COVID-19 health protocols for students

Expectations for students

You should:

- **Self-monitor** health every day for any of these critical symptoms: fever, respiratory symptoms, sore throat, or dry cough.
  - *Broader list of COVID-19 symptoms: fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, loss of taste/smell; or nausea, vomiting, or diarrhea*
- **Not attend** in-person classes or student jobs if you have symptoms or know you have been exposed to COVID-19.
- **Contact Health Services** or consult with your healthcare provider if you feel sick or may have been exposed to COVID-19.
- **Follow guidance** from Health Services or healthcare providers about whether a test is needed and where to find testing site locations. Health Services will refer students to Stevens Community Medical Center for testing.
  - If after testing you have a confirmed positive test for COVID-19: isolate as directed by health care professionals and public health officials.
  - If exposed to COVID-19 (and have tested negative): quarantine as directed by health care professionals and public health officials.
- **Provide information** if requested by a public health investigator who will determine whether others may have been exposed. Assist in notifying those exposed as guided by a public health investigator.
- **Follow** Health Service, healthcare provider, or public health investigator guidance on when to return to in-person activities.
- **Contact instructors** as needed to request accommodations for classes as guided by UMN policy for make-up work for legitimate absences due to illness. (Refer to the policy and related FAQs for guidance.)

Definitions

- **Exposure** to the coronavirus, as currently defined by the Minnesota Department of Health, is close contact -- within 6 feet -- for 15 minutes or longer with a person who has tested positive for COVID-19.
- **Isolation and quarantine** help to protect your friends and colleagues by preventing exposure to you if you have or may have COVID-19. Both isolation and quarantine require you to stay at home or in your room, avoiding contact with other people.
  - If you have a positive test result, **isolation** helps to slow the spread of disease by separating you from those who are not sick. If you live with others, you should not interact with other household members.
  - **Quarantine** helps to slow the spread of disease by avoiding contact with others if you have been exposed to COVID-19.

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Resources for students living on campus:

1. If you believe you have been exposed and/or develop symptoms (fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, loss of taste/smell; or nausea, vomiting, or diarrhea), consult Health Services: 320-589-6070 or hlthserv@morris.umn.edu or your healthcare provider.

2. Health Services staff will assess your symptoms, determine if testing is needed, and advise on healthcare best practices.

3. If Health Services so determines, you will be referred to SCMC for testing.

4. If you have been exposed and receive a **positive** test result (isolation required):
   a. SCMC will communicate with Health Service who will coordinate your care and support.
   b. SCMC will also notify public health officials who will provide information to you and will interview you to learn who might have been in close contact with you (closer than six feet for more than 15 minutes).
   c. Health Services will notify the Office of Residential Life (ORL) regarding isolation housing for students living on campus. (You may choose to isolate off-campus if you have support with family or others nearby.) You will be contacted by ORL staff about next steps to change rooms, if needed. ORL will contact dining services in order to provide ongoing dining support while you are in isolation.
   d. You will be contacted by Health Service daily to monitor your well-being.
   e. Students will contact faculty, success coaches, and tutors for ongoing academic support during isolation. Student Affairs can provide additional support and coordination when needed.
   f. If your condition changes or worsens, contact Health Service.
   g. Public health professionals ask that you isolate for at least 10 days after your symptoms first appear. Isolation should then continue until you have experienced 24 hours without a fever.

5. If you receive a **negative** test result after exposure or if you have been exposed and not tested (quarantine required):
   a. SCMC will communicate with Health Service who will coordinate your support.
   b. SCMC will also notify public health officials who will provide information to you and will interview you to learn who might have been in close contact with you (closer than six feet for more than 15 minutes).
   c. Health Service will notify the Office of Residential Life (ORL) regarding quarantine housing. (You may choose to quarantine off-campus if you have support with family or others nearby.) Quarantine will last for at least 14 days or until otherwise directed by health care or public health professionals.
   d. You will be contacted by ORL staff about next steps to change rooms, if needed. ORL will contact dining services in order to provide ongoing dining support while you are in quarantine.
   e. You will be contacted by Health Service to monitor your well-being.

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f. Students will contact faculty, success coaches, and tutors for ongoing academic support during quarantine. Student Affairs can provide additional support and coordination when needed.

g. If your condition changes or worsens, contact Health Service.

h. Continue to practice physical distancing, personal hygiene, and use of face coverings as well as monitoring your personal health. Contact Health Service as needed.

6. Once you are released from quarantine or isolation by Health Service, your healthcare provider, or public health officials you may resume regular on-campus activities and classes. Continue to practice physical distancing, personal hygiene, and use of face coverings as well as monitoring your personal health. Contact Health Service if needed.

Resources for students living off-campus:

1. If you believe you have been exposed and/or develop symptoms (fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, loss of taste/smell; or nausea, vomiting, or diarrhea), consult Health Services: 320-589-6070 or hlthserv@morris.umn.edu, or your healthcare provider.

2. Health Service staff will assess your symptoms, determine if testing is needed, and advise on healthcare best practices.

3. If Health Service so determines, you will be referred to SCMC for testing.

4. When your test results are back:
   a. SCMC will communicate with you and with Health Service who will coordinate your support.
   b. SCMC will also notify public health officials who will provide information to you and will interview you to learn who might have been in close contact with you (closer than six feet for more than 15 minutes).
   c. Follow the instructions you receive from Health Service, SCMC, and/or public health officials for quarantine (negative test result) or isolation (positive test result). If negative, you will be asked to quarantine, in a space with a separate room and bathroom, for at least 14 days or until otherwise directed by health care or public health professionals. If positive, public health professionals ask that you isolate for at least 10 days after your symptoms first appear. Isolation should then continue until you have experienced 24 hours without a fever.
   d. You will be contacted by Health Service to monitor your well-being.
   e. You should contact faculty, success coaches, and tutors for ongoing academic support during isolation.
   f. If your condition changes or worsens, contact Health Service.

5. Once you are released from quarantine or isolation by Health Service, your healthcare provider, or public health officials you may resume on campus activities and classes. Continue to practice physical distancing, personal hygiene, and use of face coverings as well as monitoring your personal health. Contact Health Service if needed.

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CONTACT INFORMATION:

Physical health and wellness: Health Service 320-589-6070 or hlthserv@morris.umn.edu

Mental health resources: Student Counseling 320-589-6060 or the UMN Crisis Line at 612-301-4673 or text “UMN” to 61222 on evenings and weekends. Non-emergency scheduling can also be arranged via the Student Counseling website: https://students.morris.umn.edu/health-and-wellness/mental-health/contact-student-counseling

On-campus housing: Office of Residential Life 320-589-6475 to arrange housing and support. After business hours, contact Public Safety.

Campus Public Safety: 320-589-6000

Classes and academic support: Contact your instructors and advisor or the Office of Academic Success 320-589-6178 or oas@morris.umn.edu

Student life support and resources: Contact Student Affairs at 320-589-6013 or ummvcsa@morris.umn.edu

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