"> ▪ 10 days since symptoms first appeared AND ▪ 24 hours with no fever without the use of fever-reducing medication AND ▪ Other symptoms of Covid-19 are improving (note that loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation) 	<ul style="list-style-type: none"> ▪ 10 days have passed since you had a positive test for Covid-19.

If you had severe illness from COVID-19 (you were admitted to a hospital and needed oxygen), your healthcare provider may recommend that you stay in isolation for longer than 10 days after your symptoms first appeared (possibly up to 20 days) and you may need to finish your period of isolation at home. If testing is available in your community, your healthcare provider may recommend that you undergo repeat testing for COVID-19 to end your isolation earlier than would be done according to the criteria above. If so, you can be around others after you receive two negative test results in a row, from tests done at least 24 hours apart.

Guidance from the CDC is updated regularly on this topic and can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>