

# CAMPUS REOPENING *GUIDEBOOK*

Fall 2020



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## Mission

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As a health professions institution, we provide educational experiences for the development of individuals in order that they may positively influence the health and well-being of the community.

## Core Values

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### Caring

We are concerned for the well-being of all people and demonstrate this concern through kindness, compassion and service.

### Excellence

We expect the best from everyone and hold ourselves to the highest ideals of personal, professional and organizational performance.

### Holism

We recognize and honor the interrelatedness of all things and all people, and are committed to the development of the whole person.

### Learning

We embrace the experiential process by which knowledge, insight, understanding and ultimately wisdom are created for ourselves and those we serve.

### Respect

We recognize and uphold the dignity and self-worth of every human being, and promote honest and forthright interpersonal communication and behaviors.

## Guiding Principles Setting Nebraska Methodist College Students Apart

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### Heartset

Students with heartset are compassionate. They are able to express their thoughts and feeling while simultaneously adjusting to the thoughts and feeling of others. Compassion includes the desire to take actions that will alleviate another person's distress.

### Mindset

Students with a growth mindset are equip to navigate a changing world. *"They understand that talent and abilities can be developed through hard work, learning new strategies and help from others. It is an empowering belief."* Carl Dweck, Stanford Professor and Author of "Mindset".

### Skillset

Students with a strong skill set become experts in their field. They know that in order to keep up with skill, they need to accept constructive criticism, learn from it and implement it.

## Message from Our President

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Nebraska Methodist College in conjunction with the Nebraska Methodist Health System is committed to maintaining a safe working and learning environment for all students, faculty, staff and visitors. Our goal is to maintain a high level of education while adapting processes and procedures to meet the safety standards provided by the federal government and the Center for Disease Control (CDC) in the *Opening Up America* guidelines.

Our comprehensive plan follows the best public health information and guidance currently available. CDC provided Institutes of Higher Education (IHE) considerations noting, *“IHE officials can determine, in collaboration with state and local health officials, whether and how to implement these considerations while adjusting to meet the unique needs and circumstances of the IHE and local community. Implementation should be guided by what is feasible, practical, acceptable, and tailored to the needs of each community.”*

We want to provide students and employees with meaningful on campus experiences while limiting exposure to the virus. Reopening our campus is complex and it is unreasonable to assume that we can eliminate the risk of student, faculty or staff exposure to COVID-19.

As we work to return to a fall semester that looks and feels more traditional, it is very important we remember our duty as Educated Citizens and future healthcare professionals. Understanding the risks COVID-19 presents to our community is simply not enough. It is our responsibility to continue diligent efforts necessary to stop the spread. We cannot forget our why!

The sacrifices we make now impact the greater good of our community and our long-term health. Mask for those who cannot. Sanitize and distance to protect yourself and others. Do your part at school, clinical, home and in the community to work together to stop the spread. ***This is the NMC difference. This is the meaning of care.***

Be safe and be well,

*Deb Carlson*

Dr. Deb Carlson  
President & CEO



## What to Expect Back on Campus

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While our campus will look different, NMC's campus will be open! **Campus will be open Monday - Friday 6am – 10pm.** Student weekend hours are currently unavailable, but will be updated once cleaning routines are fully operational. Professional development courses and students maintain building access according to course schedules. Faculty and staff have badge access afterhours and during weekends.

Campus building access points will require NMC badge access. Please do not hold the door open for others; each person should produce a unique swipe. Guests must enter during business hours through the Clark main entrance and sign in/out with security.

By using your NMC badge or signing in, you are attest that you:

- ✓ Have conducted and passed a daily self-screening. See **Daily Self-Screening Guidelines**.
- ✓ Will adhere to all COVID-19 guidelines, including **Physical Distancing** and **Campus Face Covering Guidelines**.

## Supporting Campus Health & Safety

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- ✓ Signs posted throughout campus serve as a reminder of CDC defined best practices including symptom identification, face covering, physical distancing and proper hand hygiene.
- ✓ Adhere to directional signs posted throughout campus for traffic flow and physical distancing purposes.
- ✓ Physical barriers are being installed at the Clark & Leinart front desks, bookstore retail area, library, Campus Health and Deja Brew.
- ✓ Classrooms are arranged for physical distancing at half capacity.
- ✓ Promoting physical distancing of six feet apart as much as possible.
- ✓ Face coverings are mandatory on campus. Where physical distancing is more difficult, such as during lab and skills activities, proper PPE must be used including surgical masks and eye protection.
- ✓ Enhanced cleaning of high-touch surfaces and spaces.
- ✓ Badge-only access only to all campus buildings.
- ✓ Technology is available to provide effective hybrid or online instruction.
- ✓ Community health stations with supplied with hand sanitizer, tissues and cleaning solution for your use.
- ✓ Please note that you will want to bring bottled water to campus. Water fountains and bottle filling stations will remain off until the MHS Infectious Disease Department gives permission to turn them back on.



