

RETURNING TO THE HILL

STUDENT PREVENTION, TESTING AND TREATMENT PROTOCOLS FOR COVID-19

Prepared by the Campus Community Health and Safety Sub-Committee and approved by the Return to the Hill Committee, July 2020



MCDANIEL
COLLEGE

STUDENT PREVENTION, TESTING AND TREATMENT PROTOCOLS FOR COVID-19

McDaniel College is committed to protecting the health and safety of all members of our campus community and minimizing the potential spread of COVID-19 on the campus. Central to the College's response to the pandemic is our commitment to our First Principles. Our first principle "We strive to place students at the center of a humane environment so that they may see and work toward their personal goals while respecting others and sharing responsibility for the common good" has deeply informed the development of these policies and protocols. Safety of all involved is critical in creating a humane environment in which our students will thrive.

The policies and guidelines regarding student prevention, testing and treatment are applicable to all students spending time on campus, residential and commuter. Students' protected personal information will remain confidential per guidelines under FERPA, HIPAA, and state confidentiality laws and only disclosed when necessary to protect public health.

“We strive to place students at the center of a humane environment so that they may see and work toward their personal goals while respecting others and sharing responsibility for the common good”

- First Principles

DEFINITIONS

COVID-19 SYMPTOMS: (As defined by The Centers for Disease Control and Prevention (CDC))

- Cough
- Shortness of breath or difficulty breathing
(Call 911 if you experience this)
- Fever of 100.4 degrees or more
- Chills
- Repeating shaking with chills
- Running nose or new sinus congestion
- Muscle pain
- Headache
- Sore throat
- Fatigue
- New GI symptoms such as diarrhea, vomiting or stomach pain
- New loss of taste or smell

CASE: Someone who has tested positive for COVID-19

CONTACT: Contact between individuals is defined in three different ways when considering the potential exposure of COVID-19. If an individual is symptomatic, the contact period begins 48 hours before the onset of symptoms. In an individual is asymptomatic, the contact period begins 10 days prior to the positive test result.

- **Physical Contact**-Touching an individual who is presumed positive or confirmed positive with or without a face covering or mask
- **Close Contact**-face-to-face contact within six feet for at least 15 minutes or more with an individual who is presumed positive or confirmed positive with or without a face covering or mask
- **Proximate Contact**-face-to-face contact while social distancing (six foot or more distance) for 30 minutes or more with the individual who is presumed positive or confirmed positive with or without wearing a face covering or mask

CONTACT EVALUATION: An interview to determine if the individual who is being tested for COVID-19 or has tested positive for COVID-19 has had any interactions with others that may put them at risk for exposure to COVID-19

COVID-19 PCR TEST: a type of test used to determine if an individual is actively infected with COVID-19. It may be performed through swabbing the front of the nasal cavity, cheeks or nasal pharyngeal. This testing will be available through the Wellness Center.

EXPOSURE: defines the scenarios in which an individual may have been in contact with COVID-19

- An individual experiencing any COVID-19 symptoms.
- An individual experiencing any COVID-19 symptoms, has been tested for COVID-19 and is awaiting test result.
- An individual has received a positive COVID-19 diagnosis.
- An individual has had physical or close contact with an individual who is experiencing symptoms and is awaiting test results or tested positive for COVID-19.
- Individuals who have had proximate contact with an individual who has tested positive for COVID-19 will be evaluated on a case-by-case basis.

ISOLATION is a method used to completely separate individuals who have tested positive for COVID-19 or have symptoms and are awaiting COVID-19 test results from individuals who are not infected. Isolation is required if a student has tested positive for COVID-19, or is awaiting results from a COVID-19 test and experiencing symptoms of COVID-19.

QUARANTINE is a method used to keep individuals who may have been exposed to another individual with COVID-19 but is not personally experiencing symptoms away from others. Quarantine is required if a student has had physical or close contact up to 48 hours prior to a person testing positive for COVID-19 or is awaiting test results and has no symptoms. Additionally, a period of quarantine may be prescribed for other reasons as determined by a healthcare professional.

