ATCC COVID-19 Quarantine Protocol

Alexandria Technical & Community College holds paramount the health, safety and welfare of every member of our community. We encourage and support students and staff to taking the steps necessary to protect themselves and others.

We support students whose housing is not appropriate for self-quarantine or self-isolation. In these situations - where it is recommended a student self-quarantine - students may be directed by the college to an alternate space. Students will be required to comply with requests by the college to leave their assigned space due to COVID-19 or other public health emergency. If you relocated to Alexandria from another residence and can return back that that residence to self-quarantine, you should do so. If this is not an option, Cindy Haarstad, Director of Student Activities will assist you in finding temporary housing arrangements. There is no housing expense incurred by those asked to isolate.

For the wellbeing of those in isolation and the health and safety of our students and staff, the following protocols are active as of August 24, 2020. Protocols may be altered at any time as ATCC continues to receive ongoing guidance from government officials, state health services and departments, and the CDC.

Please take seriously these efforts designed to reduce risk of exposure, transmission, and overall spread of this highly contagious virus.

A student will need to isolate as directed by medical professionals, the Minnesota Department of Health or a local public health official. To request isolation housing please email cindy.haarstad@alextech.edu. Student Life Office phone-320-762-4926.

What are symptoms of COVID-19?

- Symptoms of 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
- If you are experiencing any of these symptoms, do not leave your residence. Call your medical care provider if you need medical advice.
What should I do if I have to miss class because I’m sick/might be sick?

1. **Report Illness**
   - Please report your condition to the ATCC Safety Coordinator. Our safety team can guide your care and answer questions about notifying contacts. Please call 320-762-4415 or email atccovid19@alextech.edu.

2. **Contact Instructors**
   - It is recommended for students to individually contact instructors to create a plan to make up work.
   - Student Life can help send generic absence notifications to instructors on behalf of a student if they are unable to participate due to illness. That communication does not need to include specifics on whether or not it is due to COVID-19 or any other medical illness or situation. Students can use this resource if they would like help in notifying their instructors. Students expected to be out for more than 3 days may utilize Student Life for help with notifying instructors.
   - Student Life-320-762-4926

What happens when...

...I get sick and am experiencing symptoms of COVID-19?

- **Call the Safety Coordinator at 320-762-4415 for guidance first.** Do not go directly to a medical facility without first receiving authorization from the Safety Coordinator.
- If you are evaluated for testing, you will need to contact:
  - Alex Clinic Occupational Health, Monday through Friday, 7:45 AM – 3:45 PM, at 320-763-2522.
  - Alex Respiratory Health Clinic, Monday through Friday, 3:45 PM – 7:00 PM and from 8:00 AM – 1:00 PM on Saturday and Sunday at 320-763-5123.

...I have tested positive for COVID-19?

- Follow medical recommendations.
- **Isolate for 10 days past the date that you first began experiencing symptoms.** Stay home unless it is an emergency. Use online services or ask friend or family member to drop off essentials. Stay away from people in your residence as much as possible, wear a face covering during every interaction with your caretaker, avoid sharing personal household items such as bedding, towels, and dishes.
- **Report illness (See above)**
- **Notify Instructors (See above)**

...I have had a known exposure to COVID-19?

- **Consider getting tested. Call the Safety Coordinator at 320-762-4415 for guidance first.** Do not go directly to a medical facility without first receiving authorization from the Safety Coordinator.
- If you are evaluated for testing, you will need to contact:
  - Alex Clinic Occupational Health, Monday through Friday, 7:45 AM – 3:45 PM, at 320-763-2522.
  - Alex Respiratory Health Clinic, Monday through Friday, 3:45 PM – 7:00 PM and from 8:00 AM – 1:00 PM on Saturday and Sunday at 320-763-5123.
...My roommate is sick?
  - **Get tested. Call the Safety Coordinator at 320-762-4415 for guidance first.** Do not go directly to a medical facility without first receiving authorization from the Safety Coordinator.
  - If you are evaluated for testing, you will need to contact:
    - Alex Clinic Occupational Health, Monday through Friday, 7:45 AM – 3:45 PM, at 320-763-2522.
    - Alex Respiratory Health Clinic, Monday through Friday, 3:45 PM – 7:00 PM and from 8:00 AM – 1:00 PM on Saturday and Sunday at 320-763-5123.

...I’ve been by someone who’s being tested for COVID-19?
  - You should quarantine until the person who you have been in contact with gets their test results back.
  - Stay home unless it is an emergency. Use online services or ask friend or family member to drop off essentials.

...I’ve been exposed to someone who tested positive?
  - **Self-quarantine** for 14 days, monitor any symptoms you may be experiencing and get tested for COVID-19. You should continue to quarantine for 14 days regardless of your test results. If you become symptomatic, isolate for 10 days from onset of symptoms and 3 days fever free.
  - **Stay home** unless it is an emergency. Use online services or ask friend or family member to drop off essentials.
  - **Get tested. Call the Safety Coordinator at 320-762-4415 for guidance first.** Do not go directly to a medical facility without calling ahead.
  - If you are evaluated for testing, you will need to contact:
    - Alex Clinic Occupational Health, Monday through Friday, 7:45 AM – 3:45 PM, at 320-763-2522.
    - Alex Respiratory Health Clinic, Monday through Friday, 3:45 PM – 7:00 PM and from 8:00 AM – 1:00 PM on Saturday and Sunday at 320-763-5123.

What is Contact Tracing?
  - If you test positive, you will get a call from public health officials. It is crucial that you talk with them for contact tracing. Contact tracing is being used by health departments to prevent the spread of COVID-19. In general, contact tracing involves identifying people who have COVID-19 and their contacts and working with them to interrupt COVID-19 spread.
  - If you have come into contact with a case of COVID-19, the health department might be contacting you by phone, so answer all calls, make sure your voicemail is set up to take messages, and return their call.
    - **Why?** This might be the only way you’ll know if you’ve been exposed and will connect you to services you might need while in quarantine.

What is Quarantine vs. Isolation?
  - Quarantine: Separates and restricts the movement of people without symptoms, but who were exposed to a contagious disease while they see if they become sick.
  - Isolation: separates sick people with a disease from others who are not sick.
    - **If you need to isolate:** Stay home and do not go out in public, stay away from people in your residence as much as possible, wear a face covering during every interaction with your caretaker, avoid sharing personal household items such as bedding, towels, and dishes.
What do I need? COVID-19 Preparedness Kit
- Come back prepared in case you get COVID-19. Supplies to add to your back-to-school list are:
  - Thermometer
  - Tylenol or ibuprofen
  - cleaning supplies and hand sanitizer
  - plastic gloves
  - water and juice
  - non-perishable food items.
- Face coverings. You will need to wear a face covering every day you are on campus. It is recommended that these are changed daily or more. Cloth face coverings can be washed and reused.

What do I need to do about living with other people?
- Talk with your roommates! Find time to talk about a cleaning plan for your residence – personal and community areas, what to do if someone gets sick, and residence guidelines for visitors.

What to do if someone isn’t wearing their face covering
- Step 1: Remind people of the ATCC Face Covering Policy
- Step 2: If they do not comply, please contact the ATCC Safety Coordinator by email at atccCOVID19@alextech.edu.