## Academic Calendar & Progression

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Nebraska Methodist College's on campus programs will begin the fall semester as scheduled on **August 17, 2020** (ACE begins August 10, 2020). Labor Day will be observed as a regular holiday with no classes, but **classes will be in session on Tuesday, September 8**. Thereafter, the academic fall schedule will continue per the academic calendar with both Fall Break and Thanksgiving break being observed as scheduled. Professional development courses will continue as scheduled. Online program courses for the fall semester will begin and continue as scheduled. The health and safety of our students, faculty and staff is our highest priority; thus, the academic plans for all programs are subject to change.

### Courses, Labs & Testing

NMC will offer courses, labs, skills checks and testing via in person, hybrid and online delivery modes. Some courses originally scheduled for in person instruction will shift to a hybrid delivery or to exclusively online. Regularly scheduled online didactic course will run as usual.

All classrooms, labs, study and social areas will be at half capacity and class sizes will be limited to approximately 25 students.

Facemasks and physical distancing protocols are applicable to classroom activities. Faculty are not required to wear masks when lecturing and should remain at the front of the class for physical distancing.

### **Clinical & Community Experiences**

Clinical and community experiences will resume in person per program availability. Students will need to be in compliance with their CastleBranch accounts and work with their program director and clinical coordinator for details within specific programs. Community experiences that are unavailable in person may resume in a virtual format.

### **Attendance, Academic Progression & Student Accommodation Requests**

Should you need to stay home from classes due to COVID-19, please work with your faculty to complete course requirements while not on campus for required classes, testing or other services. Accommodations may be offered if deemed reasonable including: flexibility with deadlines, alternative assignments and testing delivery, additional faculty assistance, etc. and the ability to receive an incomplete in the course, if applicable. If ADA or other COVID-19 accommodations are required, please contact Academic Success Director, Lisa Flairty at [Lisa.Flairty@methodistcollege.edu](mailto:Lisa.Flairty@methodistcollege.edu) or 402-354-7059.

### **Testing Center**

Testing Center services will resume on campus throughout the fall semester.

### **NEW Learning Tools & Strategies**

The NMClick initiative was created to infuse technology and innovation into our environment while remaining true to our mission of "...developing individuals in order that they may positively influence the health and well-being of the community." In collaboration with Apple® and Nebraska Methodist Health System, NMC is implementing a program where **all full-time, on-campus students will receive a new Apple iPad®, Apple Pencil® and keyboard case, beginning in this fall.**

The program involves much more than just Apple iPads®. It is a new curriculum, new delivery methods, new tools and resources. It is an entirely new approach to teaching, learning and serving our students and provides a standard learning platform in the event NMC must transition its on campus educational offerings online.

As the College community explores new ways to teach and learn during the COVID-19 pandemic, many students are finding new, exciting, and in many cases, better ways to learn. The Center for Research, Education, and Teaching Excellence (CREATE!) is here to help. You can find many resources in the Brightspace course titled CREATE! Student Resources or contact CREATE! Director, Mark Billington at [Mark.Billington@methodistcollege.edu](mailto:Mark.Billington@methodistcollege.edu).

## **Student Services**

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### **What if I'm experiencing COVID-related issues or am uncomfortable returning to campus this fall semester?**

NMC understands that students may face a variety of unique challenges due to COVID-19. If a student is experiencing a COVID-related issue or concern that is NOT regarding a COVID-19 exposure or diagnosis, they should contact the Chief Student Officer/Dean of Students for support. Examples may include parenting/caretaking schedule restrictions, technology issues, food or housing insecurity and/or academic success and learning challenges.

To receive support, contact Sarah Murphy at [Sarah.Murphy@methodistcollege.edu](mailto:Sarah.Murphy@methodistcollege.edu) or 402.354.7528. Students may also complete the online [COVID-19 Student Needs Form](#). NMC faculty and staff may notify the Chief Student Officer/Dean of Students of a student in need of support through the COVID-19 Student Needs Form.