SURVEILLANCE TESTING is a method of testing for large groups where subsets of individuals are tested for COVID-19 without experiencing any symptoms or an exposure to an individual that has tested positive or is awaiting a test. Testing will be done on a volunteer basis.

PREVENTION OF COVID-19

To maintain a healthy and safe campus community, all members have a responsibility to engage in behaviors that prevent the spread of COVID-19. To that end, students are expected to adhere to the following preventative measures:

Coughing/Sneezing Hygiene: If you are in a private setting and do not have a cloth face covering/mask, always cover your mouth and nose with a tissue or use the inside of your elbow when coughing or sneezing. If you used a tissue, immediately throw it into the trash. Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, then clean your hands with hand sanitizer that is at least 60% alcohol.

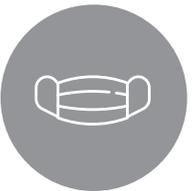


DAILY SYMPTOMS CHECK

Students are expected to complete a daily symptoms check for COVID-19 before they engage in their daily activities outside of their residential room if they live on campus or before coming on campus as a commuting student. If they are not experiencing symptoms, they can continue with their daily routines. If they affirm that they are experiencing any symptoms, they should follow the **Procedures for a Potential Exposure** outlined below.

The Centers for Disease Control and Prevention (CDC) has identified the following symptoms to be COVID-19 related:

- Cough
- Shortness of breath or difficulty breathing (Call 911 if you experience this)
- Fever of 100.4 degrees or more
- Chills
- Repeating shaking with chills
- Running nose or new sinus congestion
- Muscle pain
- Headache
- Sore throat
- Fatigue
- New GI symptoms such as diarrhea, vomiting or stomach pain
- New loss of taste or smell



Face Coverings/Masks: Face coverings or masks must be worn while working on campus when in the presence of others in any indoor location, even if social distancing can be maintained, and outdoors when social distancing cannot be maintained. Face coverings or masks do not need to be worn when in the student's assigned bedroom, alone or with roommate, bathroom when showering or brushing teeth or while eating. If individuals have respiratory illnesses or disease such as asthma or COPD, a physician should be consulted before using a face covering or mask. Refer to the chart below to determine which type of face covering or mask is best for you. Failure to meet this requirement could lead to further disciplinary action.

Cloth face coverings can be a fun accessory that fits one's personality. However, cloth face coverings should be appropriate for a positive learning environment.

Use of Face Covering/Disposable Masks

- Wash hands before handling the cloth face covering/mask
- Ensure that the face covering/mask fits over the nose and under the chin
- Avoid touching the front of the face covering/mask
- Avoid touching eyes, nose or mouth when removing the face covering/mask
- Wash hands after removing the face covering/mask

Face Covering/Mask Types



| Type | Cloth Face Covering or Cloth Mask | Disposable Mask |
|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| Description | Hand-made or commercially manufactured face covering that is washable and helps to contain respiratory emissions of the wearer. Examples include cloth masks and neck/scarf face coverings. | Commercially manufactured mask that helps to contain the respiratory emissions of the wearer. |
| Intended Use | Required for campus community use in a non-healthcare setting while in campus buildings or if 6-foot social distancing cannot be maintained outdoors. | |
| Duration of Use | Must be washed daily. | Must be changed daily. |
| Care/Storage | Laundered with regular clothing detergent after each use. | Must be discarded in trash after one use. |
| Supply | May be supplied by student or College. | May be supplied by student or College. |



Handwashing: Frequent handwashing and/or the use of hand sanitizer that contains at least 60% alcohol is an important strategy in preventing the spread of disease. Handwashing should be done after one has been in a public place, worked directly with another individual, blowing your nose, sneezing, touching your face, before eating and after eating, have touched an object that is identified as a “high-touch” area such as door knobs, light switches, handrails, etc. A good handwashing technique includes rubbing hands vigorously together for at least 20 seconds with soap and water addressing the front and back of hand as well as each individual finger.



