

If I:	I should:	And if I:	
Have lasting symptoms of COVID-19	<p>Get tested!</p> <p>Contact my primary care physician and/or Lancaster General Hospital Urgent Care for testing. Contact health@pcad.edu to alert the College that I am receiving a COVID-19 test.</p> <p>Contact ce@pcad.edu and my instructors if I anticipate missing class</p>	<p>Test negative</p> <p>Still refrain from coming back to campus until my symptoms have subsided and I am 72 hours fever-free without fever-reducing medicine.</p>	<p>Test positive</p> <p>Inform health@pcad.edu immediately. Have my contact log readily available to share with PCA&D staff. Isolate for a two-week period in my personal residence. Monitor my symptoms and seek medical attention if they worsen.</p>
If I:	I should:	And if I:	
Have been exposed (in close contact) to someone with COVID-19, whether or not I have symptoms	<p>Get tested!</p> <p>Contact my primary care physician and/or Lancaster General Hospital Urgent Care for testing. Contact health@pcad.edu to alert the College that I am receiving a COVID-19 test. Contact ce@pcad.edu and my instructors if I anticipate missing class</p>	<p>Test negative</p> <p>Continue to monitor health, daily taking temperature and identifying any symptoms. If no symptoms occur, I can be cleared for returning to campus after 10 days by contacting health@pcad.edu</p>	<p>Test positive</p> <p>Inform health@pcad.edu immediately. Isolate for a 10-14 day period (depending on symptoms). Monitor symptoms and seek medical attention if they worsen. Contact ce@pcad.edu and my instructors to create a virtual plan for coursework.</p>
If I:	I should:	And if I:	
Am part of a high-risk population	<p>Be informed!</p> <p>Become aware of all policies and procedures related to health and safety practices at PCA&D (through this guide, the video, and linked resources.)</p>	<p>Still have concerns...</p> <p>Consult my Primary Care Provider to discuss my health and my ability to physically return to PCA&D.</p>	<p>Still have concerns...</p> <p>Contact the Dean of Students (ce@pcad.edu) prior to returning to campus to discuss any concerns and develop a plan for any medically-necessary accommodations.</p>

If I:	I should:	And if I:	
Traveled to a restricted area	Be informed!	Isolate and Get Tested	Inform the College
	<p>The State of PA has a list of areas and states that have been deemed as “restricted” to travel. If you are planning on returning home or travel to visit friends/family or go on vacation, please review this list before making plans. You can view the list of restricted areas and states, but going to:</p>	<p>If you have traveled from a restricted area, PCA&D requires that you isolate yourself and get tested. If testing negative, these test results will need to be provided to the College as documentation of your health screening.</p> <p>If you test positive, please inform health@pcad.edu immediately. Have my contact log readily available to share with PCA&D staff. Isolate for a 10-14 day period (depending on symptoms) in either my personal residence and/or designated PCA&D housing space. Monitor symptoms and seek medical attention if they worsen.</p>	<p>Please email health@pcad.edu to let the College know that you have travelled to a restricted area. PCA&D staff will then direct you as to next steps for continuing your instruction.</p>