### **Campus Housing**

NMC's campus housing is open for NMC students. Campus housing residents must adhere to physical distancing, masking and other CDC preventative measure guidelines. Residents should follow the **COVID-19 Reporting Guidelines** if experiencing symptoms, exposure or a positive COVID-19 test.

### **Financial Aid & Business Office**

The Financial Aid and Business Offices will be open, but the majority of the operations will continue virtually. To the extent possible, we encourage students to conduct business via e-mail, phone or through the NMC Financial Aid Portal. In-person meetings will be by appointment only.

### **Advising, Library & Academic Success Services**

Advising, library, academic coaching, tutoring and supplemental instruction will be available for both in person and virtual support this fall semester. Students are encouraged to reach out to advisors, librarians and academic success coaches via e-mail, phone or virtual platform. In-person meetings will be by appointment only.

### **Emotional Support, Mental Health Counseling & Pastoral Support**

Counseling services will be available for both in person and virtual support this fall semester. We encourage students to reach out via e-mail, phone or virtual platform. In-person meetings will be by appointment only. Students please contact Campus Counselor Kathy Dworak at [Kathy.Dworak@methodistcollege.edu](mailto:Kathy.Dworak@methodistcollege.edu) or call 402-354-7080 for an appointment. All NMC students (online and on campus) may also access mental health counseling resources 24/7/365 through the Student Assistance Program (SAP) at 866-776-6233 or 402-354-8020 and at [www.BestcareEAP.org](http://www.BestcareEAP.org).

New to campus this fall is Kim Haizlip, Spiritual Development Coordinator. Kim will be introducing NMC to Christian Student Fellowship—a non-denominational campus ministry providing an opportunities for students to connect spiritually at NMC and across college campuses in Nebraska. Contact Kim at [Kimberly.Haizlip@methodistcollege.edu](mailto:Kimberly.Haizlip@methodistcollege.edu). NMC's Ignite group meets weekly via Zoom and has posted [virtual service listings](#) on MyMethodist.

### **TRIO Student Support Services (SSS)**

TRIO SSS is a federally funded program that provides academic resources, individual support, career counseling and scholarship assistance for first generation, low income or disabled students. If you are already a TRIO SSS student, resources remain available. If you are a new student at NMC this fall, please contact TRIO SSS Director, Lisa Johnson at [Lisa.Johnson2@methodistcollege.edu](mailto:Lisa.Johnson2@methodistcollege.edu) for information on eligibility and an application. We encourage students to reach out via e-mail, phone or virtual platform. In-person meetings will be by appointment only.

### **Campus Health**

Campus Health hours of operation remain the same, **Monday – Friday 8:30 a.m. to 4 p.m.**, however walk-in appointments can no longer be accommodated. If you are not feeling well, call 402-354-7211 or email [CampusHealth@methodistcollege.edu](mailto:CampusHealth@methodistcollege.edu) for an appointment. Appointments may be in person, or new this fall, is a **telehealth option**. Please use the Dodge Street entrance to the 501 Building.

### **Campus Health after Hours**

Please leave a message at (402) 354-7211 or 402-354-7260. You will receive a call back to schedule a visit the following business day. If you have an emergency, call 911 or go to the nearest urgent care center or emergency room for treatment.

#### **The nearest emergency room to campus is:**

Methodist Hospital  
8303 Dodge St.  
Omaha NE 68114  
(402) 354-4000

#### **The nearest Methodist Physicians Clinic Urgent Care to campus is:**

10710 Fort St.  
Omaha NE 68134  
(402) 354-7540  
Weeknights, 6 -10 p.m.  
Weekends & holidays, noon - 6 p.m.





### Food service, Micro Market & Vending Machines

Deja Brew will be open this fall. Food service hours may vary. Deja Brew will provide grab-and-go options for meals as well as serve individually plated meals (versus self-serve stations). At this time, campus events and programs should avoid food service. If food service is necessary, avoid buffet style and instead opt for individually packaged meals. NMC micro market and vending machines will be available as well.

If you consume food on campus, dispose of any food or food containers in appropriate trash receptacles. Each person will be responsible for wiping down and sanitizing the any surfaces food is consumed. These areas include the classrooms, study rooms, individual offices, Student Engagement Center as well as the Clark Dining area.

### Bookstore

NMC's Bookstore will be open for in person shopping! All items are also conveniently available on-line. We also encourage students to order through the [Bookstore website](#) for books, supplies and scrubs. Orders will be packaged and available for pick-up at the bookstore or they can be shipped. All payments will be processed electronically.