Personal Cleaning of Common Spaces Following Use: While the Housekeeping staff will continue to clean common spaces in accordance with CDC guidelines, additional care should be taken to wipe down hard surfaces after each use where possible. This includes but is not limited to desks, keyboards, mouse, AV/electrical equipment, chairs, tables, etc.. Supplies will be available in each location. If you also reside on campus, please refer to COVID-19 Housing Agreement for more information regarding personal cleaning expectations.

Sneeze Guard/Plexiglass Barriers: A sneeze guard or plexiglass barrier is a clear window designed for high-traffic areas to minimize the transmission of respiratory emissions during face-to-face interactions.



Social Distancing: The CDC has advised that keeping at least six feet between individuals is one of the best tools to mitigate the spread of COVID-19. Since individuals can spread the virus before they know they are ill or may never develop any of the recognized symptoms, physical separation from everyone is a critical component. Social distancing practices include:

Social Distancing Practices Include:

- Maintaining at least six feet of distance from others at any given time
- Always avoid groups of 10 or more
- Use video meeting technology or conference calls instead of in-person meetings, where possible
- Avoid traveling in vehicles with others, when possible
- Avoid remaining in a location for long periods of time where social distancing is not possible
- Avoid any type of physical contact with others
- Strongly consider remaining on campus when possible



Thermal Scanning: In addition to use of personal thermometers, students also have the option to use a touch-less thermal scanners to check their temperatures at any time. The thermal scanners are placed at various locations throughout campus. If a student's temperature reading is 100.4 or higher, they should immediately follow the steps listed in **Procedures for Potential Exposure** outlined below. The thermal scanner will also send a notification to the Wellness Center as well.

PROCEDURES FOR POTENTIAL EXPOSURE

If a student meets any of the exposure definitions, they should contact a healthcare provider as soon as possible before taking any other action including interacting with other individuals. The student will be evaluated by a health practitioner to determine if testing and/or additional care is needed. The student will remain in self-quarantine until further guidance from the health practitioner is provided.

Residential Students-Contacting a Healthcare Provider

1. The student should contact the Wellness Center (410-857-2243) Monday through Friday between 8:30am to 4:30pm for a telehealth appointment. If the notification of exposure occurs on a Monday-Friday during non-business hours, Saturday or early Sunday, the student is encouraged to Campus Safety (410-857-2202) who will assist student in connecting with the appropriate level of medical care.
2. If student meets testing criteria, student will follow advice of treating healthcare provider in regards to testing.
3. Student will enter self-isolation or self-quarantine, whichever is applicable to their situation, until released by a healthcare provider. If student wishes to return home off-campus, they will be permitted to do so unless otherwise instructed by Carroll County Health Department.

Commuting Students-Contacting a Healthcare Provider

1. The student may contact the Wellness Center (410-857-2243) for a telehealth appointment Monday through Friday between 8:30am to 4:30pm for a telehealth appointment. If the notification of exposure occurs on a Monday-Friday during non-business hours, Saturday or early Sunday, the student will contact an urgent care center for an evaluation. Alternatively, the student may seek care from their regular community healthcare provider.
2. If student meets testing criteria, student will follow advice of treating healthcare provider in regards to testing.
3. The student will enter self-isolation or self-quarantine (whichever is applicable to their situation) in their off-campus residence until released by a healthcare provider.
4. If the student is being treated by a community healthcare provider, the provider should coordinate with the Wellness Center regarding release from self-isolation or self-quarantine.

RECEIVING A POSITIVE TEST RESULT

If a student receives a positive COVID-19 test result, they must notify the Wellness Center as soon as possible. A healthcare practitioner will provide instruction on the period of self-isolation that will be required. In most instances, the timeframe calculation will include the period of days to fully recover plus three days or ten days from the onset of symptoms if there is a full recovery before the 7th day. For more information, go to the isolation procedures.

INFECTION CONTROL RESPONSE

Once the College receives notification that a member of the campus community has been referred for COVID-19 testing by a healthcare provider or any Health Department, the Infection Control Response Team will complete a contact evaluation. If the evaluation affirms physical or close contact, then impacted individual(s) will be contacted by the Infection Control Response Team. The communication will include any additional steps that may be required. In most instances, impacted individuals will be instructed to follow-up with their healthcare professional for evaluation and testing. A period of quarantine or isolation may be required.

