



# Lincoln University

LEARN. LIBERATE. LEAD.

Based on the guidance from the CDC regarding isolation & quarantine for positive COVID cases (as of March 1, 2024), I will be changing our current guiding policy on the same as well. Where we currently have been sending ALL (faculty/staff/students) who have tested positive (+) for COVID Home for 5 days, then returning to campus (classroom or office areas) masked for the next additional 5 days (and NOT requiring a Negative Test to return); we will no longer send persons HOME. With the exception of those who are 'extremely' ill, and should remain at home until their symptoms are less severe.

The guidance that those who are **without** "Fever" (who have taken no analgesics for the past 24 hours), with minor symptoms (sore throat, mild cough, sneezing, headache, stuffy nose/congestion/runny nose) should be able to return or remain on campus wearing a well-fitted "MASK" for at least 5 days. Which means you may be in your workspace or classroom during those 5 days.

However, persons "**with a Fever**", who are taking analgesics, and who are having more severe symptoms should be advised to remain at Home/ or Residence Hall (and masked when around others in personal spaces like their home or with roommate, not attending classes or work).

Persons should treat their Positive (+) status and symptoms as they would any other "**Viral**" episode. Which would include analgesics for fever or pain medicine for muscle aches and headaches, drinking plenty of fluids, antiemetic's for nausea/vomiting (unless dehydrated, when an emergency room visit may be warranted for IV fluids), as well as considerations for diarrhea (if profuse) and any other GI disturbances. If there is sore throat involvement (without signs of bacterial inclusion needing an antibiotic), persons will be advised to gargle with warm salt water at least 5- 6 times per day until relieved. Mild coughing can be advised to use lozenges, and more intense coughing may use OTC [over the counter] cough medicine. Lung involvement beyond coughing, which may include wheezing (especially for those with asthma or other compensation diagnoses), may be advised to have a nebulizer treatment with albuterol to assist with opening airways for better perfusion during the wheezing assessment episode.

All persons who may have been in close proximity to anyone who has tested positive (+) for COVID is considered '**exposed**' and should monitor themselves for any Flu-like symptoms (which would include the above, and the possibility of loss of taste or smell). These persons should wear a Mask for the next 5 days post exposure. If persons begin to have symptoms within the 5 days,

they should take a COVID test to determine if they are also positive (and begin to follow the same plan as above). If they have no symptoms, then they should be free to unmask after 5 days of self-evaluations post exposure. Persons who have only been 'exposed' should continue to attend classes and may work in their offices during this time while masked.

It is important that students, faculty, and staff understand that if they take their own OTC COVID Tests, any Positive results will need to **have a Photo of the Positive test with the Box/Container Brand Name used in the photo screen and emailed to [healthservices@lincoln.edu](mailto:healthservices@lincoln.edu)**. Also to be included in the email is the **phone number and status** (faculty/staff department & supervisor's name or Student Residence Hall Name & Room Number) of the positive person. Then, a follow up email will be sent to the COVID Positive person with 'Next Steps', as well as to any other departments that should need to know. If a student is being kept out of class for any period of time (per Health Services Staff instructions), the email will give instructions regarding sending a list of instructors to the health services email for Instructor Email notifications. If a student/faculty/staff is treated and/or diagnosed by a Hospital/Urgent Care Center, their own "Discharge Instructions" received should serve as notification to Health Services and their Instructors.

Any questions regarding this new guidance to be followed by Lincoln University-PA, please do not hesitate to contact the Medical Staff in Health Services in the Wellness Center. This guidance will be used to 'Guide' our care for the entire Lincoln University Campus Community. And, Health Services will continue to advocate for those persons who have NOT been vaccinated for the FLU or COVID, to do so as soon as is possible (and of course, if you are ill, when you are feeling better and/or fever-free). But, for those persons who are **"Unvaccinated"** (and have not been vaccinated for FLU or COVID) and are **"Symptomatic"** may be asked to **Stay At Home** until their symptoms decrease and are without fever treatment.

Health Services  
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