

# COVID-19

# 2021-2022 Health & Safety Plan

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Information for Students | Spring 2022 Semester

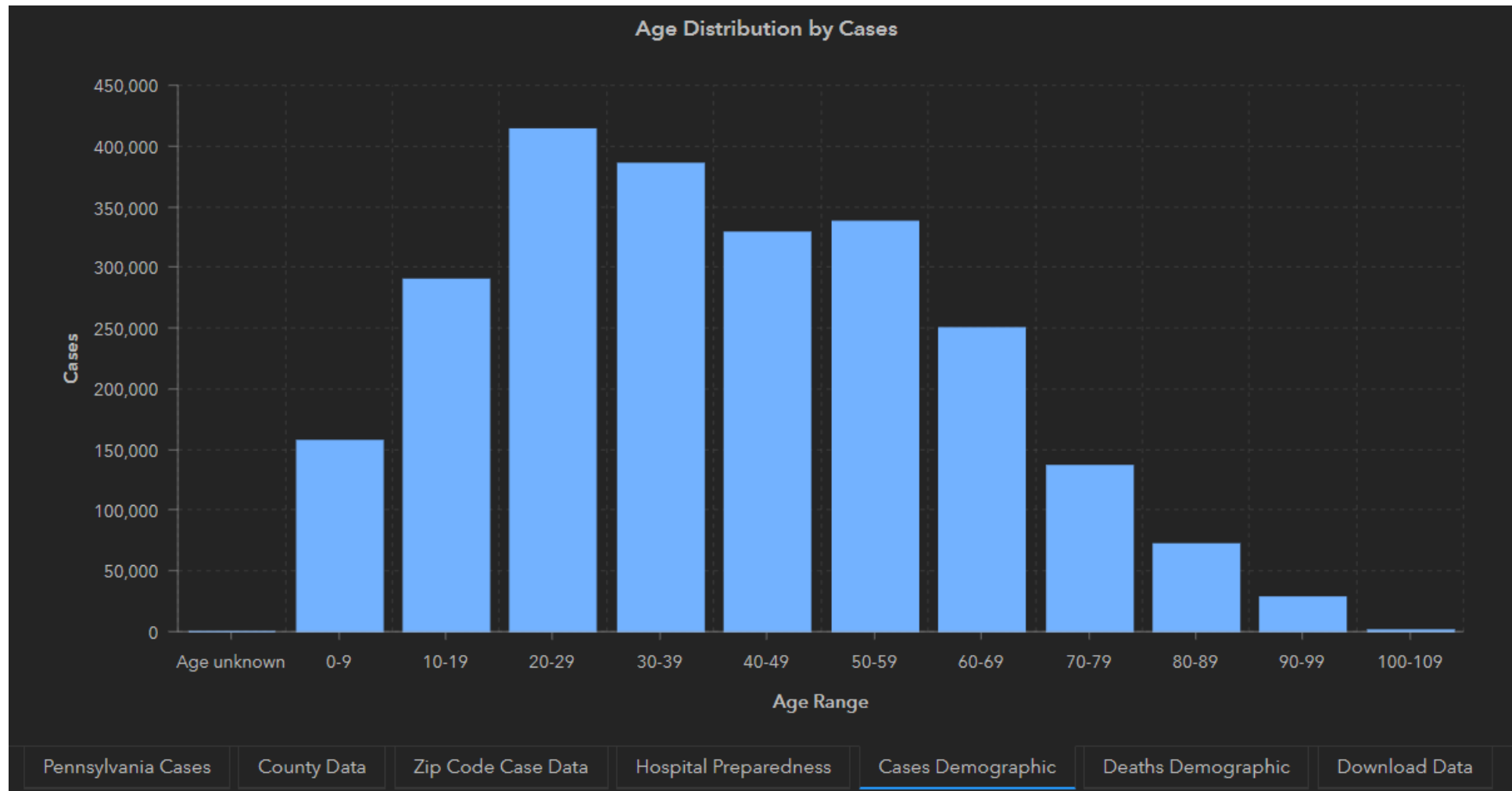
# COVID-19 Overview

- Coronaviruses are a type of virus. There are many different kinds, and some cause disease.
- Some coronaviruses can cause colds or other mild respiratory (nose, throat, lung) illnesses.
- A coronavirus identified in 2019, SARS-CoV-2, has caused a pandemic of respiratory illness, called COVID-19.

