Due to the pandemic and in accordance with the recommendations and requirements from New York State and Dutchess County Department of Health, we have adjusted the means in which you access health care through the Vassar College Health Services. Basic information about the college’s response to the pandemic is on the Vassar website on Vassar Together https://www.vassar.edu/together/

1) **What services are available at the Health Service this fall?**
   We will continue to have the same services as in the past which include: medical clinic, gynecology, gender-affirming care, immunizations and other preventative care, allergy shots and laboratory services. Depending on your presenting health concern and preference, we can see you either through telehealth or in-person visits.

2) **Can I get routine physical exams and testing if I am not ill?** In order to encourage social distancing and reduce student density, we may suggest you put off some routine evaluations until the spring or next fall as long as it is medically safe. An example might be a Pap test with the gynecology clinic.

3) **If I have questions or am ill when the Health Service is not open, how do I get assistance?**
   One resource is Nurse Triage which is accessed by calling the Health Services main number (845-437-5800) and
letting the service person answering know you would like to speak to the nurse on-call. For emergencies that need immediate attention, call CRC (845-437-7333) or 911. The Vassar College EMS will have limited services this semester but there are local emergency services which can be accessed in case of an emergency.

4) What are the symptoms of COVID-19? People with COVID-19 have had a wide range of symptoms reported - ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms, or combinations of symptoms, may have COVID-19:

- Fever greater than 100.0 F (37.8 C) 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

5) If I have one or more symptoms of COVID, how do I get evaluated at the Health Service?
Call the Health Service, or self-schedule a visit through the Medicat Patient Portal. You will be screened prior to your appointment either virtually or via a questionnaire through the portal. If it is after-hours or the weekend, you can access Nurse Triage (845 437-5800) or CRC (845-437-7333). Meanwhile stay in your room and avoid all contact with others until you can be assessed.

6) **If I need routine health care or have a medical issue not related to COVID, how do I get an appointment?**
You can call 845-437-5800 which is the Health Services main line. Or you can self-schedule using the Medicat Patient Portal at vassar.medicatconnect.com.

7) **Does the Health Service department look and function the same as pre-COVID?**
No. We have worked all summer to adjust our procedures, as well as our offices, to make it as safe as possible for students and staff. COVID information changes fast so we have to continue to educate ourselves on prevention and treatment.

8) **Will there be testing of all students?**
Yes, there is a rigorous schedule of testing that starts with a test before all students come to campus. Students will then undergo a test on arrival and a test 7 days after the arrival test. The current plan for routine testing is every 2 weeks. This is subject to change based on the current guidelines and Department of Health recommendations. The routine testing on campus is being performed by Westchester Medical Center. Diagnostic testing of ill individuals or those persons on quarantine or isolation is being performed by Health Services and sent out to local labs.
9) Is there a possibility I will need to stay in another room than the one assigned during this fall semester?
There are a few circumstances where a student may have to move temporarily to keep themselves, as well as the rest of the campus, safe. These circumstances include:
   a) Not having test results or not having a valid COVID test before arriving on campus
   b) Testing positive or experiencing symptoms highly suspicious for a COVID-19 infection. Most college students have more mild illness, but Health Services will monitor you everyday
   c) Having been identified as a close contact of someone with COVID-19. Health Services will contact you everyday to be sure you are well.
   (add iso/quarantine sheet here)

10) Where can I get more information about Covid and how to keep myself healthy?
Here are resources that are updated regularly. Be sure to socially distance, wear a mask, clean your hands regularly and clean high touch surfaces in your residence or your possessions as needed. There is also information about COVID-19 posted to the Medicat Patient Portal for all students to access.
   https://coronavirus.health.ny.gov/home