

Positive COVID-19 test instructions for Middlebury and Bread Loaf Campus:

Hello,

Please see the guidance below for COVID positive students, staff, and faculty.

If you have concerns about your chronic medical condition or if you need advice about how to manage your symptoms or illness:

- Call the Health Services nurse triage line at **802-443-3290, Monday-Friday, 8:30 a.m.-4:30 p.m.** If you need medical advice outside of business hours, contact [TimelyCare](#).

**Self-Care During Recovery:**

- Refer to the Vermont Department of Health instructions for [COVID-19 Symptoms & Treatment](#).
- Review the CDC information regarding [self-care](#) and when to seek care. If you have an acute emergency, dial 911.
- If you have an urgent medical concern, contact Public Safety at 802-443-5133 to request a ride to UVMHC Porter Hospital Emergency Department. Notify the hospital on arrival that you are a Middlebury College student to ensure continuity of care.
- You can contact [TimelyCare](#) for medical or mental health concerns 24/7.
- If you have general medical questions or concerns, please reach out to the Nurse Triage line at 802-443-3290 during normal business hours (Monday-Friday, 8:30am-4:30 pm).

**During your isolation period:**

- Follow [CDC guidelines](#) for isolation.
- Wear an N95 mask whenever you are out of your room or around others.
- Use the to go containers to obtain food from the dining halls and return to your room to eat or eat outside.

**Questions or Concerns?**

If you have additional questions or concerns, we are here for you.

If you have any other questions about your class/work commitments, or other details about living at Middlebury, please reach out to your program director or dean.

Thank you for your attention to this important information.

Health Services  
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