# COVID-19 in PA

Age distribution of cases in Pennsylvania: 20 – 29 age cohort, largest # of cases

**SOURCE:** PA DOH (January 14, 2022): <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Cases.aspx>



# COVID-19 in Lancaster, PA

- New cases of COVID-19, hospitalizations and deaths are increasing daily in Lancaster County and across the nation.
- The Omicron variant, a very contagious strain of COVID-19, is now causing nearly 100% of the COVID-19 cases in the United States.
- Is Omicron milder? Maybe for some individuals, especially those vaccinated, but it can be serious for the unvaccinated, those who could develop long COVID-19, or those with other medical conditions.
- The Healthcare system and workers are challenged by the volume of patients needing hospital care.
- **The best way to prevent serious illness from COVID-19 and stop community spread is to GET VACCINATED.** Vaccines continue to help protect against severe illness and death from COVID-19.

# How Does COVID-19 Spread?

- Person to Person – **the primary way**
  - Close contact (within 6 feet, 15 minutes or more cumulative)
  - Through droplets (coughing, sneezing, talking)
  - Can spread before symptoms even appear
  - Touching a surface or object
  - Omicron variant spreads more easily

# Signs & Symptoms

- Wide range of symptoms
- 2-14 days after exposure to the virus



## Common symptoms of COVID-19

- Fever or chills
- Cough
- Shortness of breath, difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting, diarrhea

## 3 common symptoms of omicron variant:

- Runny nose, stuffy nose, sore throat

# Highlights From Our 2021-2022 Health & Safety Plan



Thaddeus Stevens  
College of Technology



# Thaddeus Stevens College

## 2021-2022 Health & Safety Plan

**is based on the**

[CDC Guidelines for Institutions of Higher Education \(IHE's\) Where Not Everyone Is Fully Vaccinated](#)

**and is aligned with the**

Pennsylvania Department of Health Guidelines

The plan is available on our website: [stevenscollege.edu/covid-updates/](https://stevenscollege.edu/covid-updates/)

[2021-2022 Health & Safety Plan](#)

*CDC guidance is evolving; our plan will be updated to reflect changes in guidance and circumstances.*



# Prevention is Key: Masking

## **WEAR A MASK ON CAMPUS – IT'S REQUIRED!**

- Universal masking is required, regardless of vaccine status, throughout Thaddeus Stevens College campuses/locations
  - Indoors and outdoors when social distancing is not possible
- Masks are highly effective, but only if worn correctly (completely cover the chin and nose, no gaps)
- Social distancing is not a substitute for a mask – keep your mask on
- Gaiter masks and face shields are not acceptable substitutes for a mask

# Prevention is Key: Social Distancing

## AVOID CLOSE CONTACT

- 6 feet, per the CDC (prevents droplets)



# Prevention is Key: Hand Washing

## WASH YOUR HANDS OFTEN

- Wash your hands frequently using soap and water for 20 seconds
- Public places
- If unable to wash with soap and water, use hand sanitizer that contains no less than 60% alcohol
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Watch: handwashing demonstration that shows how handwashing can get rid of germs and chemicals that get on our hands every day: <https://youtu.be/eZw4Ga3jg3E>

# Prevention is Key: Other Measures

## COVER COUGHS AND SNEEZES

- Always cover your mouth and nose – use a tissue or the inside of elbow <https://youtu.be/J2jbEetZ8G4>
- Do not spit
- Throw used tissues in the trash
- Immediately wash hands with soap and water

## CLEAN AND DISINFECT

- Clean and disinfect frequently touched surfaces daily
- If surfaces are dirty, clean them
- Use a disinfectant

# Prevention is Key: Vaccination

## **STUDENTS ARE STRONGLY ENCOURAGED TO GET THE COVID-19 VACCINE!**

- According to the CDC, getting vaccinated helps prevent severe illness, hospitalizations, and death. It may keep you from getting the virus and spreading the virus.
- If you are vaccinated, share your COVID-19 Vaccination Card with Health Services:  
[meshey@stevenscollege.edu](mailto:meshey@stevenscollege.edu)

# COVID-19 Vaccine Clinics on Campus




## Spring 2022 On-site COVID-19 Vaccine Clinics

- Dates will be shared via email and posted on the [my.stevenscollege.edu](https://my.stevenscollege.edu) portal, campus digital signs, and on other College communication platforms

# Confidentiality of Vaccine Status

**Your COVID-19 vaccine status is confidential,**  
and can only be shared on a “need to know” basis for contact tracing  
or medical care.

