



# FAYETTE CAMPUS CARE PLAN 2021-22



## STUDENT GUIDELINES



# UPPER IOWA UNIVERSITY CARE PLAN 2021-22

## FAYETTE CAMPUS

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The rapidly changing nature of the COVID-19 pandemic requires Upper Iowa University (UIU) to remain both attentive and flexible. As conditions change, so will our protocols, policies and processes. We'll continue to keep you informed about any revisions to this handbook and to the steps we'll be taking to ensure the safety and health of our community.

The following information describes the processes and protocols designed to help students who attend UIU's Fayette Campus remain safe and healthy.

If you have questions after reviewing this information, please contact [careteam@uiu.edu](mailto:careteam@uiu.edu) or [studentlife@uiu.edu](mailto:studentlife@uiu.edu).

# **GUIDELINES for Vaccinated and Unvaccinated Individuals**

For the most up-to-date information, visit the CDC website at [www.cdc.gov/coronavirus/2019-ncov/](http://www.cdc.gov/coronavirus/2019-ncov/).

## **FULLY VACCINATED**

In general, people are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or;
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

Being vaccinated means you may resume activities that you did prior to the pandemic.

- You do not have to physically distance with those around you.
- You are not required to wear a mask in public unless posted .
- You do not need to quarantine after travel.
- If you become symptomatic, you may be asked to take a free test on campus and/or quarantine
- Fully vaccinated individuals who are exposed are not required to quarantine but should take care to wear a mask, social distance and closely monitor symptoms for 14 days OR until they receive getting a negative test. Individuals exposed are encouraged to get a test after 3-5 days have elapsed since known exposure. If a fully vaccinated individual contracts COVID or a variant they are required to isolate for 10 days or longer if symptoms persist.

## **UNVACCINATED**

Individuals who have not started the process of inoculation or someone who is in the process but has not reached two weeks after their last shot.

While not required to have the COVID-19 vaccination, students, faculty and staff are strongly encouraged to get vaccinated if it is safe for them to do so. If you have not yet received a vaccine, please contact your physician, pharmacist, or local public health agency. Individuals who are not fully vaccinated are asked to do the following:

- Continue physical distancing when possible.
- UIU requests that unvaccinated individuals wear a mask when indoors or in group settings and continue physical distancing when possible
- Quarantine if exposed to COVID-19; isolate if you receive a positive test.
- Be tested in situations of illness, exposure, or when dictated by work or activity guidance.

Depending on the circumstances surrounding public health, local and regional case numbers, guidance from governing bodies, and the changing university climate, the guidelines above may change. Vaccinated individuals may be asked to socially distance, mask, and quarantine due to these changes.

Throughout the remaining sections of this document, refer to the guidelines stated above for vaccinated and unvaccinated individuals to properly adhere to expectations.

# **COMMUNITY PRACTICES (We're All in This Together)**

UIU will abide by commonly recognized best practices for reducing COVID-19 transmission. They include:

## **FACE COVERINGS AND DISTANCING**

Distancing is one of the most effective ways to limit virus transmission. Face coverings assist to limit virus transmission. Disease variants may impact future face covering and distancing recommendations.

Individuals who are not fully vaccinated are required to wear a mask when indoors or when in group settings. These settings include:

- Anywhere you are going to be in close contact with another person, defined as within 6 feet for 15 minutes or longer.
- Inside of any Campus building, including elevators, hallways, common spaces, bathrooms, foyers, lobbies and stairwells.
- Any public/common spaces outdoors where distancing is inconsistent or difficult to maintain.
- Inside classrooms and meeting spaces.

## **HAND HYGIENE AND FACE TOUCHING**

You're expected to wash your hands with soap and water for at least 20 seconds and as frequently as possible throughout the day. If soap and water are unavailable, you can use hand sanitizer that contains at least 60 percent alcohol.

Carry tissues with you so you can cover your mouth if you cough or sneeze, then dispose of the tissue and wash your hands. If you don't have tissues, sneeze or cough into the inside of your elbow.

It may be a difficult habit to break, but don't touch your face. A few ways to help you touch your face less often include:

- Try folding your hands in your lap when sitting.
- Tie or pin your hair back.
- Make sure your glasses fit properly.
- Imagine your hands are dirty.