STUDENT SELF-ISOLATION AND SELF-QUARANTINE

These procedures and guidelines are designed to limit and restrict the exposure of students, faculty, and staff on the McDaniel College campus from members of the McDaniel community who meet the exposure guidelines. McDaniel College employees will not enter any student's residence or room that is under self-isolation or self-quarantine status unless there is an emergency or a decline in medical status.

Self-Isolation: A student who is in isolation should stay within the designated isolation space at all times until released by a healthcare provider. This period may last from a couple of days to the length of time it takes to recover from the illness plus three days if there is a positive test.

Self-Quarantine: A student who is in quarantine should stay within the designated area until released by a healthcare provider. The period is typically 14 days after the last exposure. During quarantine, students should check their temperature twice a day and watch for symptoms of COVID-19. If a student in quarantine develops symptoms, arrangements will be made for them to move to isolation. For students who live in a double or apartment, they may be expected to quarantine together. This means that if one person is recommended for quarantining, it will include all applicable roommates.

ISOLATION PROCEDURES FOR RESIDENTIAL STUDENTS

The College has designated specific rooms on campus or off-campus for self-isolation. Each space will include an individual bedroom and bathroom. While in isolation, a student is not permitted to leave the designated space unless expressly advised by the treating healthcare provider. McDaniel College staff will not be permitted to enter the isolation space unless there is an emergency and the staff member is wearing proper personal protective equipment (PPE).

Prior to arriving at the testing location, students will be asked to prepare a "To Go Bag" with essentials they will need in isolation including toiletries, clothing etc. After the testing is performed, the student will be assigned to a self-isolation room and given the key at that time. The student will also be expected to turn in their key to their regularly assigned residential space. College staff members accompanying student to isolation housing location will wear full PPE.

Visitors will not be permitted at any time during the isolation period.

Students are encouraged to create a "covid-19 prepared bag" stocked with items such as hand sanitizer, comfortable clothing, masks, thermometers, snacks such as protein bars, applesauce and water, pens, electronic devices such as cell phones, laptops and all academic materials.

Wellness Center Health Services:

1. McDaniel College Wellness Center will notify the Carroll County Health Department of all students who meet the testing criteria for COVID-19 and will communicate the results of each test performed.
2. A staff member will conduct a daily Wellness Checks with students in self-isolation. A designated time will be given and the method of contact will ideally be video telehealth appointment via doxy.me platform. Phone is also an acceptable means of conducting the Wellness Check.
 - a. Students will be asked to check their temperature at least twice daily. The student will report their temperatures to the Wellness Services team member during the daily Wellness Check.
 - b. Communication about how the student feels, signs and symptoms of illness, any medication taken within the past 24 hours, and any test results will be discussed and documented during the daily Wellness Check.
 - c. A referral to Counseling Services will be offered to assist the student in managing the stress related to their self-isolation/quarantine, illness (if applicable), and other related stressors.
 - d. If a student in self-isolation or self- quarantine is unable to be reached at their designated check-

in time with McDaniel College Health Services or there is other reason to be concerned for the student's immediate safety, a staff member will don PPE and knock on the student's door and identify themselves. If the student does not answer the door, Campus Safety will unlock the student's door and again announce themselves to conduct a safety check.

3. Wellness Services will limit entry into the student's Residence Hall unit to emergency/safety checks and possible decline in medical status.
 - a. Only members of Health Services, the Department of Campus Safety, or college staff designated by the Dean of Students who have had PPE training will be permitted to enter the student's Residence Hall unit.

Meals: College staff will deliver meals prepared by Food Services to students who are self-isolating in the McDaniel College Residence Halls. Students will order the to-go meals through the food service app.

To-go-meals will be delivered outside of the student's residence. Staff will leave the building and call or text the student that their meal is on their doorstep. Staff must be > 6 feet from the student's door before calling.

Cleaning: Students are responsible for cleaning and disinfecting their own residential spaces during self-isolation.