### Fitness Center

The fitness center will remain closed until further notice.

### Student Assistance Resource Quick Links

- ✓ **NMC's food pantry** is open and available to all students for curbside pickup. Access the order form [here](#).
- ✓ Methodist Hospital Foundation graciously sources a **Student Crisis Fund** that can assist with payment of non-tuition bills. Contact Dean Tickle, VP of Business and Operations at [Dean.Tickle@methodistcollege.edu](mailto:Dean.Tickle@methodistcollege.edu) for information on the Student Crisis Fund process for payment assistance and application.
- ✓ **Free, confidential counseling** to currently enrolled students is available by contacting Campus Counselor, Kathy Dworak at [Kathy.Dworak@methodistcollege.edu](mailto:Kathy.Dworak@methodistcollege.edu).
- ✓ The **Student Assistance Program (SAP)** also offers free, confidential counseling and available 24/7/365 for students, their spouse, or dependents at 866-776-6233 or 402-354-8020 and [www.BestcareEAP.org](http://www.BestcareEAP.org).
- ✓ The **Campus Health** remains open by appointment only by calling 402-354-7211.

## Cleaning Guidelines

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NMC has enhanced its cleaning and disinfection of high-touch areas. Classrooms and labs will be cleaned after each session by class exiting the room. STRATUS will focus on deep cleaning classrooms after class sessions are done for the day, restrooms and the common high-touch areas listed below will receive frequent sanitization throughout each day.

- ✓ Door knobs and handles
- ✓ Push plates and crash bars on doors
- ✓ Overhead light and lamp switches
- ✓ Stair doors and handrails
- ✓ Elevator call and interior buttons
- ✓ Vending machines and ATM's
- ✓ Computer keyboards, printer keypads and other shared equipment
- ✓ Fridge/microwave handles in Clark Dining, Micro market and breakrooms
- ✓ Restroom surfaces and fixtures

In the event a student, faculty or staff tests positive for COVID-19, NMC has a plan for cleaning and disinfecting impacted areas (e.g., classrooms, labs, restrooms, study areas, pathways, etc.).

### Classrooms, Labs & Simulation Center

Each classroom, lab and simulation center will need tables and high-touch zones (door handles, computers) wiped down after each class. Each lab and simulation center may have additional requirements for disinfecting simulators and lab equipment. The

lab or simulation instructor will communicate this information. Every classroom, lab and simulation center will be equipped with the following supplies:

- ✓ Two buckets marked “CLEAN” (green buckets) and “USED” (blue buckets). The “CLEAN” green bucket will contain microfiber cloths used for wiping down tables and high touch zones. After use, put the used cloths in the “USED” blue bucket.
- ✓ Multiple spray bottles with disinfectant.
- ✓ Rubber gloves
- ✓ Students will each have their own pair of protective glasses. These are required to spray anything from a bottle.

Faculty—Please work with your students to disinfect the table they were sitting at before they leave class. After using the microfiber cloth, please place them in the container labeled “USED.”

### Study, Dining & Common Areas

A green bucket containing “CLEAN” microfiber cloths and a blue bucket for “USED” cloths as well as spray bottles with disinfectant will be placed throughout the Clark, Leinart, 501 and 515 campus facilities. Everyone is expected to use the cloths and disinfectant spray to wipe down the area after use.

### Environmental Services—STRATUS Cleaning Plan

#### Office Trash

Office holders will need to empty their office trash in a common receptacle. Stratus will no longer be emptying office waste. In addition, office holders are responsible for wiping down personal office spaces.

#### Recycling Program

NMC is introducing a new recycling program. New receptacles will distributed across campus and a new dumpster will be for plastics and aluminum by the existing cardboard dumpster at the northwest corner of the Clark Building.

#### Duty Hours

STRATUS will have multiple people throughout regular business hours to assist with keeping campus clean, but we also need faculty, staff and student help. Due to the Covid-19 pandemic, we require almost a constant state of cleaning and disinfecting when campus facilities are open. It is expected that faculty and students wipe down the classroom after use. Victoria Campbell, NMC Information Desk Coordinator, will be the point of contact for campus cleaning questions. She will also communicate to STRATUS any reported areas that need cleaning and disinfecting attention.

