

What to do if you have had “Proximate Contact” with a COVID + Individual or a COVID Symptomatic Individual

- Proximate contact is defined as “being in the same enclosed environment such as a classroom, office or gathering, but greater than 6 feet from a person displaying symptoms of COVID-19 or someone who has tested positive for COVID-19.” *This can also include contact with that individual 2 days prior to when they became symptomatic.*
- **You should, as a precaution, self-quarantine.**
- Monitor for symptoms of COVID-19:
 1. Fever greater than 100.4
 2. Chills
 3. Cough
 4. Shortness of breath
 5. Sore throat
 6. Extreme fatigue
 7. Muscle and body aches
 8. Headache
 9. Nasal congestion
 10. Nausea, vomiting, diarrhea
- Maintain social distance (at least 6 feet) from others at all times, and wear a mask.
- Avoid all contact with people at higher risk for severe illness from COVID-19.
- Follow all CDC guidelines if symptoms develop.
- Notify your healthcare provider and seek immediate medical assistance if your symptoms worsen.
- If you are living on campus and develop symptoms, notify the residence life staff immediately.
- Notify the Student Health Center as soon as possible at (716) 880-2112.
- Email any questions or concerns to Student Health Services at healthservices@medaille.edu.