

RUSVM Student COVID-19 Guide

The coronavirus (COVID-19) pandemic continues to prove disruptive and is still a cause for concern across the globe. We understand this can be an unsettling time for many of you.

Campus Health Services is working with other departments across our organization to ensure you have the information and guidance you need. As you know, this is still a very fluid situation and we are guided by the protocol set out by the local government officials here on Saint Kitts and Nevis – which is subject to change from time to time. Our aim is to keep you as up to date as possible.

This page focuses on information specific to our RUSVM student population and includes information about coronavirus, for example about the precautions you should be taking, and what to do if you think you may have coronavirus.

I am experiencing flu-like symptoms (vaccinated or unvaccinated):

- Go home (if on campus) or do not access campus (if at home).
- Email Health Services at sknursing@rossvet.edu.kn to request an excused absence. Please do not provide any personal health information in your email.
- [Click here to schedule a COVID-19 test.](#) The cost for your test is covered by RUSVM.
- If your test confirms that you are positive for COVID-19:
 - An excused absence will be submitted to cover you for the duration of your anticipated isolation period; 7 days if fully vaccinated and 12 days if unvaccinated or partially vaccinated. For advice regarding your academic options, please reach out to Dr. Priti Karnik at PKarnik@rossvet.edu.kn or Mr. David Satterlee at dsatterlee@rossvet.edu.kn.
 - You will be required to provide details of your recent contacts. [Click here to download a Contact Tracing Questionnaire](#); then email the completed form to sknursing@rossvet.edu.kn.
 - A negative COVID-19 test at the end of your isolation period and complete resolution of symptoms is required before you return to campus and attend in-person classes. Please [schedule your repeat COVID Test](#) here.

Fully Vaccinated Repeat Test Date = date of positive test result + 7 days

Partially or Unvaccinated Repeat Test Date = date of positive test result + 12 days

- Campus access restrictions may be waived where there is documented evidence of a chronic condition (asthma, sinusitis or allergic rhinitis); please contact Health Services for further support with waivers.
- If you received care from an external health provider, please confirm any positive test status to sknursing@rossvet.edu.kn. Please do not provide any personal health information, only indicate whether you tested positive.

I was in close contact with someone who tested positive for COVID-19:

All reports of exposure to COVID-19 regardless of vaccination status should be reported to sknursing@rossvet.edu.kn. This information will be used to support our contact tracing exercise.

- **Fully Vaccinated:**
 - Asymptomatic Primary (1st Level) Contact (see definition in FAQ below):
 - If you are not experiencing symptoms and you do not share the same household as the COVID positive case, you can continue to access campus and attend in-person activities. A COVID-19 test is required on or after day 7; [book here](#).
 - If you share the same household with the COVID-19 case (roommate or VIP):
 - If the infected family member or roommate **can** adequately isolate within the household (room with independent bathroom) and you do not share a close personal relationship with the positive case (spouse, dependent child or elderly), you can continue to access campus and attend in-person activities. A COVID-19 test is required on or after day 7; [book here](#).
 - If the infected family member or roommate **cannot** adequately isolate within the household the recommendation is to remain home until the family member testing positive fully recovers and returns a negative test result. After which you will be tested to determine your COVID status.
 - Symptomatic Primary or 1st Level Contact:
 - You must stay home or in your dormitory until symptoms fully resolve. A COVID-19 test is required on or after day 7 days from when first identified as an in-contact and should only be undertaken if you have become asymptomatic).
- **Unvaccinated or Partially Vaccinated Primary/1st Level Contact:**
 - 12 days mandatory quarantine regardless of whether symptomatic or asymptomatic and a COVID-19 test on or after day 12 (only when your symptoms resolve)

Frequently Asked Questions

1. When do you start counting the 7 or 14 days required for quarantine and testing?

The count starts from the last date of contact with a confirmed or suspected case (if the health status is not known and testing or result is still pending). *Otherwise, starting from 48 hours before illness onset (or, for asymptomatic individuals, 48 hours prior to test specimen collection).*

2. How do you define close (primary or 1st level) contact?

Someone who was less than 6 feet away from infected person (laboratory-confirmed or covid-19-related symptoms) for a cumulative total of 15 minutes or more over a 24-hour period (for example, *three individual 5-minute exposures for a total of 15 minutes*).

3. Do I need to get tested or quarantine if I was in contact with someone who had contact with a positive case? For example; a friend of my friend or roommate tested positive.

In such instances, you are considered a 2nd level contact and the approach is as follows:

- You may continue to attend classes if you are asymptomatic. No contact tracing is required unless the individual you were in direct contact with tests positive for COVID-19.

- If the individual, roommate or family member you were in direct contact with tests positive; you would be required to test on day 7 since last contact if fully vaccinated and on day 12 if partially vaccinated or unvaccinated.

4. Do I need to wait for the government to test me and my family and who pays for the COVID test?

RUSVM has arranged for your COVID-19 tests with an external provider and the university will cover the cost of your test. Sample collection will take place at specified days and times in the Eastern Parking Lot (before Campus residences when entering via post 3). [To schedule your test, please click here.](#)

5. I am experiencing COVID-related symptoms, but my antigen test is negative; what next?

If you are experiencing COVID-like symptoms and/or have a history of close prolonged contact with a positive case, a rt-PCR may be required to completely rule out a SARS-COV-2 infection. However, other illnesses such as the flu, common cold or sinusitis may mimic a COVID-19 infection.

6. I tested negative on an antigen test I self-administered at home; can I return to campus?

At this time, only antigen tests administered by authorized laboratories or healthcare practitioners on island is recognized as official and can be used to resolve quarantine or isolation. Please [schedule your test here.](#)

7. When do I need to see a doctor?

Most people infected with the SARS-CoV-2 virus (especially those who are fully vaccinated) will only experience mild symptoms and management at home with routine meds are typically adequate. It is recommended to keep a stock of the following medication and supplies:

- Acetaminophen (Tylenol, Paracetamol)
- Antihistamines (Zyrtec, Benadryl, Sudafed)
- Throat Lozenges
- Oral rehydration packs, electrolyte drinks

Try to get plenty of rest, drink lots of water and eat well. You can still do moderate exercise if you feel well enough (within your home and/or garden). Each day, you should record your symptoms and pay attention to worsening symptoms, which include:

- Persistent, profuse diarrhea and vomiting
- High fever that does not respond with routine meds (acetaminophen/Tylenol)
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

If your symptoms are showing signs of worsening, seek immediate medical attention by visiting the emergency room at JNF hospital. You may also reach Campus Health Services by emailing sknursing@rossvet.edu.kn; for afterhours support contact our Nursing On-call at +1869 662-6235