Biohazard Waste:

1. Prior to the arrival of students assigned to isolation, the Director of Risk Management/Environmental Health & Safety (DRMEHS) will stock the unit with a biohazard box lined with a red biohazard bag.
2. Students will be instructed to dispose of all waste products in the red biohazard bag in their unit. This should include all food waste, utensils, and personal care items such as tissues.
3. Once the red biohazard bag is $\frac{3}{4}$ full, tie off the bag by making a knot at the top. Set aside and line with a new red biohazard bag.
4. The DRMEHS will be notified if additional red biohazard bags are needed in the student's unit. Additional red biohazard bags will be left outside the student's door. The student will be called or texted after the staff member has left the building.
5. A biohazard box will be placed in the designated room for donning and doffing of PPE. Any staff using PPE in this location will place all used PPE in the biohazard boxes. Once the boxes are full, the DRMEHS will be notified and the boxes will be removed and disposed of properly.
6. The DRMEHS will notify Waste Strategies that McDaniel College will require a biohazardous waste pick-up from the isolation room.
7. Once the student exits isolation, everything in the room is disposed of properly.

Personal Protective Equipment (PPE): McDaniel College staff interacting with students who are being tested for COVID-19 or have tested positive for COVID-19 will utilize PPE during each interaction.

1. A supply of PPE will be stored in a designated location central to isolation/quarantine rooms for donning and doffing? The supply will include:
 - a. N-95 respirators

- b. Surgical masks
- c. Gloves
- d. Gowns (or Tyvek suits)
- e. Shoe covers
- f. Hair covers
- g. Goggles/Face Shields
- h. Alcohol sanitizer
- i. Disinfecting wipes

2. A sign will be placed in the location with detailed instructions for donning and doffing PPE.

Parent/Emergency Contact Notification: If a student is being tested for COVID-19, the Health Services staff will seek student authorization through signed release of information to share health status information with designated family members. If at any time, college staff become concerned for the immediate health and safety of a student, the student's emergency contact will be notified.

Faculty Notification of Student Absence: The student should make an attempt to email each faculty member that they will be absent due to medical reasons. If the student is unable to complete this task, the student may ask that Academic Life notify each faculty of the absence due to medical reasons.

Emergency Procedures: If the student is experiencing a medical emergency 911 will be called. The operator will be notified that care is being sought for someone who has or may have COVID-19.

The following are **emergency warning signs** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Discontinuation of Self-Isolation: Once the student has met the discontinuation criteria applicable to their situation, the Wellness Center Health Services staff will confirm they are cleared for release from isolation/quarantine and communicate this to the Dean of Students. If the student is under the care of an off-campus healthcare provider, the student must provide a note from their treating provider to confirm they are cleared for release from isolation/quarantine. Any student that has been cleared from isolation will return their key to Residence Life and receive the key back to their assigned residential space.

The Dean of Students will notify Residence Life, Campus Safety, Director of Risk Management/Environmental Health & Safety, Aramark, and AVI that the student will be released from self-isolation/quarantine.

The Wellness Center will use the following criteria to determine when students can discontinue self-isolation:

- 3 days with no fever (without the use of fever-reducing medications) **and**
- Symptoms improved or completely resolved **and**
- 10 days since symptoms first appeared

QUARANTINE PROCEDURES

Students will quarantine in their assigned residential space on campus. If students are quarantining in a shared space with shared bathroom, each student will maintain responsibility for cleaning and disinfecting their assigned bathroom sink, shower, and toilet according to the directions provided and using the supplies provided. If a student is in a double room or apartment, their roommate(s) may be expected to quarantine with them.

Students will be expected to monitor for the development of any symptoms daily. Students will be given a thermometer and asked to check their temperature at least twice daily. If a student does develop symptoms, they are to contact Health Services right away. The student will also be moved to an isolation room.

