

# MUSTANGS RETURN

## Guidelines for STUDENTS at Southwest Minnesota State University

### HOW TO PROTECT YOURSELF AND OTHERS

All students and employees should familiarize themselves with the information contained in this document.

#### Know how COVID-19 spreads:

- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to [spread mainly from person-to-person](#).
  - Between people who are in close contact with one another (within about 6 feet).
  - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
  - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - Studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

#### Everyone should:

##### Wash your hands often

- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

##### Avoid close contact

- Close contact is considered 6 feet from an infected person for a cumulative total of 15 minutes or more over a 24-hour period.
- Avoid close contact with people who are sick, even inside your home. If possible, maintain 6 feet between the person who is sick and other household members.
- Put distance between yourself and other people outside of your home.
  - Remember that some people without symptoms may be able to spread the virus.
  - [Stay at least 6 feet \(about 2 arms' length\) from other people](#).
  - Keeping distance from others is especially important for [people who are at higher risk of getting very sick](#).

##### Cover your mouth and nose with a cloth face covering when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a mask/[cloth face covering](#) when they go out in the public.
  - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
  - If there is a medical reason for a student to not wear a cloth face covering, please contact Pam Ekstrom in Disability Resources at 507-537-7672 or in the Bellows Academic Building room 246.
- The mask/cloth face covering is meant to protect other people in case you are infected.
- Do NOT use a mask meant for a healthcare worker such as an N95 mask.
- Masks/cloth face coverings should be washed after daily use.
- Continue to keep about 6 feet between yourself and others. The mask/cloth face covering is not a substitute for physical distancing.

##### Cover coughs and sneezes

- If you are around others and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

##### Clean and disinfect

- Clean AND disinfect [frequently touched surfaces daily](#). This includes tables, doorknobs, light switches, countertops, handles, desks, toilets, faucets, sinks, etc.
- Clean AND disinfect technology, such as copiers, laptops, phones, keyboards according to recommended procedures for that equipment.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Disinfectant will be provided by the SMSU Facilities department for campus offices, classrooms, and common spaces in residence halls. For technology, check your technology manual for acceptable disinfectants for your equipment or use what is provided by SMSU Technology.

## Monitor Your Health—Daily Self-Screening BEFORE Coming to Campus

- Take the COVID Self-Assessment prior to coming to campus: [www.minnstate.edu/CV19-SMSU](http://www.minnstate.edu/CV19-SMSU)
- Be alert for symptoms. Watch for fever, cough, shortness of breath, or [other symptoms of COVID-19](#).
- Take your temperature if symptoms develop. Please see this [guidance from the Minnesota Department of Health](#).
  - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- If you have symptoms, DO NOT COME TO CAMPUS. Contact your healthcare provider.
- Follow [CDC guidance](#) if symptoms develop.

## What should I do if...?

### 1. I have Symptoms of COVID-19

*I have several symptoms listed on the health self-assessment tool. I have not yet been tested. I have not been in any known contact with a person who has or may have COVID-19. What should I do?*

- **All Students:** Contact your health care provider for healthcare guidance and testing options.
    - Some COVID-19 symptoms are similar to flu, cold or allergies, click [here to see a comparison chart](#). Or visit [www.SMSU.edu/coronavirus](http://www.SMSU.edu/coronavirus)
  - If you live **off-campus, do not come to campus**.
  - If you live **on-campus** (residence halls or Foundation apartments), **stay in your room** and contact a Residence Life staff member by phone at (507) 537-6136.
    - A Residence Life staff member will work with you regarding quarantine or isolation protocols which includes notifying Dining Services where to provide meals to you if you have a food contract.
    - See Residence Life Quarantine or Isolation protocols online at: [www.SMSU.edu/mustangsreturn](http://www.SMSU.edu/mustangsreturn).
  - **All Students:** If you have several COVID-related symptoms. You should not return to campus or leave your room until:
    - You have had no fever for at least 24 hours (no fever without the use of medicine that reduces fevers)
- AND**
- respiratory symptoms have improved (for example, cough or shortness of breath have improved)
- AND**
- at least 10 days have passed since your symptoms first appeared
- OR**
- you have tested negative for COVID-19, your healthcare provider has indicated you likely did not have COVID-19 and has indicated that quarantine may end.
  - Contact your health care provider if symptoms worsen.
- **All Students:**
    - Please complete the Student COVID-19 Self-Report form at: [https://smsuir.az1.qualtrics.com/jfe/form/SV\\_8lziXCWgd8mc7LT](https://smsuir.az1.qualtrics.com/jfe/form/SV_8lziXCWgd8mc7LT)
    - The Provost's office will notify your professors that you will not be in class.
    - Professors will provide options for not being in class.
    - If you have classes that you can complete remotely or online and are well enough to continue those classes, please do so.
    - If you have questions, please contact the Provost's office at 507-537-6246 or email [Ross.Wastvedt@SMSU.edu](mailto:Ross.Wastvedt@SMSU.edu).

