Opening Conn Safely

A GUIDE FOR STUDENTS

Connecticut College
The College is taking the steps necessary to move forward with campus repopulation while keeping our community as healthy and safe as possible.

We all share responsibility for reducing the risks of COVID-19, in order to protect ourselves, our faculty and staff, our friends and our families—some of whom may be more vulnerable than others to the virus. We also have a collective responsibility to the New London area and beyond.

Therefore, it is imperative that we work together to follow the directives of public health officials and the College to protect our communities and those we care about. You are key partners in these efforts and as such are expected to follow the guidelines outlined in this training document.

Thank you.
This training is designed to:

• Raise safety awareness about COVID-19
• Provide the latest safety guidance and College protocols
• Communicate information on testing, quarantining and isolation responsibilities
• Mitigate the risk of community spread of the virus
• Highlight policy changes on campus
COVID-19 Education and Prevention
COVID-19 Education and Prevention

OVERVIEW:

• How COVID-19 Spreads

• Preventing Community Spread
  o Wearing your mask
  o Keeping six feet of physical distance
  o Washing your hands

• Cleaning and Disinfecting

• Monitoring your Health Daily
How COVID-19 Spreads

Coronavirus spreads very easily between people via respiratory droplets in three ways:

- Directly through infected person talking, singing, shouting, sneezing or coughing
- Indirectly through contaminated objects or surfaces
- Through close contact with an infected person

Asymptomatic people will still spread the virus within the community.

As we repopulate the campus, we expect students to stay up-to-date by attending College-required programming and meetings about COVID-19 safety and virus mitigation and prevention measures.
Prevent Community Spread
Remember the 3 Ws!

Wear a mask!
Wash your hands!
Watch your distance!
WEAR YOUR MASK:

• Face coverings are mandatory in Connecticut and on campus.
• Masks should fit snugly over your nose and chin.
• Fabric masks are appropriate for everyday use.
  o Two layers of tightly woven cotton
• Ineffective masks are gaiter type coverings, bandanas and valve masks. Current science has proven these types of masks to be ineffective in preventing the spread of the virus and, therefore, they are not permitted on campus.
How to wear a mask properly

• Don’t wear mask below your nose
• Don’t leave your mouth/chin exposed
• Wear mask snugly over nose and under chin
WEAR YOUR MASK:

ALWAYS THROUGHOUT CAMPUS AND OUR COMMUNITY.

• Walking in buildings and throughout campus
• When in close proximity to others, whether inside or outside
• In the bathrooms
• In the hallways
Prevent Community Spread

YOU MAY REMOVE YOUR MASK IF:

- You are brushing your teeth or showering
- You are eating
- You are walking or exercising outside alone, but please have one with you as you will need to put the mask on if you run into a friend or near other people.
- In your room alone or with your roommate
- In your home with only your housemates (for individuals living off campus and in apartments on campus)
WASH YOUR MASK AFTER EVERY USE!

**Machine Wash:**

- You can include your masks in your regular laundry with detergent in the warmest appropriate water setting.

- Putting your mask in a mesh laundry bag will help prevent it from getting lost.
Prevent Community Spread

Handwashing:

• Prepare a bleach solution (4 teaspoons per 1 quart of warm water).
  o Make sure the bleach is within its expiration date and suitable for disinfecting.
  o NEVER mix household bleach with ammonia or other cleansers.

• Soak the mask in bleach solution for five minutes.

• Rinse thoroughly in cool/warm water.

COMPLETELY DRY YOUR MASK AFTER WASHING!
Prevent Community Spread

WATCH YOUR DISTANCE

• Maintain at least six feet of physical distancing when interacting with anyone other than a direct roommate or housemate.

• Comply with all wayfinding signage, including entering and exiting campus buildings and rooms, in the designated manner.

WASH YOUR HANDS

• Wash your hands thoroughly with soap and water for 20-plus seconds or use hand sanitizer frequently throughout the day.
Prevent Community Spread

TRAVEL ADVISORIES

• During the repopulation and onboarding process, personal travel is prohibited and students may not be out in nearby communities.

• If you have traveled to campus from a location in the U.S. or one that is included on the State of Connecticut’s COVID-19 travel advisory, your onboarding process will be longer.
COLLEGE CLEANING PROTOCOLS

The College has revised its daily cleaning protocols to reflect best practices that reduce the potential for exposure to COVID-19. These protocols include routine disinfection of high-touch surfaces, such as door handles, handrails and elevator buttons in high-traffic, communal-use areas and more frequent cleaning of campus restrooms. More specifically:

• Common areas are cleaned daily.
• Bathrooms are cleaned and disinfected daily.
• As appropriate and based on traffic, touch points are cleaned and disinfected at least daily.
• Although limited in number, custodians will be on campus during weekends.

