



Returning to Campus/Travel Guidelines

Loras College is committed to the safety and well-being of all students, faculty, staff and visitors. We have adopted a state of proactive preparedness and are working closely with local, state and national health officials. Loras College expects all members to take responsibility to help limit the spread of the virus upon returning to campus.

Check Your Temperature and/or Symptoms: Beginning two weeks before arriving to campus, each morning 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. 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.

To limit potential exposures, students are to self-quarantine. This includes staying home and limiting visitors. Being outside is permissible for activities such taking a walk. Practice social distancing – maintain a distance of 6 feet between you and others as much as possible. Wear a face covering when social distancing is not practical. Avoid going to stores, events, crowds or gatherings. Practice frequent hand washing. Do not share utensils, drinks, or towels.

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 the Health Center: 563-588-7142. Monday-Friday 8:00 a.m. - 3:30 p.m. 470 ACC. healthcenternurse@loras.edu and your physician. If a student is unable to begin classes according to the academic calendar, please contact the Health Center.

High Risk Areas/Epicenters: Students traveling from or through high risk areas/ or known COVID-19 Epicenters, may request to return to campus early to self-quarantine to protect themselves and others. Contact Residence Life.

State and Local Travel Restrictions: Follow state and local travel restrictions. For up-to-date information and travel guidance, check the [state or local health department](#) where you are, along your route, and at your planned destination. While you are traveling, state or local government may place travel restrictions, such as stay-at-home or shelter-in-place orders, mandated quarantines upon arrival, or even state border closures. Plan to keep checking for updates as you travel.

International Travel Restrictions: Following the CDC guidelines, individuals will self-quarantine for 14 days upon entering the US.

Anticipate Travel Needs and Bring: Alcohol-based hand sanitizer (at least 60% alcohol) and keep it within easy reach. Cloth face covering to wear in public places. Disinfectant wipes (at least 70% alcohol) for surfaces. Disposable gloves. Thermometer. Water and non-perishable food. Medication. Travel Log.

Travel Safely

- Maintain a distance of 6 feet (2 meters) between you and others as much as possible.
- Avoid crowds.
- Wear a cloth face covering.
- Avoid touching your eyes, nose and mouth.
- Cover coughs and sneezes.
- Clean your hands often. Especially, upon leaving and arriving at your destination, using the bathroom, before eating, and after coughing, sneezing or blowing your nose.
 - Wash your hands often with soap and water for at least 20 seconds.
 - If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub your hands together until they feel dry.
- Keep a travel log. This information will be essential if contact tracing is needed.

Car Travel

- Plan to make as few stops as possible, but stop driving if you become drowsy. Stopping for gas, food and bathroom breaks may place you in close contact with other people and surfaces.
- Keep cloth face masks, hand sanitizer, and disinfectants in an easily accessible spot
- Prepare food and water to take on the trip. Access to restaurants and grocery stores may be limited.
- If you choose to pick up a meal on the road, opt for restaurants that offer drive-thru or curbside service.
- When getting gas, use a disinfectant wipe on handles or buttons before touching them. After fueling, use hand sanitizer. Upon destination arrival, wash your hands.
- Clean and disinfect frequently touched surfaces regularly (for example, the steering wheel, gearshift, door frame/handles, windows, radio/temperature dials, and seatbelt buckles).
- When using parking meters and pay stations, consider using alcohol wipes to disinfect surfaces or use hand sanitizer containing at least 60% alcohol after use. Wash hands.
- Practice social distancing by limiting the number of passengers in the vehicle.
- Improve the vehicle ventilation - open the windows or use air ventilation/air conditioning on non-recirculation mode).

Bus/Train/Public Transit

- Check with local transit authorities for the latest information on changes to services and procedures, especially if needing additional assistance. Sitting or standing within 6 feet (2 meters) of others for a prolonged period may increase the risk of getting or spreading the coronavirus.
- Limit touching frequently touched surfaces such as kiosks, digital interfaces such as touchscreens and fingerprint scanners, ticket machines, turnstiles, handrails, restroom surfaces, elevator buttons, and benches as much as possible.
- Use touchless payment and no-touch trash cans and doors when available. Exchange cash or credit cards by placing them in a receipt tray or on the counter rather than by hand, if possible.
- Travel during non-peak hours when there are likely to be fewer people.
- Follow social distancing guidelines by staying at least 6 feet (2 meters) from people who are not from your household.
 - Avoid gathering in groups, stay out of crowded spaces when possible, especially at transit stations and stops.
 - Consider skipping a row of seats between yourself and other riders if possible.
 - Enter and exit buses through rear entry doors if possible.
 - Look for social distancing instructions or physical guides offered by transit authorities (for example, floor decals or signs indicating where to stand or sit to remain at least 6 feet apart from others).
- After you leave the transit station or stop, use hand sanitizer.
- When you arrive at your destination, wash your hands.