### 2. Potential Exposure

*I was in close contact with a person who was exposed to COVID-19. What should I do?*

- Monitor yourself for symptoms. You do not need to quarantine unless the person you were exposed to tests positive, then follow protocols for situation #4.
- If you develop symptoms, refer to #1.

#### Additional Details about Exposure:

- Students may have been exposed if they are within "close contact" of someone who is infected, which is defined as being within approximately 6 feet (2 meters) of a person with COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period.

### 3. Potential Exposure – With or Without Symptoms

*I was with a person who has recently been tested for COVID-19. No test results are available. What should I do?*

- If you live **off campus, do not come to campus until you have confirmed the other person did not test positive for COVID-19. If test is positive, see #4.**
  - Until test results are known, stay home and quarantine for 14 days and monitor self for symptoms.
  - Separate yourself from others in your household and do not share anything in your home with others for 14 days (utensils, bedding, phones, remotes, etc.).
  - If the person's test is negative, you may end quarantine and return to campus.
- If you live **on-campus** (residence halls or Foundation apartments), **stay in your room** and contact a Residence Life staff member by phone at (507) 537-6136.
  - A Residence Life staff member will work with you regarding quarantine protocols which includes a 14-day quarantine and notifying Dining Services where to provide meals to you if you have a food contract. See Residence Life Quarantine Protocols online at [www.SMSU.edu/mustangsreturn](http://www.SMSU.edu/mustangsreturn).
  - If the person's test is negative you can end quarantine. If the person's test is positive see #4.

▪ **All Students:**

- Please complete the Student COVID-19 Self-Report form at: [https://smsuir.az1.qualtrics.com/jfe/form/SV\\_8lziXCWgd8mc7LT](https://smsuir.az1.qualtrics.com/jfe/form/SV_8lziXCWgd8mc7LT)
- The Provost's office will notify your professors that you will not be in class.
- Professors will provide options for not being in class.
- If you have classes that you can complete remotely or online and are well enough to continue those classes, please do so.
- If you have questions, please contact the Provost's office at 507-537-6246 or email [Ross.Wastvedt@SMSU.edu](mailto:Ross.Wastvedt@SMSU.edu).

**4. Confirmed Exposure – With or Without Symptoms**

*I was with a person who has recently received a lab-confirmed positive COVID-19 test. What should I do?*

▪ If you live **off campus, do not come to campus.**

- Stay home and quarantine for 14 days and monitor yourself for symptoms.
- Separate yourself from others in your household and do not share anything in your home with others for 14 days (utensils, bedding, phones, remotes, etc.).
- You may return to campus after 14 days if you do not develop symptoms.

▪ If you live **on-campus** (residence halls or Foundation apartments), **stay in your room** and contact a Residence Life staff member by phone at (507) 537-6136.

- A Residence Life staff member will work with you regarding quarantine protocols which includes a 14-day quarantine and notifying Dining Services where to provide meals to you if you have a food contract.
- See Residence Life Quarantine Protocols: [www.SMSU.edu/mustangsreturn](http://www.SMSU.edu/mustangsreturn).

▪ All Students: Contact your health care provider for healthcare guidance and testing options.

▪ All Students: If you become sick continue to stay home or in your quarantine room until

- You have had no fever for at least 24 hours (no fever without the use of medicine that reduces fevers)

**AND**

- respiratory symptoms have improved (for example, cough or shortness of breath have improved)

**AND**

- Contact your health care provider if symptoms worsen.

▪ All Students:

- Please complete the Student COVID-19 Self-Report form at: [https://smsuir.az1.qualtrics.com/jfe/form/SV\\_8lziXCWgd8mc7LT](https://smsuir.az1.qualtrics.com/jfe/form/SV_8lziXCWgd8mc7LT)
- The Provost's office will notify your professors that you will not be in class.
- Professors will provide options for not being in class.
- If you have classes that you can complete remotely or online and are well enough to continue those classes, please do so.
- If you have questions, please contact the Provost's office at 507-537-6246 or email [Ross.Wastvedt@SMSU.edu](mailto:Ross.Wastvedt@SMSU.edu).

***The 14-day quarantine count begins with the last date the student was exposed to the individual(s) with a lab-confirmed case of COVID-19.***

**5. Student with Lab-confirmed Positive Case**

*I have been tested for COVID-19 and have a lab-confirmed positive test. What should I do?*

▪ If you live off campus, **do not come to campus.**

- Isolate in your home. Monitor yourself for symptoms.
- Separate yourself from others in your household and do not share anything in your home with others (utensils, bedding, phones, remotes, etc.).
- Contact your healthcare provider if symptoms worsen.

