HELP PREVENT THE SPREAD OF ILLNESS TO KEEP OUR CAMPUS SAFE

For more information, please visit: nmc.edu/keepsafe

COVID-19 EXPOSURE CONTROL AWARENESS

Please remember:

Wear a mask and maintain social distancing if you have not been fully vaccinated

Use provided supplies to disinfect your work space

Avoid touching your face

1. Are you experiencing symptoms of COVID-19?
   • Fever of 100.4°F or greater
   • New or worsening cough in the past 48 hours
   • Sore throat
   • Congestion or runny nose
   • Nausea or vomiting
   • Diarrhea
   • Body aches
   • New onset loss of taste or smell
   • Shortness of breath that started in the last 48 hours

2. Have you had close contact? Close contact is defined as:
   • Living or caring for person who tested positive for COVID-19
   • Being coughed or sneezed on by a person who has COVID-19
   • Shaking hands with a person who has COVID-19
   • Being less than 6 feet away for more than 15 minutes in the last 10 days from a:
     ○ Symptomatic person who tested positive or is presumed positive for COVID-19—and you had contact with them during the time period starting 2 days before the onset of their symptoms until they met criteria for discontinuing home isolation
     ○ Asymptomatic person who tested positive for COVID-19—and you had contact with them starting 2 days before the date of specimen collection until 10 days after the date of their specimen collection

3. Have you been directed or told by the local health dept. or your healthcare provider to self-isolate or self-quarantine?
   
   If you have answered No to all of the questions listed above you may come to campus. If you have answered Yes to any of these questions, please do not come to campus and self-quarantine at home for 10 days. You should also consider contacting your health provider for further guidance.

Information as of 6/9/2021.
WHEN SHOULD I STAY AT HOME?

BE SURE TO WASH:
- If soap and warm water are not available and hands are not visibly dirty, hand sanitizer that contains at least 60% alcohol may be used.
- Palm to palm
- In between your fingers
- The tips of your fingers
- Backs of your hands and fingers
- Your thumbs
  (Use a tissue to turn off the tap if possible.)

If not fully vaccinated, stay home for 10 days after your contact with the sick person. Monitor yourself for symptoms.

You may leave if you are symptom-free.

Stay home for 10 days and until all symptoms have stopped.

I have been diagnosed with COVID-19.

I have developed one or more symptoms of COVID-19.

Has 10 days passed since you were tested or first developed symptoms?

NO

YES

Wash your hands with soap and warm water for 20 seconds including after using the restroom, before eating, after coughing or sneezing, immediately after removing gloves and after contact with others.

Contact tracing:
In an effort to keep the college community safe, confidential contact tracing will be performed by the Health Department when the college is informed that an employee, student, or college visitor has tested positive for COVID-19.

If you become ill and are unable to continue course work, you should contact your instructor about a plan.

For health questions related to COVID-19, contact your health care provider, your local health department or NMC Health Services.

CONTACT TRACING

CLOSE CONTACTS

I live with someone diagnosed with COVID-19.

I live with someone who has developed one or more symptoms of COVID-19.

I live with someone diagnosed with COVID-19.

If not fully vaccinated, stay home for 10 days after your contact with the sick person. Monitor yourself for symptoms.

You may leave if you are symptom-free.

If you are symptom-free.

Stay home for 10 days and until all symptoms have stopped.

ME

I have been diagnosed with COVID-19.

I have developed one or more symptoms of COVID-19.

Has 10 days passed since you were tested or first developed symptoms?

NO

YES

CLEAN YOUR HANDS OFTEN

ONCE A DAY

Wash your hands with soap and warm water for 20 seconds including after using the restroom, before eating, after coughing or sneezing, immediately after removing gloves and after contact with others.

BE SURE TO WASH:
- Palm to palm
- In between your fingers
- The tips of your fingers
- Backs of your hands and fingers
- Your thumbs
  (Use a tissue to turn off the tap if possible.)

If soap and warm water are not available and hands are not visibly dirty, hand sanitizer that contains at least 60% alcohol may be used.

NMC SAFETY SPECIFICS

Complete the self-screening exam (pictured on the right) before coming to campus.

Practice social distancing when possible by staying at least 6 feet apart.

Routinely disinfect your workspace including desk, phone, and computer keyboard/mouse.

Wipe down surfaces in all communal areas including labs and classrooms before and after use. Sanitizer is available in all public spaces.

Face coverings must be worn in all communal areas by students who are not fully vaccinated.

Refer to posted signs limiting the number of people in bathrooms at one time.

Consider your social distancing needs when using the elevators.

Follow directional signs in doorways and stairwells.