Rideshare/Taxi/Limo

- Avoid contact with surfaces frequently touched by passengers or drivers, such as the doorframe and handles, windows, and other vehicle parts. When contact is unavoidable, use a hand sanitizer as soon as possible afterwards.
- Avoid accepting offers of free water bottles and touching magazines or other items
- Use touchless payment when available.
- Limit the number of passengers in the vehicle to only those necessary.
- Avoid pooled rides or rides where multiple passengers who are not in the same household.
- Sit in the back seat in larger vehicles such as vans and buses so you can remain at least six feet away from the driver.
- Ask the driver to improve the ventilation in the vehicle if possible by opening the windows or setting the air ventilation/air conditioning on non-recirculation mode.
- After leaving the vehicle, use hand sanitizer containing at least 60% alcohol.
- When you arrive at your destination, wash your hands.

Air Travel

Air travel requires spending time in security lines and airport terminals, leading to close contact with other people and frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air circulates and filters on airplanes. However, social distancing is difficult on crowded flights, and you may have to sit near others (within 6 feet), sometimes for hours. This may increase your risk for exposure to the virus that causes COVID-19.

The CDC and the Federal Aviation Administration (FAA) have issued guidance to help airlines prevent the spread of the coronavirus. Check specific airport and airline websites for passenger protection policies. The Transportation Security (TSA) website lists airport locations where TSA employees or screening contractors have tested positive for COVID-19.

TSA has made a number of changes to the screening process:

- TSA employees may ask travelers to adjust masks for identification purposes during screening.
- Instead of handing boarding passes to TSA officers, travelers should place passes (paper or electronic) directly on the scanner and then hold them up for inspection.
- Each traveler may have one container of hand sanitizer up to 12 ounces (about 350 milliliters) in a carry-on bag. Place this container in a bin for screening.
- Transport food items in a plastic bag and place in a bin for screening. Separating food from carry-on bags lessens the likelihood that screeners will need to open bags for inspection.
- Place personal items such as keys, wallets and phones in carry-on bags instead of bins. This reduces the handling of these items during screening.

Be sure to wash your hands with soap and water directly before and after going through screening.

Transportation considerations upon arrival. Investigate car rental options and their disinfection policies on the internet. If planning to stay at a hotel, check into shuttle service availability. If using a ride-hailing service, do not sit in the front seat near the driver. Handle your own bags during pickup and drop-off. Avoid coming into contact with frequently touched surfaces before cleaning them. If using public transportation, maintain social distancing, wear a mask, and use hand sanitizer or wash your hands after reaching your destination.

Restaurant Precautions

- Order to go, if possible.
- Check the restaurant's website and social media for updated COVID-19 safety guidelines.
- Call and ask if all staff are wearing cloth face coverings while at work.
- Ask about options for self-parking to remove the need for a valet service.
- Wear cloth face coverings when less than six feet apart from other people or indoors.
- Take precautions – like wearing a cloth face covering as much as possible when not eating and maintaining a proper social distance if you are dining with others who don't live with you.
- Maintain a social distance of 6 feet or more in any entryway, hallway, or waiting area.
- Sit outside at tables spaced at least 6 feet apart from other people, if possible.
- Choose food and drink options that are not self-serve to limit the use of shared serving utensils, handles, buttons, or touchscreens.
- Wash your hands or use hand sanitizer when entering and exiting the restaurant.
- Before using the restroom, make sure there is adequate soap and paper towels or hand sanitizer

Hotel Considerations

- Check the hotels website for information about how it is protecting guests and staff. Ask their cleaning, disinfecting and removing frequently touched surfaces and items policies.
- Use options for online reservation and check-in, mobile room key, and contactless payment.

- Before you go, call and ask if all staff are wearing cloth face coverings at work.
- Look for any extra prevention practices implemented by the hotel, such as plexiglass barriers at check-in counters, and physical distancing signs in the lobby.
- Ask for a room that has been vacant for at least 24 hours.
- Wear a cloth face covering in the lobby or other common areas.
- Minimize use of areas that may lead to close contact (within 6 feet) with others, like break rooms, outside patios, inside lounging areas, dining areas/kitchens, game rooms, pools, hot tubs, saunas, spas, salons, and fitness centers.
- Consider taking the stairs. Otherwise, wait to use the elevator when able to ride alone or with only your household.
- Request contactless delivery for any room service order.
- Upon arriving to your room or rental, clean and disinfect all high-touch surfaces, such as doorknobs, light switches, countertops, tables, desks, phones, remote controls, toilets, sinks and faucets. Wash plates, glasses, cups and silverware (other than prewrapped plastic items) before using.