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COLLEGE CLEANING PROTOCOLS (cont.)

- The College has also invested in state-of-the-art sanitation machines that use ionization technology. This system will be used to thoroughly and efficiently disinfect spaces across campus.

- EPA-registered cleaning products will be made available for you in your buildings and you will be expected to clean and sanitize common areas and equipment before and after use.

- Hand sanitizer dispensers will be installed at the entrances to all buildings and high-use areas where hand-washing is not readily available.

For more information, visit the Path Forward Site.
KEEPING YOUR SPACES CLEAN

We all play a part in prevention, and your responsibilities include:

**Classrooms and common spaces:**

- We will ask that you wipe down desks or common space before and after use.

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Prevent Community Spread

Residence halls:

• **Your room:** You will be responsible for keeping your personal space and room clean and disinfected.

• **Restrooms:** It is vitally important you follow posted cleaning and disinfecting protocols and disinfect surfaces after use.

• **Common rooms:** Please wipe down and disinfect high-touch surfaces.

The expectation is that you comply and follow the College’s cleaning policies that are in place to reduce the risk of spreading COVID-19.
Prevent Community Spread

Examples of high-touch surfaces and areas you are responsible for cleaning and disinfecting in addition to the work our Facilities team is doing:

• Restrooms
• Computers, keyboard and mouse
• Doorknobs and door handles
• Faucet handles and light switches
• Phones
• Tables, desks and countertops
• All shared equipment
Prevent Community Spread

MONITOR YOUR HEALTH DAILY
If you are not feeling well, stay in your room or at home and contact Student Health Services at 860-439-2275.

Each day you will complete your daily symptom check in the CoVerified app. You will be notified via email of the apps release date.

COVID-19 SYMPTOMS CAN INCLUDE:

- Fever (over 100 degrees) or chills
- New cough
- New shortness of breath or difficulty breathing
- Extreme fatigue
- Muscle or body aches
- New headache
- New loss of taste or smell
- New sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
Seek Emergency Medical Attention if you are experiencing:

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

• Notify Student Health Services if you develop symptoms consistent with COVID-19 and provide information as requested.
  o Students on campus must immediately refrain from moving about campus.
  o Students living off-campus or commuting must **not** re-enter campus, except under the direction of a Connecticut College health professional or other Student Life staff.

• If you are notified by a public health official to quarantine, please stay in your/home and contact Student Health Service for a telehealth follow-up appointment.

• Campus measures and restrictions may change based on campus COVID-19 health conditions. Abide by all mitigation measures and restrictions communicated to you by the College.
Campus Testing and Mitigation
Campus Testing and Virus Mitigation

OVERVIEW:

• Onboarding Quarantine
• Gating Conditions
• CoVerfied App
• Testing Overview
• Testing Notification
• Isolation and Quarantine
• Contact Tracing
Onboarding Quarantine

Onboarding quarantine is an important step in the repopulation of campus and to help prevent the spread of COVID-19 on campus and in the local community.

- All students are expected to comply with onboarding quarantine expectations that are based on state guidance and in place to ensure a healthy and safe campus.

- Everyone will need to quarantine on campus until they have received 2 negative test results from the campus testing center, which will be about 6-7 days if you are coming from a location not on the state’s travel advisory list.
  - If you are coming to campus from a location on the state of Connecticut's travel advisory list, your onboarding quarantine will be 14 days based on current state guidance.

- You will be able to pick up meals, participate in testing, follow bathroom protocols and engage virtually with others on campus. You will NOT be hanging out, leaving campus or be out in the local community.
Onboarding Quarantine

During quarantine, you will be engaging on campus in a new way:

- You will be able to pick up your meals and take them to go.
- You may pick up packages.
- You will participate in your scheduled testing.
- You will be enjoying campus alone during this time – for a walk or run alone, sitting on the greens alone or enjoying the Arbo alone.
- You will follow bathroom protocols.
- You will connect with friends virtually and attend virtual programs.
- You will NOT be hanging out with friends, going to stores, leaving campus or traveling out in the community.
The College is using an app called CoVerified that is connected to the Broad Institute testing.