## **DAILY HEALTH SCREENINGS**

Students are expected to self-screen daily. Any student who has a temperature of 100.4°F or higher, or is experiencing any unexplained symptoms should email [careteam@uiu.edu](mailto:careteam@uiu.edu).

## **PREPARING FOR CAMPUS**

Taking time to prepare for moving back into the college setting during the COVID-19 pandemic can help in our efforts to keep each other safe and healthy.

**A Health and Safety Pledge** will be required to sign and return a Health and Safety Pledge that says you'll comply with Campus safety protocols, including daily review of the COVID-19 Symptoms Checklist and possibly a daily temp check. The pledge will be available on myUIU. Violations or disregard of safety policies and protocols will be treated as violations of the Student Code of Conduct.

## **Things you will want to do before your arrival:**

- You will be required to self-screen before moving onto Campus. If you are ill, you will be asked to delay your arrival.
- Prior to coming to Campus, get accustomed to monitoring your health by reviewing the Symptoms Checklist (see page 10) and taking your temperature daily. Should you exhibit any symptoms or your temperature exceeds 100.4°F during that time period, contact your local health care provider; please also contact [studentlife@uiu.edu](mailto:studentlife@uiu.edu) in the event that your arrival on Campus may be delayed.
- Purchase a large shower caddy to ensure that you can carry all of your cosmetics, appliances, soaps and shampoos. Students will not be allowed to leave their belongings in any Campus bathroom.
- Ensure you have an adequate supply of hand sanitizer and soap, a personal thermometer, and cleaning supplies to sanitize flat surfaces and frequently touched items such as doorknobs within your residence.

## **MOVING ONTO CAMPUS**

- Unvaccinated students and visitors will be asked to wear face coverings while on Campus.
- Any student who says “yes” to any unexplained symptom on the symptom checklist or who has a temperature of 100.4°F or higher will be required to contact UIU Care Team at [careteam@uiu.edu](mailto:careteam@uiu.edu). Visitors who say “yes” to any unexplained symptom or who have a temperature of 100.4°F or higher will not be allowed to remain on Campus. See page 10-11 for list of symptoms.
- Move-in carts and dollies will be available for use and sanitized.

## **RESIDENCE HALL PROTOCOLS**

- You are asked to follow face covering expectations for vaccinated and unvaccinated individuals.
- If you live in a suite, you and your suitemates will be responsible for cleaning your spaces.
- Communal bathrooms will be sanitized on a regular posted schedule twice daily.
- You may not change your room or roommate during the first three weeks of the semester.
- You are encouraged to make it your regular practice to take the stairs, if possible.
- We'll make hand sanitizer available in common spaces, but you should be sure to bring your own supplies as well. Facilities has liquid hand sanitizer for refilling containers. If cleaning supplies run low on the floor, please call Facilities at 563-425-5796. Leave a message if after hours.
- Guests are allowed. Anyone with COVID-19 symptoms will follow University protocols. UIU's guest policy will be continuously monitored.

## **DINING SERVICES**

- All Student Center Served food will be available for takeout, but guests may still eat in the dining hall. Individually wrapped items will be available at the Café.
- Face coverings are highly recommended while moving about the dining hall.
- You are encouraged to avoid the “rush” and the crowding it creates.
- All staff will follow CDC and Fayette County Public Health guidelines regarding the wearing of appropriate personal protective equipment (PPE).
- All staff will be trained in and required to diligently follow CDC protocols on infection prevention, including physical distancing, hand washing, avoiding touching the face, cleaning and disinfecting frequently touched surfaces, and temp checks prior to every shift.
- Students should not move tables and will be expected to follow distancing guidelines as practical.
- Dining services policies will be continuously monitored.

## **CLASSROOM PROTOCOLS**

### **ENTERING AND EXITING THE CLASSROOM**

- You should always wait until the last person from the prior class has left the classroom before entering.

## **CLEANING AND SANITIZING**

### **RESIDENTIAL AREAS**

- Facilities has deep cleaned all residence hall rooms, public spaces and bathrooms. Communal places will continue to be cleaned.
- Elevator surfaces and buttons will be cleaned.
- Communal bathrooms will be cleaned.

