



Make a plan. Keep informed.

COVID-19 GUIDE

for Students Returning to Campus

The COVID-19 pandemic may last for an extended period of time in our community. Depending on the severity, public health officials may recommend actions designed to help keep our community healthy, reduce exposures to COVID-19, and slow the spread of the virus.

Creating a plan before you return to campus can help protect your health and the health of the USF community. You should base the details of your plan on your needs, daily routine, and personal circumstances.

DEFINITIONS

CDC - Centers for Disease Control and Prevention

Close Contact - being within 6 feet of an infected person for at least 15 minutes or having direct physical contact starting from 48 hours before the person began feeling sick until the time the patient was in isolation or quarantine. Direct contact will be further confirmed during the contact tracing process.

Physical distancing - keeping at least 6 feet of space between yourself and other people outside of your home.

Quarantine - separation and restricting movement of individuals who might have been exposed to a COVID-19 positive individual.

Self-isolation - separation and restricting movement of COVID-19 positive individuals.

STAY INFORMED

The university will officially communicate with students through their USF email account. It is your responsibility to check your university e-mail for university-related communications daily. In addition to your USF email account, you can find campus updates on the USF Campus app and Navigate Student app.

*Stay connected with us
on social media*

@USIOUXFALLS



Find USF COVID-19 updates at usiouxfalls.edu/covid

Create a Plan of Action

You should begin making a plan now prior to coming to campus. Waiting until you (or your roommates) have been exposed to or contracted COVID-19 can add to uneasiness and stress. Discuss your plan with family, roommates, and friends. If you change your plan, make sure to communicate the change.

Emergency Contact List

Create an emergency contact list of family, friends, health care providers, faculty, employers, and other community resources.

Preferred Health Care Provider

Know how to contact your preferred health care provider. If a private health care provider is preferred, have health insurance information readily available.

*Avera Health Services 1-877-282-8372
for USF students*

Place to Quarantine

Determine where you will quarantine to separate yourself from others should you or your roommate be exposed to someone who has COVID-19.

Place to Self-Isolate

Determine where you will self-isolate to separate yourself from others should you test positive for COVID-19. It is recommended that you should stay in a specific room or area and use a separate bathroom (if available).

Students living on campus

- Those testing positive for COVID-19 are encouraged to complete their self-isolation at an off campus location or at permanent residence.
- If self-isolation off-campus or at permanent residence is not feasible (or poses a high risk), please coordinate with the Director of Student Life & Housing staff about isolation options.

Students living off campus

- Determine where you will self isolate.
- If you stay in your residence, read CDC guidelines on living with someone who is sick.

Name(s) of those who can help.

Determine how you will get food and other supplies.

Prepare a COVID-19 Kit

See next page for details.

Be Prepared

MONITOR YOUR HEALTH DAILY



Be alert for symptoms. The most common symptoms of COVID-19 are fever, chills, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting or diarrhea.



Take your temperature if symptoms develop. Monitor daily for temperatures of 100.4°F/38°C or higher.

WHAT IF I HAVE SYMPTOMS?



Contact your primary healthcare provider if you start to notice possible symptoms or have concerns about your health.



Call Avera Health Services at 1-877-282-8372. USF's partnership with Avera gives students 24/7 access to a registered nurse for any health related advice concerning COVID-19. This call is at no cost to USF students.



If you are unable to reach your primary care provider and are seriously ill, **go to urgent care**, emergency room or call 911. Call in advance to urgent care or the ER so staff are prepared for your arrival.



Avoid public spaces and self-isolate.

SELF-REPORT YOUR SYMPTOMS

Students must submit a report to notify the COVID-19 Campus Response Team to help with your care and to reduce exposure to others within our campus community. Submit a report when any of the following apply:

- You have received a positive COVID-19 test result
- You have been tested for COVID-19
- You have been instructed to self-quarantine for a suspected COVID-19 infection

The student self-reporting COVID-19 form is found at usiouxfalls.edu/covid.

If you are ill, notify your professor that you will not be in class.

COVID-19 KIT:

Things to pack and do prior to arriving on campus

- 3-7 reusable/washable face coverings
- Hand sanitizer that contains at least 60% alcohol
- Thermometer
- Cleaning products
- Copies of health insurance cards (if applicable)
- Prescription medications and over the counter medication
- Mobile device or laptop (including headphones with a microphone) to continue your classes should you have to quarantine or self-isolate.
- Have a quarantine bag packed and ready to go with 14 days of supplies

Practice Preventative Actions

- Stay home or in your room when you are sick, regardless of symptoms, except to get medical care.
- Continue to practice everyday preventive actions (handwashing, physical distancing, wear face cover, symptom self-screening etc.)
- Respect physical distancing on campus and off. Continue to keep at least 6 feet between yourself and others. Wearing a face covering is not a substitute for physical distancing.
- Understand the risk of attending large gatherings. The more people an individual interacts with at a gathering and the longer that interaction lasts, the higher the potential risk of becoming infected with and spreading COVID-19.
- Limit unnecessary travel.
- Maintain cleanliness of shared spaces and common surfaces at home, work, and on campus.
- Avoid sharing personal items (food, water bottles, etc.).
- Take care of your emotional health. Physical distancing doesn't mean social isolation.
- Connect with university services, friends, and family remotely when possible. Utilize tools like Zoom and MS Teams for meeting with your faculty, advisors, student organizations, or talking to friends and family.
- Get your flu shot.
- If students have a non-emergency counseling related question or concern, or would like to request counseling services, please call or email USF Counseling Services at: 605.331.6619 or Michelle.dk@usiouxfalls.edu.

REMINDERS SHOULD YOU NEED TO SELF-ISOLATE OR QUARANTINE

STAY HOME until symptoms subside or if medical care is needed.

CALL the individual(s) who can help with getting you food and other supplies.

CONTACT.

Be prepared to speak with public health officials who may be assisting with contact tracing.

CONTACT YOUR FACULTY.

Let them know you are going to miss class or the illness is impacting your ability to get your assignment completed. Know how to engage with university services REMOTELY.

CONTACT YOUR EMPLOYER (if applicable).

PHYSICAL DISTANCING DOESN'T MEAN SOCIAL ISOLATION.

Stay connected with family and friends remotely. Utilize resources like Zoom and MS Teams for meeting with your faculty, advisors, university programming, student organizations.