This app (or website accessible on a computer) will be used by every community member who lives, learns or works on campus. It will help you:

- Complete daily symptom checks
- Select a time for routine testing on your assigned testing day(s)
- Receive notification of your test results
Gating Conditions

CoVerified will assign you a daily status:

**Clear:**
- Daily symptom check submitted
- Testing is up to date, not missed
- No need to be in isolation or quarantine
- No further action needed, continue prevention measures

**Restricted:**
- Daily symptom check not complete
- Missed testing day
- Assigned to isolation or quarantine
- Action needed: return to your room/home and address reason for restricted status (e.g. forgot to complete daily symptom check)
Testing Overview

The State of Connecticut requires pre-arrival testing for all students before returning to campus in August. The College will be conducting onboarding testing as part of repopulation measures this August.

Students will be tested twice a week through the surveillance testing program. Testing will occur regularly throughout the semester for faculty, staff and students to identify individuals with COVID-19 and to closely monitor the health of our campus.

If you are experiencing symptoms consistent with COVID-19, call Student Health Services to determine if a symptomatic test is necessary.

If you test positive for COVID-19 outside of these campus testing protocols, you must notify Student Health Services immediately.

Our testing center is located in the Athletic Center.
Student Testing Responsibilities

You must be tested on assigned two testing days – either Monday/Thursday OR Tuesday/Friday. You may schedule your testing time in the CoVerified app but cannot change your testing days.

- Participate in campus COVID-19 testing protocols:
  - Get tested on assigned testing days
  - Follow proper sample collection steps
  - Cooperate with College staff who are overseeing and implementing testing
Student Testing Responsibilities

• Submit your signed copy of the **College’s Coronavirus/COVID-19 Testing Consent Form**, which includes:

  o Consent to the submission of your testing sample and personal identifying information to the Broad Institute/ Clinical Research Sequencing Platform (CRSP) or other organization involved in testing College students for use in the COVID-19 testing program.

  o Consent to CRSP’s disclosure of test results to you (or your parent or guardian if you are a minor), your health care provider, the College and public health officials as required by law, and to the College’s use and disclosure of results for contract tracing and mitigation of virus spread.
Student Test Notification

Once samples are received at the Broad Institute, results are processed in approximately 24 hours. You will receive notification via the CoVerified App.

- If you test **negative**, you may go about your day and continue monitoring your symptoms daily through the app.

- If you test **positive**, your notification will include instructions about what to do next and you will be supported by campus professional staff through the process.
  - If you are out and about, you must stop what you are doing and return to your room/home.
  - You will be contacted by a member of the Student Health Services medical team to discuss medical treatment, symptoms, medical isolation and next steps.
MEDICAL ISOLATION is required if you test positive for COVID-19.

**On-campus students:**
- You will move yourself into new isolation housing assignment (River Ridge, Abbey House, 191 Mohegan and Winchester Houses). Assistance will be available.
- You will be provided meals from the dining hall.
- You will not go out into the community or receive visitors.
- You may return home for isolation and recuperation if you can do so safely.

**Off-campus students:**
- You will isolate yourself in your home away from others.
- You will rely on housemates for meals.
- You will not go out into the community or receive visitors.
- If your off-campus housing will not support isolation, you can isolate on campus in our designated spaces. A College staff member will discuss options with you.
MEDICAL ISOLATION is required if you test positive for COVID-19.

- All students will work with Student Health Services daily to monitor symptoms using telehealth.
- Student Life staff and class deans will work closely with you to support you in continuing your academic work or assist you in coordinating with your faculty if adjustments need to be made based on your health. Students will be supported and cared for until a return to day-to-day routine is authorized under medical and public health guidance.
- The duration is based on your health status and determined by the Student Health Services medical team. General isolation guidelines indicate a person must isolate for at least 10 days from the onset of symptoms/positive test, AND their symptoms must be improving, AND they are fever free without the use of medication for at least 24 hours.
CONTACT QUARANTINE is required for students who have had known exposure and/or close contact with a person testing positive for COVID-19.

- A person cannot test out of quarantine. If you are identified as a close contact, the duration is typically 14 days from the last known contact.

- While in quarantine, Student Life staff and class deans will work closely with you to support you in continuing your academic work or assist you in coordinating with your faculty if adjustments need to be made based on your health. You will have very limited outings and will not be allowed to have visitors.

- You may stay in your assigned campus housing if you are in a single and use only the quarantine spaces in bathrooms. If you have a roommate, you will be assigned a new space in quarantine housing on campus. You may return home for quarantine period if you can do so safely.
CONTACT QUARANTINE (cont.)

- Students in quarantine will be allowed to pick up ready-made meals prepared by Dining Services from the designated location (currently located in the patio area outside of the 1962 Room in Crozier-Williams).