### **PUBLIC BUILDINGS**

- All public spaces and high-touch surfaces will be cleaned.
- Elevator surfaces and buttons will be cleaned.
- Public bathrooms will be cleaned.

### **CLASSROOMS AND OTHER BUILDINGS**

- Classrooms will be cleaned, including all flat surfaces, equipment, technology and high-touch items, such as doorknobs.
- Hand sanitizer stations will be available at the main entrance of all facilities and hand wipes will be available in classroom facilities.

# **MONITORING AND TRACKING COVID-19**

## **DAILY SYMPTOM MONITORING**

If your temperature is over 100.4°F or if you answer “yes” to any of the questions on the Symptoms Checklist (see page 10), you will be asked to stay in your home or residence hall room, refrain from attending in-seat classes or other activities, self-monitor your symptoms and email [careteam@uiu.edu](mailto:careteam@uiu.edu) for additional guidance. The SensorRX app used during the 2020-21 year will not be used in 2021-22.

## **QUARANTINE**

Quarantine is the process of separating from others for a period of time when you are symptomatic or have been in close contact with someone who has been diagnosed as having an infectious disease.

Unvaccinated students who have been identified through contact tracing to have potentially been in close contact with a confirmed case of COVID-19 will move to quarantined floors at the direction of the UIU Care Team. Symptomatic vaccinated students may be asked to quarantine to help stop the spread of sickness. The Care Team will communicate on-campus testing options for students and give direction regarding quarantine length based on the situation and testing.

Quarantined students will be monitored regularly by the Care Team. Students will be assisted with their academic and other daily needs.

Students with a university meal plan will be delivered meals during periods of quarantine and isolation. Quarantined students with a meal plan will order online. To fill out your daily food order for the following day, email Aramark Manager Stephanie Herman at [hermans@uiu.edu](mailto:hermans@uiu.edu). Delivery will be during a specific time frame. All dishes will be disposable, so no need to return. Specific instructions may be directed to Stephanie Herman at [hermans@uiu.edu](mailto:hermans@uiu.edu).

Students without a meal plan will be charged by the meal. Remote counseling services will be made available upon request.

Students in quarantine or isolation will have access to their classes via either Zoom, recordings, or as otherwise arranged by their professor. It is the student’s responsibility to communicate with instructors as soon as possible should quarantine or isolation occur to make arrangements.

## **Contact Tracing**

A contact tracer may contact you by email, text or phone to inform you that you may have been in close contact with a person who has tested positive. Close contact is defined as having been in contact with the person for 15 minutes or longer less than 6-feet apart, or having had direct physical contact with the person.

The contract tracer will not provide the name of the person with whom you may have been in close contact to protect that person’s privacy rights. It is important to remember that the contact tracer will not know that person’s name to protect confidentiality.

## **You will receive directions about the need to quarantine:**

- If your exposure was not direct or close contact, you will be encouraged to self-monitor and be



tested for COVID-19 if you experience symptoms.

- If you have been around someone who has been identified as a close contact, you should monitor your daily symptoms but you do not need to be quarantined.
- Students will quarantine in-place unless otherwise directed. Students who test positive may need to move to a different location to isolate, depending on the living situation.
- Students who have been asked to quarantine as a result of symptoms experienced by themselves or others (e.g., roommate, significant other) may be released from quarantine early by a Care Team member if the following conditions are met: no directive from public health, negative COVID test, no known direct exposure to the virus, and all people in the same residence (e.g., roommates) are symptom-free for 72-hours.

## **TESTING**

If you are advised to be tested for COVID-19 you are to do so. Free testing is available locally and students will be advised how to access testing through the Care Team.

### **If you test positive for COVID-19:**

- **You are encouraged to go home to isolate and recover.** The college has a limited number of isolation rooms for residential students who are unable to go home due to distance or other extenuating circumstances. Those who remain on Campus will abide by UIU, IDPH and CDC guidelines. This may include relocating temporarily to another room, cleaning surroundings as directed, attending online classes, following communication instructions and minimizing exposure to others. A Care Team member will be in contact with you. You are asked to follow the guidelines of the Care Team.

