



## COVID-19 RESPONSE PROTOCOL | 2020-2021

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**Last updated Dec. 11, 2020**

### **Introduction**

The health and safety of our students, faculty, and staff is our highest priority. Thank you for your help and cooperation in keeping our community safe. For additional information, visit our COVID-19 website at [simpsonu.edu/coronavirus](https://simpsonu.edu/coronavirus).

The protocol below has been created to provide direction to our community as we respond to COVID-19 concerns and active cases. The university has also created a [Reopening Plan](#) with general guidelines for all sectors.

#### **COVID Primary Points of Contact:**

*To report COVID-19 concerns, contact our COVID Primary Point of Contact (school liaisons) Shannon Burdick ([covid@simpsonu.edu](mailto:covid@simpsonu.edu)) or Mark Endraske ([mendraske@simpsonu.edu](mailto:mendraske@simpsonu.edu)), or submit a report to [simpsonu.edu/care](https://simpsonu.edu/care).*

#### **Free Medical Care:**

*Simpson University traditional undergraduate students have free 24/7 telehealth services through [Simpson Care](#) (free 24/7 telehealth for traditional undergraduates).*

### **General Health Guidelines**

In an effort to mitigate transmission and promote health, students, faculty and staff are asked to:

1. Wear a face mask when indoors for classes, meetings, etc. [[CDC guidelines for how to wear face coverings](#)]
2. Wear a face shield or goggles and a face mask when in a lab or simulation learning environments.
3. Maintain physical distance of 6 feet or more when possible.
3. When a face mask cannot be worn, a face shield with cloth drape tucked into the shirt is an acceptable alternative.
4. It is recommended that staff, faculty, and students have a face mask on hand at all times so that it can be worn effectively to promote health.
5. Face masks are not needed when a staff or faculty member is alone in his/her office, but employees should put a face mask on when a student or colleague visits. Students or colleagues should also wear a mask.
6. Face masks are not required outdoors unless 6-foot distancing is not possible.

7. Classrooms and offices will have site-specific plans posted outside of offices and rooms to promote health.
8. Adhere to 'heightened safety protocol' guidance during the first 14 days on campus.
9. Practice frequent careful hand hygiene, especially after contact with potentially infectious surfaces. Soap and water washing for 15-20 seconds is preferred, but alcohol-based hand sanitizer that has at least 62% alcohol content may be used when washing is not feasible.

### Daily Self-Check for Symptoms

All Simpson University students and employees are required to monitor their health daily prior to coming to campus or leaving their residence hall.

- **Additional health assessments:** In addition to self-monitoring, students in some programs (e.g., nursing, athletics) may be required to undergo health assessments prior to certain activities. Athletes will have a heightened protocol administered by the Athletic Department through its coaches for each team. This protocol has been approved by the NAIA and includes practice and game protocols.
- **Temperature and health screening stations:** The university will also set up temperature and health screening stations on campus throughout the semester. Students and employees should expect temperature checks at the door before events and gatherings.
- **Increased risk:** [Older adults](#) and [people who have severe underlying medical conditions](#) like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness, per [the CDC](#).

### Close Contact

If you have come into close contact ([as defined by the CDC](#)) with someone who tests positive for COVID-19, even if you are not experiencing any symptoms, you will need to follow the self-quarantine orders provided by public health or SU. This will include a 14-day self-quarantine period from the date of last exposure. Testing does not end self-quarantine for close contacts.

### What to Do If You Feel Sick

If an employee or student has **new or unexplained symptoms** of COVID-19 [as described by the CDC](#), such as a 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, vomiting, or diarrhea, please do the following:

1. **Get tested for COVID**
  - a. If you have symptoms and test negative for COVID, then you can return to campus activities 24 hours after your symptoms resolve.
  - b. If you test positive for COVID, see below.

- c. **Please submit all (positive and negative) COVID test results to [covid@simpsonu.edu](mailto:covid@simpsonu.edu).**
2. **Stay home** (“shelter in place”) for 10 days except for essential needs and to get medical care. See [10 Things You Can Do to Manage Your COVID-19 Symptoms at Home](#).
  - Notify your professors and/or work supervisor of your “remote” status.
3. **Monitor your symptoms.**
  - a. If your symptoms worsen (e.g., loss of taste and smell, fever, etc.), you have concerns about your symptoms, and/or you need additional care, you will need to return home and seek medical care. If it is not possible for you to go home, then you will be isolated on campus or in an alternate location.
  - b. If you have any question about your symptoms, or if you have underlying health conditions, please contact your healthcare provider (or [Simpson Care](#) 24/7 telehealth if you are a traditional undergraduate student). [See the CDC’s self-checker tool to help you make decisions about medical care](#).
4. **Stay away from other people as much as possible.**
5. **When to seek emergency medical attention:**
  - a. 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 list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.*
  - b. 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.

## **If You Test Positive for COVID-19**

### **If a student or employee tests positive and has symptoms:**

- Return home. For students not able to return home, isolation facilities are available on campus.
- Remain in [isolation](#) until at least 10 days since symptoms appeared, at least 24 hours with no fever (and no fever-reducing medication), and symptoms have improved.
- Notify [covid@simpsonu.edu](mailto:covid@simpsonu.edu) right away.

### **If a student or employee tests positive and has NO symptoms:**

- Return home. For students not able to return home, isolation facilities are available on campus.

- Remain in [isolation](#) until at least 10 days have passed since the date of test.
- Notify [covid@simpsonu.edu](mailto:covid@simpsonu.edu) right away.

