

# COVID-19 Information from the Center for Student Wellness

## COVID-19 INFORMATION SHEET

Per the Center for Disease Control and Prevention (CDC), COVID-19 (coronavirus disease 2019) is a disease caused by the virus, SARS-CoV-2, which was discovered in December 2019 in Wuhan, China. The virus is highly contagious and has quickly spread around the world. Like many other respiratory viruses, COVID-19 spreads through droplets that are projected out of the mouth or nose while breathing, coughing, sneezing, or speaking.

COVID-19 most often causes respiratory symptoms that can feel much like a cold, flu, or pneumonia. However, COVID-19 may attack more than the lungs and respiratory system. Other parts of the body may also be affected by the disease.

- Most people with COVID-19 have mild symptoms, but some people become severely ill.
- Older adults and people who have certain underlying medical conditions are at increased risk of severe illness from COVID-19.
- Hundreds of thousands of people have died from COVID-19 in the United States.
- Some people, including those with minor or no symptoms, may suffer from post-COVID conditions (also referred to as “long COVID”). Post-COVID can last for weeks or even months.
  - Symptoms of long COVID may include, but are not limited to the following: Tiredness or fatigue that interferes with daily life; symptoms that get worse after physical or mental effort (also known as “post-exertional malaise”); fever; respiratory and heart symptoms; difficulty breathing or shortness of breath; cough; chest pain; fast-beating or pounding heart (also known as heart palpitations); neurological symptoms - difficulty thinking or concentrating (sometimes referred to as “brain fog”), headache, sleep problems, lightheadedness, pins-and-needles feelings, change in smell or taste, depression or anxiety; digestive symptoms – diarrhea, stomach pain; and other symptoms - joint or muscle pain, rash, changes in menstrual cycles
  - People who are not vaccinated against COVID-19 and become infected may also be at higher risk of developing post-COVID conditions compared to people who were vaccinated and had breakthrough infections.

### Vaccines

- Vaccines against COVID-19 are safe and effective. They teach our immune system to fight the virus that causes COVID-19.
- COVID-19 vaccines are highly effective at preventing severe illness, hospitalizations, and death.
- Getting vaccinated is the best way to slow the spread of SARS-CoV-2 (the virus that causes COVID-19).
- CDC recommends that everyone who is eligible stay up to date on their COVID-19 vaccines, including people with weakened immune systems.

St. Bonaventure University requires all students — except for fully online, non-residential graduate students — to receive an initial COVID-19 vaccine(s) if eligible, **OR** submit a signed COVID-19 Vaccination Response Form indicating that the student will not obtain the COVID-19 vaccine. Although the Center for Student Wellness does not offer COVID-19 vaccines, the vaccines are readily available at the Cattaraugus County Health Department and local pharmacies. Students can also consult their primary care providers. To learn more about COVID-19 and the vaccines available, please feel free to contact the SBU Center for Student Wellness or primary care physician. Students can also find updated information on the Centers for Disease control and Prevention website at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Center for Student Wellness  
3261 West State Road  
St. Bonaventure, New York 14778  
Telephone (716) 375-2130

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## COVID-19 VACCINATION RESPONSE FORM

STUDENT NAME: \_\_\_\_\_ STUDENT DATE OF BIRTH: \_\_\_ / \_\_\_ / \_\_\_\_\_ SBU ID #: \_\_\_\_\_

**If you have chosen to decline the COVID-19 vaccination, please read the statement below and sign on the line indicated.**

COVID-19 is a highly contagious respiratory virus that affects people of all ages. This virus can cause long-term medical problems and death, regardless of age. This virus spreads through respiratory droplets and up to 50% or more of people can be infected without realizing it. Some prevention strategies include wearing a mask and maintaining physical distance around others.

According to scientific data, COVID-19 vaccines are highly effective at preventing severe illness, hospitalization, and death. When large numbers within a population are immunized, viral spread will be significantly limited. Each individual of a community contributes to this protective approach. Choosing to waive vaccination puts one at risk for getting the disease along with the associated risk of long-term medical problems or death. Individuals who choose to not be vaccinated against COVID-19 may put themselves and others they interact with at risk.

Due to the risk to others, SBU reserves the right to require students to isolate or quarantine off-campus should they develop or be exposed to COVID-19. Those not vaccinated against COVID-19 who are exposed to someone with the disease are subject to quarantine for up to 5 days per current CDC guidelines. Additionally, students who are unvaccinated are at a greater risk of becoming ill with COVID-19. SBU will no longer have designated isolation or quarantine rooms available. Furthermore, SBU reserves the right to require any student who is not vaccinated against COVID-19 to leave campus if an outbreak occurs until containment is achieved. At this time, SBU will not undergo regular screening or testing for COVID-19 for unvaccinated individuals, but reserves the right to change this policy/procedure at any time in accordance with federal, state, or local public health guidelines or recommendations.

**I have read and reviewed the information provided concerning the risks and benefits of the COVID-19 vaccine. For personal reasons, I have chosen NOT to be vaccinated and therefore accept the potential consequences associated with this decision. This includes, but is not limited to the responsibility to isolate or quarantine off-campus if required by St. Bonaventure University. I understand that St. Bonaventure University reserves the right to change the COVID-19 vaccination policy at any time in accordance with guidance or recommendation from the federal, state, or local Department of Health. I understand that although I have declined the COVID-19 vaccine(s) at this time, I have the right to request the vaccine at anytime in the future.**

Student Signature (or parent/guardian if under 18): \_\_\_\_\_ Date: \_\_\_ / \_\_\_ / \_\_\_\_\_

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