### **If you choose to recover in isolation on Campus, you will need to agree to abide by the restrictions and requirements of the University:**

- Relocate to Campus housing restricted to students in isolation.
- Remain in isolation and removed from others on Campus at all times, except in those cases when you may be seeking medical care.
- Self-monitor your symptoms and to report any worsening of those symptoms.
- Participate in contact tracing through the Department of Public Health.
- Do not return to Campus activities without the proper written authorization of the Care Team and a health care provider.
- Pack enough for at least 10 days, including, but not limited to clothing, toiletries, bedding, cleaning materials, food, snacks, and classroom essentials.
- Do not return to your original room.

### **While living in isolation:**

- A Care Team member will be in touch virtually or by phone to explain the process and offer assistance.
  - They will inform you about what you can expect in terms of contact by the local Public

Health Department and ensure that you understand the process of contact tracing.

- They will confirm that you have reached out to your family and friends to determine that you have support or will ask permission to do so for you.
  - They will provide you with other Campus contacts that could be helpful in answering any questions you may have.
- A member of the UIU Care Team will be assigned to provide you with support and assistance. That individual will be your go-to contact for any questions or concerns you may have during isolation. They will:
    - Be in touch with you on a regular basis to help monitor your physical and mental health, and connect you with support services upon request.
    - Provide the supplies you need in isolation, including hand sanitizer and a face covering for your use in the event that you must leave your room for medical care/appointments or to pick up food delivered to your floor.
    - Assist you with instructions to make accommodations for remote learning if you are able, or to communicate that you will not be attending class due to illness, and ask that they work with you directly to ensure you're receiving assignments and support to make up missed work.
    - Assist you in working with faculty to determine whether there are materials or equipment the University might be able to provide you in isolation to allow you to continue to complete assignments as your health allows.
    - Confirm your campus meals are being delivered.
    - Complete a "check-in" report after every contact to ensure consistency and quality of care. Those records will remain confidential.

## **CONTACT TRACING**

Your medical care provider or tester on Campus will inform the Department of Public Health that you have tested positive for COVID-19. An investigator will reach out to you to help identify all people with whom you have had close contact during the period when you would have been contagious (48 hours before you exhibited symptoms or, if you are symptom-free, 48 hours before you tested positive).

To protect your friends, acquaintances, classmates and family members, it is important that you provide as much detailed information as possible to the investigator when identifying anyone with whom you had close contact – meaning physical contact or interaction lasting more than 15 minutes without distancing – so those individuals can be quarantined and reduce the likelihood of further transmission.

Once you've provided the list, the investigator will turn it over to contact tracers, whose job it is to track down those individuals and inform them that they may have been in close contact with someone who tested positive for the virus. The contact tracer does not know your name or provide identification so there is no violation of HIPAA or other privacy rights in this process. Individuals who have been exposed to someone who has tested positive for COVID-19 are expected to quarantine for a minimum of 7 days.

For more information, visit: [www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/index.html](http://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/index.html).

## **SYMPTOMS CHECKLIST**

If you answer “yes” to any of the questions below, **you need to stay home**, email [careteam@uiu.edu](mailto:careteam@uiu.edu), and call your health care provider.

- Do you have a fever (temperature over 100.4°F) without having taken any fever-reducing medications)? Before you take your temperature:
  - Wait 30 minutes after eating, drinking or exercising.
  - Wait at least 6 hours after taking medicines, such as acetaminophen, ibuprofen and aspirin, which can lower your temperature.
  
- Do you have a loss of smell or taste?
- Do you have a cough?
- Do you have muscle aches?
- Do you have a sore throat?
- Do you have shortness of breath?
- Do you have chills?
- Do you have a headache?
- Have you experienced any gastrointestinal symptoms such as nausea/vomiting, diarrhea or loss of appetite?
- Do you have a new skin rash or discoloration on your hands or toes?

## **Additional Questions**

- Have you, or anyone you have been in close contact with, been diagnosed with COVID-19, or been placed on quarantine for possible contact with COVID-19?
- Have you been asked to self-isolate or quarantine by a medical professional or a local public health official?

