

# COVID-19 Student Training

Saint Mary's College  
Notre Dame, IN

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# TOPICS

- Masks
- Handwashing
- Physical Distancing
- Daily Self-Check Process
- In-Person Class
- COVID “Family” Definition
- Visitors
- Isolation/Quarantine
- Travel
- Recommended Supplies to Bring

# MASKS

- A mask must cover the nose and mouth and cover the face with no gaps disposal of droplets through coughing, sneezing or talking
- Masks must be:
  - Non woven or tightly woven multilayer material with no rips or tears
  - Designed to stop fluid droplets from penetrating the mask in either direction through coughing, sneezing or talking
- A mask can be disposable – commercially manufactured so long as it is designed to contain respiratory emissions
- A mask must be worn inside at all times unless you are in your own dorm room alone or with only your roommates, or in a private vehicle
- A mask is required outside when 6 feet of separation cannot be maintained

# WHY MASKS?

- COVID 19 spreads mainly among people in close proximity to one another
- Protects others from your germs
- Demonstrates respect to those around you
- Protects individuals when 6 feet of separation is not possible
- Not wearing a mask will prevent you from attending class in-person
- Not wearing a mask may prevent you from participating in certain activities
- Not wearing a mask may result in disciplinary actions

# HANDLING OF MASK

- Remove your mask by using the ear pieces and not the part that covers your face
- Do not touch your eyes, nose or mouth while removing your mask
- Store mask in a paper bag
- Wash your hands after removing the mask
- Wash and air dry cloth masks daily
- Throw away disposable masks after one use
- **DO NOT** share masks

# HANDWASHING

- Wash hands often
- When to wash your hands:
  - Before and after you enter a work space
  - Before and after eating
  - After blowing your nose or sneezing
  - After using the bathroom
  - Before and after touching a contaminated surface or equipment
  - Before putting on and after removing your mask
- Use soap and water for at least 20 seconds
- Use hand sanitizer 60% alcohol or higher when soap and water not available

# PHYSICAL DISTANCING

- Required for interactions between two or more people who are not a part of the same “family unit”
- Equals a distance of at least 6 feet apart (about two arm lengths)
- Avoid crowds
- Follow foot traffic patterns
- Wear a mask anytime you cannot maintain 6 feet distance from others

# DAILY SELF-CHECK PROCESS

- Respond to health questions, provided to you daily by email, before arriving on campus or leaving your residence room
- Daily temperature check
- Check for the following symptoms:
  - Fever – 100.4 or more
  - Repeated chills and shaking
  - Cough
  - Shortness of breath
  - Recent unexplained loss of smell
  - Sore throat
  - Muscle aches
  - Diarrhea
  - Headache

If you have any of these symptoms, **STAY PUT.**

Contact the Health and Counseling Center at 574-284-4805

Contact [advising@saintmarys.edu](mailto:advising@saintmarys.edu)

# IN-PERSON CLASS

- You are required to wear a mask in all learning situations unless directed by an instructor
- You will be denied class entrance if you don't wear a mask
- Please clean high touch items - keyboards, remotes, shared instruments, tools
- Don't forget to sanitize your seating area using available materials
- Maintain the modified class layout to promote social distancing
- Make sure to sit in your assigned seat
- Don't share supplies you do not have to – phone, electronic devices, computers

# COVID “FAMILY” DEFINITION

- All residents of a single room or suite are considered to be members of the same “family”
- Members of a “family” are not required to wear a mask in their personal space with only roommates
- “Family” members are responsible for regularly disinfecting their space
- Individuals from other SMC residential halls visiting a “family” must wear a mask

# VISITORS

- Only SMC residential students are permitted in residential halls
- Social interactions must take place outdoors or in common areas where appropriate physical distancing allows
- Tri-campus students are welcome on campus but must follow appropriate guidelines established by each institution
- Visitors outside of tri-campus students are not permitted on campus

# TRAVEL

- Federal and state guidelines advise against non-essential travel as it presents an opportunity for increased exposure to illness
- Campus guidelines recommend against any outside travel during the semester
- Think about how location and crowds contribute to the spread of the virus before engaging in any off campus social activities, to avoid being exposed and bringing the virus home

# QUARANTINE

- If you have been exposed to someone who has been diagnosed, you must call Health and Counseling
- You will need to contact [advising@saintmarys.edu](mailto:advising@saintmarys.edu) and your professor(s)
- You will be placed in quarantine on campus space or at home until released by Health and Counseling
- If directed, you will need to call or report to the Health and Counseling Center by 10:00 AM each morning to check on your condition
- You will need to bring several changes of clothing, academic and entertainment materials
- You may undergo “contact tracing” through a phone interview to trace who may have been exposed to you

# ISOLATION

- If you contract COVID, remain in your room or at home
- Call the Health and Counseling Center right away
- Contact [advising@saintmarys.edu](mailto:advising@saintmarys.edu) and your professor(s).
- You will move to campus isolation space or go home until released by Health and Counseling
- You will need to bring several changes of clothing, academic and entertainment materials
- You will undergo “contact tracing” through a phone interview to trace who may have been exposed to you

# SUPPLIES TO BRING

- Cloth masks– 3-5 to allow for washing
- Disposable masks: enough for at least one each day
- Thermometer
- Hand sanitizer with alcohol solution of at least 60%
- Disinfecting spray (like Lysol) with paper towels or wipes
- Hand soap (if you have a sink in your room)
- Fever medication (Tylenol or ibuprofen)
- Moisturizing lotion for hands - optional
- Humidifier - optional

# FINAL STEP

Must complete a brief quiz located at

<https://belletower.saintmarys.edu/submitter/form/start/429723>