



## LORAS COLLEGE STUDENT DAILY GUIDELINES

Loras College is committed to the safety and well-being of all students, faculty, staff and visitors. The United States has seen a recent increase of positive COVID-19 cases in 18-40 year olds. Changes to our daily routines have become our “new normal” as we navigate a world where the Covid-19 virus remains present in our community and our country. We expect all members to take responsibility for protecting their health and the health of others by limiting the spread of the virus whenever possible – including while *living in the residence halls, eating in the cafeteria, and participating in classwork*. We are here to support individuals facilitating their ability to respond and transition through college and the pandemic in a positive manner.

**Safety Measures:** We have adopted a state of proactive preparedness and are working closely with local, state and national health officials. Our safety measures, guidelines, and expectations will continually change to reflect the most current available data in accordance with their guidelines.

**Loras College Counseling Center:** *Staffed by two certified counselors, provides a safe place for students to work through emotional issues that may impede their ability to succeed academically while at Loras. Services provided by the center are free, confidential and assist in helping students grow emotionally, intellectually, physically and spiritually.*

**Loras College Health Center:** Staffed by two registered nurses, provides a range of confidential health care services to the campus community. The nurses will assess and offer treatment, provide over-the-counter medications, and/or a referral to another health care provider if necessary. We also provide health education, wellness promotion, self-care opportunities. Most services are available at no charge to any student registered at Loras College.

**Residence Life:** Loras’ residence halls provide an environment of opportunities where students value active learning, reflective thinking, ethical decision making and can be responsible contributors to our community.

**Communications:** Both centers maybe contacted via telephone, email, fax, in person and through telehealth.

<https://www.loras.edu/campus-life/counseling-services/>

<https://www.loras.edu/campus-life/health-and-safety/loras-college-health-center/>

<https://www.loras.edu/campus-life/housing-and-dining/>

**First Aid Kit Recommendations:** Thermometer, Band-Aids, First Aid Cream, Reusable Cold/Hot Packs, Ibuprofen (Motrin, Advil), Acetaminophen (Tylenol), Over-the-Counter Cold Medications, Hand Sanitizer, Tissues, Gatorade, and Chicken Soup Packets. Face masks – Loras will provide two reusable face masks to each student. Consider bringing 6-7 more, depending on your needs and cleaning schedule; reusable masks require daily cleaning. Insurance Card – we recommend identifying local “in-network” providers. Cleaning supplies for personal items and room.

**Vulnerable Populations:** While college students are generally a healthy population, we recognize there may be times when the vulnerable may need to shelter in place. Vulnerable populations include individuals with serious underlying health conditions such as serious heart conditions, chronic lung or kidney disease, diabetes, obesity and asthma, sickle cell disease, compromised immune systems and pregnancy. Students may have vulnerable family members living in their home. Keeping open communication and following recommendations throughout our campus is vital. Alert the Health Center and Residence Life if you meet these criteria. Students must be mindful of their behaviors at all times to maintain their own health and safety and that of others.

## Daily Student Expectations

As adult Duhawks, students are accountable for their actions and expected to follow policies, procedures and protocols as dictated by the college. Failure to do so may result in corrective actions.

**Check Your Temperature and/or Symptoms:** Before leaving their rooms each morning and midafternoon, students are to take their temperature and assess for signs of illness including: Fever, Cough, Shortness of Breath, Sore Throat, Headache, Fatigue, Body or Muscle Aches, Nausea, Vomiting, Diarrhea, Loss of Smell, Loss of Taste. Students will provide their own thermometer. If unable to, call Residence Life. All symptoms, whether believed to be Covid-19 related or not should be recorded. Utilizing a [Daily Temperature Log](#) is an easy way to document this information.

**Call, Do Not Come, If You Are Ill:** If the student has a potential exposure to COVID, temperature higher than 100.4 F and/or the above signs and symptoms, contact:

- Health Center: 563-588-7142. Monday-Friday 8:00 a.m. - 3:30 p.m. 470 ACC. [healthcenternurse@loras.edu](mailto:healthcenternurse@loras.edu)
- Your Residential Advisor
- UnityPoint Urgent Care: 563-589-4960. Daily 8:00 a.m. – 8:00 p.m. 1550 University Ave. Dubuque, IA
- GrandRiver Medical Group: 563-557-9111. Daily 8:00 a.m. – 5:00 p.m. 1515 Delhi, Dubuque, IA
- Medical Associates Acute Care: 563-584-3455. Daily 8:00 a.m. – 5:00 p.m. 1000 Langworthy, Dubuque, IA
- UnityPoint Finley Hospital Emergency Room: 563-582-1881. Open 24/7. 1350 N Grandview, Dubuque, IA
- Mercy One Hospital Emergency Room: 563-589-8000. Open 24/7. 250 Mercy Dr, Dubuque, IA

**Transportation is a student responsibility.**

**Symptom Evaluation:** Students with a potential exposure to COVID, temperature higher than 100.4 F and/or the above signs and symptoms, should also contact their healthcare provider or telehealth program. A potential exposure means being a household contact or having close contact within 6 feet of an individual with confirmed or suspected COVID including 48 hours before the individual became symptomatic. Each COVID test provider will determine testing appropriateness based on your symptoms, risk factors and test availability. Call the COVID test site before you go to learn about testing criteria, availability and hours. This information is changing daily. Individuals who have been tested for COVID due to exposure to the virus should stay home while waiting for test results, and should follow the procedures in this document if they test positive for COVID-19.

