

Bryn Athyn College Health & Wellness Center

Illness Guide

2026

Medical Care Options

- Students who feel ill or test positive for COVID-19 with an at home test and need medical advice or evaluation may stop at the Student Health and Wellness center during their normal hours of operation: Tuesdays and Thursdays 10-2, Fridays 9-1. Hours are also located outside of the Health Center Door (ground floor of the College Center). Please call 267-502-6077 for concerns outside of these hours. If you have an urgent or emergent medical issue, seek outside care immediately – do not wait until the Health Center opens.
- If a student needs medical evaluation over the weekend or in the overnight hours, they should seek care at an outside medical facility.
- If you need an emergency response, please contact Public Safety 267-502-2424 7 days a week during the day, Monday-Friday overnight. Note there is no Public Safety coverage overnight Saturday-Sunday; Sunday-Monday morning. In the event of a true emergency, call 911.
- Outside medical facilities in the area:
 - AFC Urgent Care – Southampton
<https://www.afcurgentcare.com/southampton/> (267) 669-1660
 - Patient First Urgent Care – Abington
<https://www.patientfirst.com/locations/eastern-pennsylvania/abington> (267) 620-0237
 - Patient First Primary and Urgent Care – Feasterville
<https://www.patientfirst.com/locations/eastern-pennsylvania/feasterville> (267) 684-1047
 - Emergency Department at Holy Redeemer Hospital
<https://www.redeemerhealth.org/locations/holy-redeemer-strauss-emergency-pavilion> (215) 947-3000
 - Emergency Department Abington-Jefferson Memorial Hospital

Medical Treatments and Advice

- COVID-19, RSV, Flu and other viral infections may present for many with mild to moderate symptoms that can be managed with routine over the counter

medication, increasing hydration, healthy food intake and rest. Wash your hands using warm water and soap for at least 20 seconds before and after you eat, after using the restroom, if you blow your nose, before and after you come in contact with another person, or if they are visibly soiled. Practice good respiratory hygiene by coughing into your elbow, avoid touching your face or any secretions, stay away from others if you do not feel well. Disinfect frequently touched areas in your room. If you would like advice on supportive care therapies like which over the counter medications are appropriate for you and your illness, please call the Student Health Center for guidance (267-502-6077).

- Students are encouraged to call the Student Health Center if any medical questions arise or if they are having more severe symptoms (i.e. fever > 102, shortness of breath, lightheadedness, chest pain, excessive vomiting or diarrhea).
- If a student is having severe symptoms and the Health Center is not open, they are encouraged to seek outside medical care (see above for facility options).
- Antiviral treatments for COVID-19 and Flu are approved for use and should be discussed with your healthcare provider for guidance.
- *** Once you have tested positive DO NOT take any further COVID-19 tests unless directed by a medical clinician. ***

Isolation

Duration: Students with COVID-19, RSV, Flu, or other acute illness must isolate in place and away from others **until at least 24 hours after both their symptoms are getting better overall, and they have not had a fever (and are not using fever-reducing medication).**

Once the above criteria are met, a person may begin participating in activities on campus. It is recommended that the person experiencing the illness wear a well-fitting mask for 5 days after they complete this period of isolation. Masks are available at the Health Center, stop in during open hours or call to arrange pick up at another time (267-502-6077).

Location:

Bryn Athyn students living on campus must isolate themselves in their assigned dorm rooms. Students living off campus must be isolated in their off-campus location. If you share a room with another student, you should always wear a mask except for eating, sleeping, and bathing. You should maintain a six-foot distance from the other when sleeping. If you are uncomfortable sharing a room during time of illness, please reach out to Residents Life who will provide you with temporary alternate housing. If you have non-

medical questions about isolating-in-place or general housing concerns, please contact the Director of Resident Life (jena.frey@brynathyn.edu) during regular business hours.

Nutrition:

Your body heals more quickly with the proper fuel. Eat a diet containing fresh fruit and vegetables for vitamins, hot herbal teas, soups, broths and lean proteins for support and comfort. Avoid dairy, processed foods and refined sugars as they can negatively impact your immune system and increase mucous production. If you are experiencing stomach upset or recovering from a stomach bug, the BRAT diet is often suggested: bananas, rice, applesauce and toast to ease your digestive system back into health. Avoiding dairy and foods high in acidity, grease and spices can also help speed up your recovery. If you are a residential student and are feeling too poorly to attend/pick up a meal from the dining facilities, contact your RA or other Resident Life representative to coordinate. If you have non-medical questions about the on-campus dining facilities, please reach out to John Starrett, Food Service Director (j.starrett@sagedining.com).

Academics

During your period of acute illness, you should not attend class. You are responsible for contacting your professors regarding your absence and to inquire about make-up work, we suggest you stay ahead of this and contact them each as soon as possible. Absence policies are at the discretion of each individual instructor.