Wellness Center Health Services: Health Services staff will conduct periodic Wellness Checks with students in quarantine. A designated time will be given and the method of contact will ideally be video telehealth appointment via doxy.me platform. Phone is also an acceptable means of conducting the Wellness Check. The Wellness Check will include communication about how the student feels, signs and symptoms of illness, and any medication taken within the past 24 hours and temperature checks. If the student begins to experience any symptoms, the student will be moved to isolation and will be tested for COVID-19. A referral to Counseling Services will be offered to assist the student in managing the stress related to their quarantine, illness (if applicable), and other related stressors.

If a student in self- quarantine is unable to be reached at their designated check-in time with McDaniel College Health Services or there is other reason to be concerned for the student's immediate safety, a Wellness Center Staff Member will don PPE and knock on the student's door and identify themselves. If the student does not answer the door, the staff member will unlock the student's door and again announce themselves to conduct a safety check.

Health Services will limit entry into the student's Residence Hall unit to emergency/safety checks and possible decline in medical status. Only members of Health Services, the Department of Campus Safety, or college staff designated by the Dean of Students who have had PPE training will be permitted to enter the student's Residence Hall unit.

Meals: College staff will deliver meals prepared by Food Services to students who are quarantining in the McDaniel College Residence Halls. The student will be asked to sign a consent authorizing staff to use the student's meal plan to purchase meals while in quarantine.

To-go-meals will be delivered outside of the student's residence. Staff will leave the building and call or text the student that their meal is on their doorstep. Staff must be > 6 feet from the student's door before calling.

Cleaning: Students are responsible for cleaning and disinfecting their own residential spaces during self-quarantine.

Parent/Emergency Contact Notification: If a student is being tested for COVID-19, the Health Services staff will seek student authorization through signed release of information to share health status information with designated family members. If at any time, college staff become concerned for the immediate health and safety of a student, the student's emergency contact will be notified.

Faculty Notification of Student Absence: The student should make an attempt to email each faculty member that they will be absent due to medical reasons. If the student is unable to complete this task, the student may ask that Academic Life notify each faculty of the absence due to medical reasons.

Emergency Procedures: If the student is experiencing a medical emergency 911 will be called. The operator will be notified that care is being sought for someone who has or may have COVID-19.

The following are **emergency warning signs** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

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- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Discontinuation of Self-Quarantine: Once the student has met the discontinuation criteria applicable to their situation, the Wellness Center Health Services staff will confirm they are cleared for release from quarantine and communicate this to the Dean of Students. If the student is under the care of an off-campus healthcare provider, the student must provide a note from their treating provider to confirm they are cleared for release from quarantine.

The Dean of Students will notify Residence Life, Campus Safety, Director of Risk Management/Environmental Health & Safety, Physical Plant, and McDaniel Culinary Services that the student will be released from quarantine.

The Wellness Center will use the following criteria to determine when students can discontinue quarantine:

- 14 days since last contact with confirmed or presumed case **and**
- No symptoms

SURVEILLANCE TESTING

A comprehensive testing strategy includes adequate testing for individuals who are symptomatic, individuals who have had direct contact with a case and those who may be asymptomatic. The College will use surveillance testing to periodically test individuals who are not displaying or experiencing any symptoms. The test group will be a representative sample of the campus population using a modified random selection process. Participation in the process is completely voluntary.

Selection Process

Weekly throughout the semester, up to 50 individuals will be randomly selected for a COVID-19 PCR test. The sample group will contain a combination of actively enrolled residential students, actively enrolled commuter students, faculty reporting to campus and staff reporting to campus. Once the list of individuals meeting these criteria for the semester is generated, the names will be redacted from the list. The sample will be selected by using the random selection process in Excel using only college identification numbers. Once an individual is selected for testing, they will no longer be included in the random selection process for the remainder of the semester.

Testing Notification

The sample list will be given to Health Services to notify the selected individuals. Individuals will be notified that they were randomly selected for a COVID-19 PCR test and that they need to report to the Wellness Center within 48 hours for the test. If they do not wish to comply, another individual will be randomly selected.

Testing Results

The testing results will be shared with the individual and the Carroll County Health Department, if there is a positive result. For more information on what occurs after a positive result, refer to section **Receiving a Positive Test Result**.