## **ACTIONS**

- If advised to be tested for the coronavirus, stay home until results are known.
- Contact the Care Team at [careteam@uiu.edu](mailto:careteam@uiu.edu).
- If your test is negative, follow health care provider advice regarding return to Campus activities.

## **According to the CDC:**

People with COVID-19 have reported a wide range of symptoms — from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough

- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**Look for 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

\*This does not represent an exhaustive list of all possible symptoms. Please call your medical provider for any other symptoms that are severe, concerning to you or if you do not feel like your normal self.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

Visit the CDC website: [www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](http://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html).

## **UIU TEST IOWA LOCATION**

Upper Iowa University's Recreation Center at Fayette Campus has been designated a Test Iowa at-home COVID-19 test kit pick-up site. The free test kits are available during the Recreation Center's regular hours Mondays-Thursdays, 5:30 a.m. - 10 p.m.; Fridays, 5:30 a.m. - 8 p.m.; Saturdays, 7 a.m. - 5 p.m.; and Sundays, 1 - 9 p.m.

The following is an overview of the pick-up site patient process, from picking the test kit up to receiving test results.

- A patient picks up a test kit from a pick-up site. If symptomatic, please consider asking a friend or loved one to pick the test up for you. If that is not possible, please be sure to wear a mask and practice physical distancing when picking up the test. Tests will be located in such a way that distancing will be possible.
- The patient activates the test kit at the time the patient is ready to provide the sample. The patient completes the test by following instructions for collecting and packaging the sample.

- The patient sends the test sample back to the State Hygienic Lab as soon as possible using a prepaid shipping label included with the test kit. In Fayette, individuals can go to Scott's Pharmacy for help with administrating the test and dropping the test kits off for daily UPS pick up.
- The State Hygienic Lab receives the test sample within 72 hours of shipment and processes the sample.
- The State Hygienic Lab provides the test results about 24 hours after receiving the sample. When results are ready, the patient will receive an email notification. The patient will need the access code previously provided after test kit activation to access results on the patient portal.

## **ADDITIONAL RESOURCES**

### **HEALTH SERVICES**

UIU has partnered with Winneshiek Medical Center to open the UIU Clinic. The UIU Clinic is located in Garbee Hall near the Student Enrollment Center. For an appointment, call 563-425-5500. For immediate emergency assistance call 911.

### **MENTAL HEALTH SERVICES**

Students will have the opportunity to utilize Counseling Services as usual. For additional information, contact Student Life at 563.425.5215 or cal UIU's Director of Counseling and Wellness at 563.425.5786. UIU Counseling is not a 24-hour service. Counseling Services are open weekdays from 8 a.m. until noon, and 1 p.m. until 5 p.m. when classes are in session. The service is closed evening, nights and weekends. For additional information on scheduling an appointment, visit [uiu.edu/experience/counseling](http://uiu.edu/experience/counseling).

### **CONNECTING TO UIU WIRELESS NETWORK**

When connecting to UIU's wireless networks, please be sure to use the MyResNet wireless network. As a Fayette Campus student, this is the best connection for Internet bandwidth and speed. Please avoid using the UIU Guest network as this is for visitors only and has very limited Internet bandwidth and speed. For technical support or questions on registering your devices, support options are available at <https://www.myresnet.com/support>.

### **CONTACT INFORMATION**

Emergency	911
Campus Police	563.425.5372
Student Life	563.425.5215
Dining Services	563.425.5767
Matt Rueckert	563.425.5364
CARE Team	<a href="mailto:careteam@uiu.edu">careteam@uiu.edu</a>

## **We are #PeacockStrong**

#PeacockStrong is more than just a hashtag, it's a movement, a value and a culture. To be #PeacockStrong is to have the strength and tenacity to do what's best for all, even when it may be uncomfortable or inconvenient. As a member of the UIU family it's up to all of us to protect not only ourselves, but our fellow Peacocks; all students, staff, faculty, friends and family. Health and safety guidelines have been put in place not to restrict your experience at UIU, but make sure it remains possible.

Upper Iowa University has accepted the COVID-19 College Vaccine Challenge. The initiative, created by the White House and the U.S. Department of Education, invites colleges and universities across the country to join in furthering the efforts to end the pandemic.



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