# Prevention is Key: Daily Symptom Check Required

- Early Identification of Symptoms – [LiveSafe App](#)
  - Students are **required** to complete the LiveSafe COVID-19 screening app each day prior to coming on campus/going to class
    - Green check – cleared to come on campus/go to class 
    - Red check – alert instructor, **do not come to campus or go to class** until cleared by your healthcare provider or Health Services 
  - Download the LiveSafe app from Google Play or the Apple Store. 
  - Access the app from any web browser: <https://livesafe.jotform.com/202386206465960>



# When and How to Report Symptoms

**Contact your instructor and Health Services – do NOT come to campus or class until you have talked to Health Services if you have symptoms:**

- If you get a “Red X” on your daily LiveSafe symptom checker app.
- If you are experiencing 2 or more symptoms.
- If you have been in close contact with someone who has tested positive for COVID-19 (vaccinated or not vaccinated).

**Health Services:** 717-299-7769 or [healthservices@stevenscollege.edu](mailto:healthservices@stevenscollege.edu)

# COVID-19 Testing

- Students are required to participate in on-site surveillance (screening) testing, starting with pre-arrival testing for all students, then moving to random testing when indicated by trends in positive test rates on campus and/or in our community.
- **Depending on your vaccination status, you may not need to participate in weekly asymptomatic COVID-19 surveillance testing.**
  - If you are fully vaccinated for COVID-19 **and have received a booster**, OR
  - have completed the primary series of **Pfizer or Moderna vaccine in the last 6 months**, OR
  - have completed the primary series or the J&J vaccine **in the last 2 months**,
  - **THEN you will be exempt from weekly surveillance testing when the College moves to random surveillance testing.**
- If you are selected to participate in random testing, you will be notified by email at your [stevenscollege.edu](mailto:stevenscollege.edu) address.

# COVID-19 Testing (continued)

- If you have symptoms of COVID-19, symptomatic testing will be triaged by Health Services:
  - Rapid tests are available and administered on site as indicated
  - Referral to appropriate level of care for further evaluation may be made

# If you test **POSITIVE** for COVID-19: **Isolate**

- Isolate if you are **confirmed COVID-19 positive**
  - **NEW** CDC guidelines for isolation, regardless of vaccination status:
    - Isolate for five (5) days – do not leave home or gather with others!
    - If asymptomatic or if symptoms are resolving after five (5) days, isolation may be discontinued, BUT...
      - You must continue to wear a mask around others for five (5) additional days
      - If you have a fever, remain on isolation until fever resolves
  - Generally supportive care: rest, fluids, and over the counter medications; most will recover at home – monitor symptoms, contact health care provider, health services.
  - Call health care provider or Health Services if any concerns. If symptoms become severe – **SEEK EMERGENCY CARE!**

# If you have been in **CLOSE CONTACT** with someone who tested positive

- If you have been in close contact with someone in the campus community who has tested positive for COVID-19, Health Services will notify you.
- “Close Contact” = within 6 feet of someone who has COVID-19, for 15 minutes (cumulative)
  - You are in the same lab/shop/classroom
  - You had direct physical contact with someone who has COVID-19
  - You live in the same dorm unit

# Guidelines for Close Contact: Quarantine

## **NEW CDC Quarantine Guidelines for close contact:**

An individual who has had close contact with an individual who has tested positive for COVID-19 will follow guidelines for **quarantine** based on **vaccination status, per CDC** guidelines:

### ■ **Fully Vaccinated**

- If you are **fully vaccinated for COVID-19 and have received a booster**, OR
- If you have completed the primary series of Pfizer or Moderna vaccine in the last 6 months, OR
- If you have completed the primary series of the J&J vaccine in the last 2 months;
- **THEN you do not need to quarantine, BUT you are required to wear a mask around others for 10 days and get a COVID-19 test at 5 days.**

### ■ **Not Fully Vaccinated**

- If you are **not vaccinated**, OR
- You have completed the primary series of Pfizer or Moderna vaccine **more than 6 months** ago and **have not received a booster**, OR
- You have completed the primary series of the J&J vaccine **more than 2 months** ago and **have not received a booster**,
- **THEN you will be required to quarantine at home or another off-campus location for 5 days. After 5 days, you will need to continue to wear a mask around others for 5 additional days and, if possible, test on day 5.**
- If symptoms develop, the individual will stay home (isolate) and get tested.

# Student Responsibility Form

Students are required to sign a **Personal Responsibility Form** to acknowledge their review and commitment to the Thaddeus Stevens College of Technology 2021/2022 Health & Safety Plan.

<https://stevenscollege.edu/covid-19-personal-responsibility-form/>

Student Personal Responsibility Form:

# Stay Safe!



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