

CORONAVIRUS RESPONSE TEAM UPDATE led by Ron Bolding 6/30/23

The Corona Virus Response Team (CRT) was established on March 15, 2020. Its purpose was to be the mechanism for developing a coherent response to the threat posed by Covid-19.

The CRT was specifically tasked to: 1) Provide a forum for discussing ideas and formulating collaborative plans among residents and staff; 2) Assist in developing appropriate actions to follow Department of Public Health regulations and guidelines; 3) Generate policies and implement action steps to mitigate on-campus exposure to the contagion; and 4) Communicate with residents, families, staff, Board members, and others through documented means.

CRT has completed its tasking and held its last planned meeting today, June 30, 2023. Future CRT updates will be published on an as-needed basis. A heartfelt thanks to everyone who participated in fostering safety at Pilgrim Place during three challenging pandemic years.

COVID Update

UPDATE ON CAMPUS CASES

- There is one (1) positive case on campus at this time.

Please review the information below from the CDC for further guidance on COVID-19:

Who Should Isolate

If you test positive for COVID, follow the recommended actions:

Stay home for at least 5 days after start of symptoms (Day 0) or after date of first positive test (Day 0) if no symptoms).

- Isolation can end after Day 5 **IF**:
 - You have no symptoms, or your symptoms are mild and getting better; **AND**
 - You have not had a fever for 24 hours without taking medicine that lowers fevers; **AND**
 - You have received confirmation of a negative COVID-19 Rapid Test performed at the Clinic or Pitzer Lodge after Day 5.
- If fever is present, isolation should be continued until 24 hours after fever resolves.
- If symptoms, other than fever, are not improving, continue to isolate until symptoms are improving or until after Day 10.
- If the confirmed case has severe symptoms, or is at high risk of serious disease or has questions concerning care, they should contact their healthcare provider for available treatments.
- Infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.
- After you have ended isolation, if your symptoms recur or worsen, get tested again and if positive, restart isolation at the new Day 0.

IMPORTANT CAMPUS REMINDERS

Close Contacts – No Quarantine

Asymptomatic persons, regardless of vaccination status, should test when exposed to someone with COVID within 3-5 days after the exposure.

- Close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease.
- Close contacts are strongly encouraged to get vaccinated or boosted.
- If symptoms develop, test, and stay home, AND

If test result is positive, follow the isolation recommendations mentioned in the previous section.

Diagnostic Testing

Antigen testing, also known as rapid testing, is recommended for infected persons to end isolation, and for exposed persons who were infected with COVID-19 within the prior 90 days. PCR testing is more sensitive and is recommended for close contacts who become symptomatic, even if they test negative with a rapid test.

How long after being exposed to COVID-19 should I test?

If you do not have symptoms but have been exposed to COVID-19, wait at least 5 full days after your exposure before taking a test. If you are only going to take a single test, a PCR test will provide a more reliable negative test result.

What if I have COVID-19 symptoms, but test negative?

A single negative test result is not completely reliable. If you have symptoms, stay at home until your symptoms have improved and you haven't had a fever for at least 24 hours. Repeat testing improves accuracy. If the first rapid self-test is negative, and you continue to have symptoms, do another test 48 hours later.

How many days does it take to develop COVID-19 symptoms after exposure?

You can still develop COVID-19 up to 10 days after exposure.

When to Seek Care

Persons in self-isolation should seek medical assistance:

- If they are at risk for severe illness or disease, seek clinical consultation as soon as possible to determine any treatment options, including therapeutics.
- If their symptoms worsen significantly.

If the infected or exposed person is going to a medical office, emergency room, or urgent care center, the facility should be notified ahead of time that the person is infected with or has been exposed to COVID-19; the person should wear a mask for the clinical visit.

Any one of the following emergency warning signs signal a need to call 911 and **get medical attention immediately**:

- Trouble breathing.
- Bluish or grayish lips, face, or nails.
- Persistent pain or pressure in the chest.
- New confusion or inability to arouse.
- New numbness or tingling in the extremities.
- Other serious symptoms.

If you have any questions about your specific set of circumstances, please email the helpdesk at helpdesk@pilgrimplace.org for guidance.