### Testing Sites:

- Test Iowa. Epic Health: 563-583-6595. M-TH 8:00 a.m. – 5:00 p.m. Friday 8:00 a.m. – 1:00 p.m. 1075 Cedar Cross Road, Suite 1, Dubuque, IA. Testing is free.
- GrandRiver Medical Group: 563-557-9111. Daily 8:00 a.m. – 5:00 p.m. 1515 Delhi, Dubuque, IA
- UnityPoint Urgent Care: 563-589-4960. Daily 8:00 a.m. – 8:00 p.m. 1550 University Ave. Dubuque, IA
- UnityPoint Finley Hospital Emergency Room: 563-582-1881. Open 24/7. 1350 N Grandview, Dubuque, IA
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**Illness Communication:** Students should keep in communication with their family, professors, Residence Life, and Health Center regarding the above. When applicable, students should complete the [Infectious Disease Report Form](#)

[Housing: Ill students are encouraged to go home to isolate and recover. The college has a limited number of isolation rooms for residential students who are unable to go home due to distance or other extenuating circumstances. Those who must remain on campus will abide by the college, IDPH and CDC guidelines. This may include relocating temporarily to another room, cleaning surroundings as directed, attending classes virtually, following communication instructions and minimizing exposure to others.](#)

**Individuals With COVID-19 May Stop Home Isolation When:** Students are fever free for 72 hours (without the use of medicine that reduces fevers), other symptoms have improved, and 10 days have passed since your symptoms first appeared or you received two negative tests in a row, at least 24 hours apart. Students also need to follow their healthcare provider and local health department guidelines.

**Maintain Social Distancing:** *Scientists believe the virus that causes COVID-19 spreads mainly from person to person, primarily through respiratory droplets produced when an infected person coughs or sneezes. This spread is more likely when people are in close contact with one another, usually about six feet. Because of this, maintaining 6 feet of social distancing remains very important right now. Students should maintain 6 feet social distancing whenever possible - this includes while during class, in the residential halls and in the community setting.*

**Wear a Face Covering in Public Spaces:** *The CDC currently recommends people use cloth face coverings to cover their nose and mouth while in community settings to minimize transmission risks. People should follow this guideline in all public spaces on campus, including classrooms and residence hall common areas. If maintaining 6 feet of social distancing outside is not possible, wear a mask. Students will receive two reusable cloth masks. Students will be responsible for providing additional masks, which conform to CDC guidelines and are appropriate for campus. Reusable Masks need to be worn, removed, and cleaned properly. For additional information on mask usage, refer to **Protect Yourself from COVID-19** below.*

**Group Gatherings:** Based on current recommendations, access to spaces on campus may be limited. Please follow maximum capacities as listed on the access points to areas (elevators, meeting rooms, classrooms, etc.) Maximum group size permitted may change based on the college expectations, IDPH and CDC.

**Keep It Clean:** Students should practice good handwashing and take advantage of sanitation stations available at the entrance to all buildings. Each building, classroom and residential hall has information and cleaning supplies. Professors will ask for compliance in cleaning surfaces after each class. Students are encouraged to keep their rooms, surroundings and frequently touched items clean.

**Community Member:** Students should maintain these guidelines on and off campus to keep themselves, Loras College and the community safe.

## PROTECT YOURSELF FROM COVID-19

**What is COVID-19?** COVID-19 is a type of coronavirus. It is a mild to severe respiratory illness transmitted chiefly by contact with infectious materials such as respiratory droplets. Symptoms of COVID-19 include fever, cough, shortness of breath; feeling more tired than usual, severe headaches, runny nose, altered or lost sense of taste or smell, sore or scratchy throat, and loss of appetite, nausea, vomiting, and diarrhea. Also, light-headedness, muscle/joint aches and pains, memory loss, rash, bruising/bleeding, red eyes, and non-injury marks and/or bruises on toes. The symptoms could progress to pneumonia and respiratory failure. For six easy steps to prevent COVID-19, visit <https://www.youtube.com/watch?v=9Ay4u7OYOhA>

**Face Coverings:** Face coverings should be worn while in public areas on campus to minimize transmission risks. Cloth face coverings can be made at home from common materials at low cost. Do not place cloth face coverings on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

Reusable cloth face coverings need to be worn, removed and cleaned properly. A properly fitted mask should cover the nose and mouth; fit snugly but comfortably against the side of the face; be secured with ties or ear loops; include multiple layers of fabric; allow for breathing without restriction; be able to be laundered and dried without damage or change to shape. For more information on how to wear a cloth mask properly, visit [https://www.youtube.com/watch?v=Yc\\_yKQryMIQ](https://www.youtube.com/watch?v=Yc_yKQryMIQ).

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those types of face coverings are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance. Clean or wash reusable cloth face coverings routinely depending on the frequency of use. Individuals removing their masks should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.

**Social Distancing:** Social distancing is a strategy used to reduce the spread of illness in a community. To properly social distance, individuals should stay at least 6 feet (about 2 arms' length) from other people when outside of their home. To protect yourself from COVID-19, avoid crowded places and gatherings. While on campus, follow guidelines posted in each campus building/room. For more information:  
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=-NHDNPTMUJO](https://www.youtube.com/watch?v=-NHDNPTMUJO).

**Cover Your Sneeze/Cough:** Remember to protect others by covering your sneezes and coughs. Practice coughing into your elbow, and always throw tissues away after use. Remember to wear your facemask and wash your hands regularly for at least 20 seconds to protect yourself from illness.

**Cleaning Strategies:** Regular cleaning practices are an effective way to help prevent the spread of COVID-19. Students are encouraged to keep their rooms, surroundings and frequently touched items clean.

**Stay Healthy:** You are best able to protect yourself from illness if you work to stay healthy. Get 7-9 hours of sleep per night, drink at least 8 glasses of water daily, follow a healthy diet, and exercise 30 minutes daily.