▪ If you live on-campus (residence halls or foundation apartments), **stay in your room** and contact a Residence Life staff member by phone at (507) 537-6136.

- A Residence Life staff member will work with you regarding isolation protocols which includes notifying Dining Services where to provide meals to you if you have a food contract.
- See Residence Life Isolation Protocols: [www.SMSU.edu/mustangsreturn](http://www.SMSU.edu/mustangsreturn).

▪ All Students: If you become sick continue to stay home or in your isolation room until

- You have had no fever for at least 24 hours (no fever without the use of medicine that reduces fevers)

**AND**

- respiratory symptoms have improved (for example, cough or shortness of breath have improved)

**AND**

- at least 10 days have passed since your symptoms first appeared
- Contact your healthcare provider if symptoms worsen.

▪ All Students:

- Please complete the Student COVID-19 Self-Report form at: [https://smsuir.az1.qualtrics.com/jfe/form/SV\\_8lziXCWgd8mc7LT](https://smsuir.az1.qualtrics.com/jfe/form/SV_8lziXCWgd8mc7LT)
- The Provost's office will notify your professors that you will not be in class.
- Professors will provide options for not being in class.
- If you have classes that you can complete remotely or online and are well enough to continue those classes, please do so.
- If you have questions, please contact the Provost's office at 507-537-6246 or email [Ross.Wastvedt@SMSU.edu](mailto:Ross.Wastvedt@SMSU.edu).
- Contact tracing will be provided by the Minnesota Department of Health.

## Contact Information:

Provost Ross Wastvedt: [Ross.Wastvedt@SMSU.edu](mailto:Ross.Wastvedt@SMSU.edu) 507-537-6246  
SMSU Health Services: [Valerie.Dallenbach@SMSU.edu](mailto:Valerie.Dallenbach@SMSU.edu) 507-537-7202

AVERA Marshall Testing: 507-532-9661 | A drive-through testing is held between 9:00 a.m. and 1:00 p.m. Monday – Friday at the Carlson Street Clinic located at 1521 Carlson Street, Marshall.

For information, visit: [www.avera.org/how-to-prepare-for-the-coronavirus-covid-19/](http://www.avera.org/how-to-prepare-for-the-coronavirus-covid-19/)

## Additional Area Testing Sites:

Avera Tyler: 507-247-5521 | No Doctor Visit Required, call first.  
Murray County Medical Center: 507-836-6111 | No Doctor Visit Required, call first.  
Sanford Tracy: 507-629-8300 | No Doctor Visit Required, call first.

Marshall Hy-Vee: Testing is available at Hy-Vee in Marshall. Check [https://doineedacovid19test.com/marshall\\_mn\\_1369.html](https://doineedacovid19test.com/marshall_mn_1369.html) for days and hours of testing. You must pre-register at <https://www.doineedacovid19test.com/>.

Free Saliva Test Kits are available to be mailed to you if you are a Minnesota Resident.

You can order a test kit here <https://www.health.state.mn.us/diseases/coronavirus/testsites/athome.html>. Additional Minnesota testing sites can be found at <https://www.health.state.mn.us/diseases/coronavirus/testsites/community.html>.

The United Community Action bus service is available for rides to AVERA for testing, you must wear a mask. The Blue Route stops at AVERA. More information can be found here <https://www.unitedcapmn.org/services/transportation-program/community-transit/service-hours/>. The bus route is located here <https://www.unitedcapmn.org/wp-content/uploads/2020/08/Blue-Route-2020-flyer.pdf>.

Minnesota Department of Health (MDH) [mn.gov/covid19/for-minnesotans/](http://mn.gov/covid19/for-minnesotans/)  
Center for Disease Control (CDC) [cdc.gov/coronavirus/2019-ncov/](http://cdc.gov/coronavirus/2019-ncov/)

**DO YOUR PART.**  
Help stop the spread of COVID-19 and keep our community healthy.

**WEAR A MASK/CLOTH FACE COVERING. MAINTAIN PHYSICAL DISTANCE. PRACTICE GOOD PERSONAL HYGIENE. STAY HOME WHEN SICK.**

For additional information, visit: [www.SMSU.edu/campuslife/healthservices/healthalerts/coronavirus.html](http://www.SMSU.edu/campuslife/healthservices/healthalerts/coronavirus.html)

This is a living document and will be updated as needed based on federal, state, local or public health guidance or if University requirements change. Version 01/12/21

[www.SMSU.edu/mustangsreturn](http://www.SMSU.edu/mustangsreturn)



Southwest Minnesota State University  
A member of Minnesota State