### Contact Tracing

- If a student or employee tests positive, Shasta County Public Health will follow-up with the COVID+ individual and their close contacts. Public Health officials will work with our primary points of contact to complete tracing. Public Health will provide official isolation or quarantine orders that will have detailed instructions for next steps.
- ([10.21.20 update from the CDC](#)) -- Close contact refers to someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

### Required Monthly Testing

All students are required to submit negative test results to [covid@simpsonu.edu](mailto:covid@simpsonu.edu) on a monthly basis in order to retain access to campus. It is highly recommended that employees also get tested regularly. Simpson University will provide periodic on-campus testing options. The link to schedule testing at nearby Shasta College is [lhi.care/covidtesting](https://lhi.care/covidtesting).

- *Those who have tested positive previously will be cleared by following the protocols of public health, not by submitting the results of an additional test. Online-only students do not need to submit test results but will remain on the “no-access” list with Campus Safety.*

### Where to get COVID-19 testing in Shasta County (updated 11-30-20)

- Testing is available for people with and without symptoms.
- [State testing by LHI \(all by appointment only\)](#)
  - **Shasta College:** Monday through Friday. [Make an appointment](#).
  - **Boggs Building:** 2420 Breslauer Way, Tuesday through Saturday starting Dec. 1. [Make an appointment](#).
  - **Traveling testing team:** Rotates between [HHSA offices](#) in the City of Shasta Lake, Anderson and Enterprise, starting Dec. 2. [Make an appointment](#).
- Self-administered testing:
  - [Rite Aid](#), 1801 Eureka Way, Monday – Friday 10 am to 8 pm, and Saturday – Sunday 10 am to 5 pm. Must be 18 or older.
  - LabCorp's [Pixel Kit](#), for symptomatic or exposed people. Turnaround 3-8 days.
- Healthcare providers
  - Anderson Walk-in Clinic: Turnaround 2-3 days. 530-365-4412
  - Churn Creek Health Care: Turnaround 3-8 days. 530-768-2436
  - Mercy Family Health Center: 530-225-7800, for Mercy Family Health Center clients with symptoms only.
  - Redding Rancheria Tribal Health Center: Turnaround 3-8 days. 530-224-2700

- Redding Outpatient Clinic: Turnaround 3-5 days. 530-226-7555, for veterans who are patients and VA employees.
- Shasta Community Health Center: Turnaround 4-7 days. 530-246-5710, for Shasta Community Health Center clients only.
- Please do not go to a hospital emergency room unless you are having a medical emergency, and call ahead if possible.
- Test results can take between 2 and 7 days to come back. **If you don't have symptoms and are not a close contact of a person who has tested positive, there's no need to self-quarantine while awaiting results.**

### When to Get Tested for COVID-19

Outside of required monthly tests for students to maintain access to campus, Simpson University utilizes the following guidance regarding when testing is warranted:

- If you have been in close contact with someone who tests positive (it is suggested you wait 5-8 days before getting tested if you are asymptomatic; get tested immediately if you have symptoms).
- If your healthcare provider recommends it.
- ***If you have any of the following symptoms:*** fever, chills, body aches, headache, sore throat, nausea or vomiting, diarrhea, fatigue, congestion and/or runny nose, cough, shortness of breath, difficulty breathing, change in smell or taste.

### On-Campus Quarantine and Isolation Procedures

- **Return home:** Simpson University requires that any student who needs to isolate return home for that period.
  - [CDC recommendations for quarantine](#)
  - [CDC recommendations for isolation](#)
- **On-campus isolation:** If hardship prevents a residential student from returning home, the university will provide on-campus isolation facilities and take these steps to provide care in the safest manner possible:
  - Food delivered via safe zone by Residence Life (on-campus food service only)
  - Class support provided by Academic Success Center
  - Students in isolation are expected to remain in their rooms except for medical care reasons.
- **Reminders:** Isolation and quarantine are proven public health interventions fundamental to reducing COVID-19 transmission. Isolation and quarantine can create substantial hardships. Those under isolation or quarantine must be treated with respect, fairness and compassion; and their dignity and privacy must be protected. If hardship prevents a residential student from returning home for isolation or quarantine, the university will provide campus accommodations.
  - [CDPH Guidelines on Isolation and Quarantine](#)
  - [CDC infographic: COVID-19 Quarantine Vs. Isolation](#)

### Travel Guidelines

- **Students:** If a student travels independently (not class or work-related) outside Shasta County, they must report their travel to [covid@simpsonu.edu](mailto:covid@simpsonu.edu).
- **Employees:** If an employee travels independently (not work-related) outside Shasta County, they must report their travel to the HR director ([mturley@simpsonu.edu](mailto:mturley@simpsonu.edu)).
- You may be asked to quarantine for up to 14 days, per Public Health. If a student or employee develops any COVID-19 symptoms during that time, they may be asked to schedule a test.

### SU COVID Response Team

- **Human Resources:**
  - Melissa Turley ([mturley@simpsonu.edu](mailto:mturley@simpsonu.edu))
- **Athletics:**
  - Michael Neal ([mneal@simpsonu.edu](mailto:mneal@simpsonu.edu))
  - Shannon Burdick ([sburdick@simpsonu.edu](mailto:sburdick@simpsonu.edu))
- **Nursing:**
  - Misty Smith ([mdsmith@simpsonu.edu](mailto:mdsmith@simpsonu.edu))
  - Dena Wulfestieg ([dwulfestieg@simpsonu.edu](mailto:dwulfestieg@simpsonu.edu))
- **Residence Life:**
  - Brian Howell ([bhowell@simpsonu.edu](mailto:bhowell@simpsonu.edu))
  - Julie Engelsman ([jengelsman@simpsonu.edu](mailto:jengelsman@simpsonu.edu))
- **COVID Task Force:**
  - Mark Endraske, Dean of Students ([mendraske@simpsonu.edu](mailto:mendraske@simpsonu.edu))

Send questions or inquiries to [covid@simpsonu.edu](mailto:covid@simpsonu.edu).