



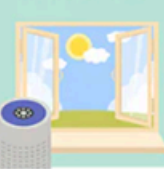


# Managing COVID and Other Respiratory Illnesses

## Respiratory illness basics




Respiratory illnesses including flu, COVID-19, and RSV impact millions each year. Protect yourself and others by wearing a high-quality face mask in crowded indoor settings; remaining at home if unwell; and staying up to date on vaccines. WPI is following [CDC guidance](#) to manage all respiratory illnesses including COVID-19, also summarized in the graphic below.

### Respiratory Virus Guidance Snapshot

**Core prevention strategies**

Immunizations	Hygiene	Steps for Cleaner Air	Treatment	Stay Home and Prevent Spread*
				



**Additional prevention strategies**


Masks	Distancing	Tests
		

**Layering prevention strategies can be especially helpful when:**

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

**\*Stay home and away from others until, for 24 hours BOTH:**

 **Your symptoms are getting better** +  **You are fever-free (without meds)**

 **Then take added precaution for the next 5 days**

CDC's respiratory virus guidance consists of 5 core and 3 additional prevention strategies.

## VACCINATION



All WPI community members are strongly encouraged but not required to remain up to date on all recommended COVID-19 and flu immunizations. COVID-19 and seasonal influenza (flu) vaccines are available at many local pharmacies such as CVS and Walgreens. You can often schedule appointments online for vaccines. WPI also offers several on-campus vaccine clinics in September and October for easy access to vaccines. Please see the WPI Student Health Services website for the most up to date information about the fall vaccine clinics.

## MASKING



WPI is a *mask-respectful campus*: People may choose to wear masks for many health reasons, and we ask that you respect their choices. And while masking is not required in most on-campus spaces, we strongly encourage you to protect those around you when you are ill by wearing a high-quality face mask. Students sick with respiratory symptoms are asked to mask when visiting Student Health Services.

## TESTING



Testing is an important strategy for protecting yourself and others from COVID-19.

If you have symptoms of COVID-19, test immediately. Keep in mind that a positive result on an antigen test is reliable, but a negative test is not always accurate. **If you have symptoms and your antigen test is negative, take another antigen test after 48 hours.** Students experiencing respiratory symptoms may contact Student Health Services for an appointment to be evaluated and tested for respiratory illnesses if indicated.

If you do not have symptoms but have been exposed to COVID-19, wait at **least five full days** after your exposure before taking a test. Antigen COVID-19 tests are readily available at local pharmacies and are Health Savings Account (HSA) eligible. **You are required to wear a mask when entering Student Health Services if you have respiratory illness symptoms, a known COVID-19 exposure, or have tested positive for COVID-19.**

## How to manage a respiratory illness, including COVID-19, on campus:

If you have a respiratory illness:



You may begin to resume normal activities with precautions if:



Protect yourself and those around you



If your fever comes back or any other symptoms start to get worse, you should stay home and repeat the isolation process, waiting until you are fever-free and other symptoms are improving for at least 24 hours.

If you tested positive for a respiratory virus but do not have any symptoms, **you may still be contagious and should take the additional precautions listed above for 5 days.**

It's important that students and roommates have conversations and make plans for what to do if one tests positive for a respiratory illness, **as there is no reserved space on campus for moving the positive student or their roommate(s).** Students who test positive are encouraged to isolate at their permanent residence or family home if within a reasonable distance to campus. Alternatively, students can isolate in place in their current housing assignment.

Students should work with their professors to make alternative arrangements for course requirements that may be missed during an isolation period. **Students do not need to report a positive test result to Student Health Services, but for any questions please call 508-831-5520.**



**You're not alone. WPI is a community of caring students, faculty, and staff who are here to support each other. Here are some of the many resources available, particularly for undergraduate and graduate students.**