- Student Health Services medical staff will use telehealth to monitor your symptoms and shift care as needed.
Isolation and quarantine guidelines are important measures in the repopulation of our campus and in helping to prevent the spread of COVID-19 within our community.

- Cautionary quarantine may be put into place on campus due to state regulations or due to changing public health conditions on campus, in the region or in the state. Compliance is critical to limit the spread within our community.

- We expect you to abide by any isolation and quarantining requirements the College puts in place, which includes participating in telehealth sessions and cooperating with Student Health Services and Student Life staff.

- If you are asked to isolate or quarantine and have a job, you will need to notify your supervisor that you will be out of work for medical reasons.
Contact Tracing

Contact tracing is a known public health strategy to stop the transmission of the virus.

• Students who test positive for COVID-19 will work with the campus contact tracing team to identify their exposure and their close contacts. The contact tracers will follow up with close contacts to notify them of their need to quarantine. No names will be shared regarding how they were exposed.

• **Time is of the essence.** You must quickly respond to and cooperate with contact tracers and are expected to provide honest and complete answers to their questions in order minimize outbreaks.

• Contact tracers are trained professionals who will offer support and education and get students connected to resources on campus. The campus team will be working closely with public health officials to help stop the transmission within the greater New London community.
Campus Engagement
Student Expectations

DINING

• Abide by directions and instructions related to meals and dining services.
• Abide by all dining room configurations when seating is permitted.
• Follow public health guidance: do not share beverages, food or utensils.
• Following protocols on the distribution, dispensing and handling of food and beverages.
Student Expectations

CLUBS AND ORGANIZATIONS

• You are invited to participate in the Virtual Engagement Fair on Sunday, Sept. 6.

• Clubs and Organizations will meet virtually until further notice.

• Adhere to all health and safety protocols in place.

• Follow directions and guidelines (group size limits, room occupancy limits and policies) adopted for activities such as clubs, performing arts groups, athletics and other student engagement opportunities. These may include pre-approval and coordination with Conn professional staff, as well as instructions on equipment use and restriction/conditions on use of facilities.

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Student Expectations

ACADEMICS

• Maintain classroom configurations established to support physical distancing.

• Only occupy seats that are designated and clearly marked as available in classrooms and other buildings.

• Follow safety and cleaning protocols.
Student Expectations

RESIDENCE HALLS

- You will have access only to your assigned building.
- Only enter your assigned residential building and no other residence hall.
- Do not prop exterior entryways and do not provide unauthorized access to residence halls or campus buildings.
- Students living off-campus will not have access to the residence halls on campus.
- Only use the residential bathroom to which you are assigned.
- Cooperate with College staff should they require you to move to another room or residence hall if necessary to maintain safe population density in each residence hall, or for any other public health and safety reasons.

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SOCIAL GATHERINGS

• When socializing, **GROUPS MAY NOT EXCEED 10 PEOPLE**, and all students are **expected to maintain physical distance** of at least 6 feet and be wearing masks for the health and safety of our campus and communities.
  
  • After onboarding quarantine, outdoor locations are best suited for small gatherings. Given spaces available on campus, small gatherings will likely be limited to outdoor areas unless a larger indoor space is reserved that can accommodate 10 people who are socially distanced.

• Students will not host, attend or participate in group gatherings such as parties, unauthorized events with alcohol and drinking games (including water pong). These gatherings and activities are **not permitted** on campus and this expectation extends to off-campus (rented) residences as well.
Student Expectations

SOCIAL GATHERINGS

• Given that COVID-19 prevention is something we are all responsible for, each resident assigned to a room or living together at an off-campus address will be considered jointly responsible for hosting any unauthorized group gathering or event that occurs in such room or at such address and will be held equally accountable for the violation.

• You should understand that alcohol consumption and recreational drug use will not be considered an excuse for behaviors that could increase the risk of transmission of COVID-19.

• You should refrain from engaging in activities that an informed Connecticut College student knows or should know constitute risky, careless or reckless conduct that exposes others in the community, including persons in the College and greater New London community, to health and safety risks associated with COVID-19.
Student Wellbeing during COVID-19

STAY CONNECTED – STAY HEALTHY

• Engage virtually on campus.

• Stay connected with friends and family across the globe.

• Take care of your body – get physical activity, enjoy the Arbo, eat nourishing foods, avoid alcohol and other drugs, and get regular sleep.

• Make time to unwind and manage stress

• Tend to your emotional wellbeing and mental health

• Reach out for help when things get hard
Remember the 3 Ws!

**W**ear a mask!

**W**ash your hands!

**W**atch your distance!
Thank you! Remember...

CAMELS CARE

Connecticut College