

COVID-19 STUDENT FAQs

1. What is the difference between SARS-CoV-2, COVID-19 and the coronavirus?

For most purposes, these different terms refer to the same thing. However, they are often used incorrectly. SARS-CoV-2 (Severe Acute Respiratory Syndrome-CoronaVirus-2) refers to the virus itself. Viruses are named by the International Committee on Taxonomy of Viruses, which typically chooses a name based on the virus's genetic structure.

COVID-19 or the coronavirus refers to the disease caused by the SARS-CoV-2 virus.

2. What is the difference between symptomatic and asymptomatic?

Asymptomatic means an individual has tested positive for the SARS-CoV-2 virus but they are not displaying any symptoms of the disease. This individual is still contagious and still passing the virus to others, they just do not know it.

Symptomatic individuals display symptoms that can range from mild to severe. These include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

3. These symptoms are very similar to other common illnesses, so how do I know if it is SARS-CoV-2?

It is important to monitor yourself for new-onset symptoms. If you are unsure about your symptoms, you can call 211, visit the CDC self-checker, or contact your local health-care provider.

4. How can I get tested for COVID-19 while I am at Bethel College?

Bethel College conducted testing during student registration in August. We are not conducting ongoing testing at this time. However, if you are ill, we will work with our local health-care providers to ensure that you will be seen and assessed. If the provider determines there is a need for an additional test, one can be given at that time.

5. What is quarantine and how long does it last?

Quarantine for someone who has not tested positive but is considered a close contact of someone who has tested positive. A close contact is someone who was closer than 6 feet for longer than 10 minutes with or without a mask on. Because the virus takes time to replicate in the host (person), symptoms of COVID-19 can begin anywhere from 2-14 days after exposure. That's why the quarantine period is 14 days, so that the contact can monitor for symptoms and ensure that they do not become positive and possibly infect other people. The date used to calculate quarantine is the last date of exposure to/contact with the person who is positive.

If symptoms begin during the quarantine period, the individual will then be required to stay in isolation for an additional 10 days from the date the symptoms start, or for 72 hours fever-free with improvement in symptoms, whichever is longer.

6. If I am around someone on the 5th, 6th and 7th of the month, what is the beginning and ending of my quarantine time?

The last date of contact is the 7th. The first day of quarantine is the 8th. Quarantine will continue through the 21st. You would be allowed to return to all regular activities on the 22nd assuming no symptoms arise during quarantine.

7. What happens, and where do I go, during quarantine?

We have designated quarantine spaces on campus. You will need to spend the majority of your time in the designated space. You are allowed to leave quarantine to go for a walk outside on campus, but you must wear a mask at all times and maintain 6 feet of distance from other people. You are not allowed to enter any public spaces, buildings or stores, to leave campus, to go to The Caf, to participate in athletics practices, or to attend in-person class. There is also travel-related quarantine mandated by the Kansas Department of Health and Environment. Those individuals follow these same guidelines.

8. What is isolation, and how long does it last?

Isolation is only for someone who tests positive.

- Those individuals are considered contagious for 2 days prior to showing symptoms and up to 10 days after symptoms start.
- If the individual is asymptomatic, the date of the positive test is used as the official start of symptoms. They are considered contagious the 2 days prior to the test day for contact tracing purposes, but isolation is a total of 10 days.
- If they are showing symptoms, the timeframe may be longer based upon the length of symptoms. They must be fever-free for 72 hours and show an improvement in symptoms. The minimum time will be 10 days in isolation.

9. What happens, and where do I go, during isolation?

If you are found to have tested positive, we will move you to a separate space on campus. During this time, you are not allowed to leave the confines of the designated space, except in case of a medical emergency. You cannot attend any in-person classes, go to The Caf, pick up mail, go to athletic practices, take a walk outside, go to the store, or have anyone in your room who is not approved and wearing special protective equipment. During this time, all meals will be delivered to the isolation room each day.

10. Will someone check on me throughout my time in isolation and/or quarantine?

Each day you are in isolation, someone from the Bethel nursing faculty will come and assess you in the isolation space to ensure that there are no new symptoms, that symptoms are not worsening and/or are going away. You will also be contacted by assigned health department staff. Bethel's director for student wellness (Jill Hoopes) will routinely check in on you to assess mental wellbeing during this time. For students in quarantine, physical assessments are not required every day. If you are in quarantine, you will receive several emails during the 10 days from a member of the nursing faculty inquiring about your health and general wellbeing.

11. How will I know if I test positive?

You will receive a call from the local clinic or health department responsible for overseeing your test. It is crucial that you answer your phone, set up your voicemail, listen to your voicemail and return calls. The clinic and health department cannot do their job without talking to you.

12. What should I be prepared to tell the health department?

The health department is going to want to know: some biographical data; if you have or have had any symptoms; and who you have been around physically within the contagious time frame. So be prepared to give the dates that you were around individuals and the names and phone numbers of the individuals you were around. It is important for you to be honest in order to mitigate the spread of the virus.

13. How will I know when I can be released from isolation or quarantine?

Bethel College does not set the dates that individuals are released from isolation or quarantine. Those are determined by the health department. Someone from Bethel's Emergency Response Team (ERT) will communicate with you and provide you with specific

information as you approach the end of your required isolation/quarantine time. This includes what documentation Bethel needs you to obtain, what you need to do to exit the isolation or quarantine space, and possible information about how to return to campus.

14. What happens if I choose not to abide by the isolation or quarantine rules and go out with my friends?

Isolation and quarantine are legal functions, both in the state of Kansas and federally, and are enforceable by the county under public health laws. If you choose not to abide by the outlines of isolation or quarantine, the health department will be notified. The health department can put in place what is called a legal order of isolation or quarantine, which can be further enforced/carried out by local law enforcement.

15. What if I choose to self-quarantine?

The ERT would like to limit the use of isolation and quarantine strictly to those individuals who have been confirmed positive and/or whom the health department considers a close contact. This allows us to follow the official process in place to ensure adequate resources are available to all students.

We will not discourage any individual from staying in their room or in their own space, away from others, or being sure they are wearing a mask — especially if waiting for a call from the health department. There is no official order mandating quarantine at that time; you are still able to pick up your own meals, etc. We encourage you to talk with faculty and/or staff about your situation. However, official notification for resources will not happen until the health department has carried out its formal processes.

16. If I know that I was around someone who tested positive, what should I do?

The first thing you should do is contact that individual and talk to them about the amount of time the two of you were together. Does it fall within the guidelines of being considered a close contact (within less than 6 feet of each other for more than 10 minutes, with or without a mask)? If so, encourage them to add your name to their list of contacts to be given to the health department. This allows the health department to contact you. Please do not call the health department. In the meantime, you are encouraged to stay in your room as much as possible, monitor your temperature and symptoms closely, continue to use the CampusClear app, and reduce contact with other individuals. Under normal circumstances, if you have not heard from the health department within 72 hours (or developed any symptoms), you should return to your usual daily activities.