## Campus COVID-19 Guidelines

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### Daily Self-Screening Guidelines

- ✓ Self-screen for symptoms of COVID-19 or any illness before coming to campus or clinical facility to verify that you do not have COVID-19 symptoms or an exposure that would put you at risk for infection.
- ✓ Self-screen for international or cruise ship travel or over 100 miles outside Omaha Metro (for more than 2 hours) in the past 14 days.
- ✓ **If any YES answers on the self-screen, DO NOT come to campus for class or go to clinical. Call Campus Health at 402-354-7211 or submit a [COVID-19 Reporting Form](#) for Campus Health to contact you.**

ONE of the following symptoms is considered a positive screen	TWO of the following symptoms is considered a positive screen
<ul style="list-style-type: none"> <li>• Dry, persistent cough</li> <li>• Shortness of breath or difficulty breathing</li> <li>• Fever &gt; 100.4</li> </ul>	<ul style="list-style-type: none"> <li>• Gastrointestinal symptoms (diarrhea or vomiting)</li> <li>• Sore throat</li> <li>• Sudden loss of sense of taste and/or smell</li> <li>• Headache</li> <li>• Body aches</li> </ul>

### **Physical Distancing Guidelines:**

NMC is taking the following measures to ensure the health of our community:

- ✓ All persons must remain six feet apart, whenever possible, and abstain from physical contact.
- ✓ All persons must observe good hygiene, wash hands frequently, and cough or sneeze into their own elbows.
- ✓ All persons are not to come to work if they are sick.
- ✓ No one with any of the aforementioned COVID-19 symptoms should enter NMC or clinical facilities.
- ✓ Hand sanitizer is available at locations presenting a greater likelihood of contact with people.
- ✓ Soap and water are available to the NMC community at all restrooms.
- ✓ Non-essential events and gatherings have been cancelled or postponed.
- ✓ NMC is complying with the public health directives on facility, classroom, and lab capacities.
- ✓ Meetings take place virtually, when possible.
- ✓ NMC will not offer self-service food stations. Lids for cups & food items are to be provided by staff and not available for customers to grab.
- ✓ Where lines may form, floor markings have been applied to indicate six feet of separation for those in line, and persons are encouraged to use the markings to maintain distance.

### **Campus Face Covering Guidelines:**

Anyone on NMC's campus, including buildings, grounds, classrooms, shared laboratory areas, conference rooms, elevators, etc., must wear a face covering or mask that covers both nose and mouth at all times, except when alone in a private office or vehicle or eating. Faculty may remove their face covering while delivering in class instruction if they are able to maintain proper physical distancing.

For hospital and clinical settings, a surgical mask and eye protection are required. Due to the close proximity necessary between students and instructors for learning and skills development in campus labs and simulation areas, eye protection and surgical masks are also required for campus labs and simulation areas. Cloth face coverings are not an acceptable substitute for surgical masks in lab, hospital and clinical environments, but are preferred in non-clinical settings.

Residents of campus housing are not required to wear a face covering while in their own units, but face coverings should be worn in all common areas housing buildings (hallways, laundry rooms, storage areas, etc.)

NMC's face covering policies are meant to supplement the Physical Distancing Guidelines currently in effect, which strongly recommends maintaining a six-foot distance from others whenever possible. Face coverings and masks are not a substitute for physical distancing. Cloth face coverings such as bandanas, neck gaiters, scarves or other household items ideally should be made of washable materials so they can be kept clean and reused, as recommended by the CDC and other public health agencies. Anyone coming to NMC should bring and wear a personal face covering. Cloth facemasks will be available in the Bookstore for purchase.

Face coverings are required for children 5 years or older. Face coverings are prohibited for children two years or younger, as they can cause suffocation. These guidelines may be revised as conditions continue to evolve.

### **Meetings & Gatherings Guidelines**

All non-essential events and gatherings have been cancelled or postponed. Essential social gatherings and meetings should be limited to 25 people or less and have made accommodations for appropriate physical distancing. All college-sponsored events should provide access for individuals not able to be physically present to accommodate remote participation when activity is otherwise face-to-face. All student organization sponsored events and fundraising must be pre-approved by the Dean of Students. Outside organization, events and facility rentals are suspended until further notice.

Continued use of WebEx, Zoom, other online platforms or conference calls is strongly encouraged in lieu of in-person meetings. If you are onsite, faculty and staff are encouraged to meet virtually from individual offices if available, instead of taking up classroom or student study space. When WebEx, Zoom or conference calls are not available and an in-person meeting is scheduled:

- ✓ Sit every other chair or, if practical, arrange chairs six feet apart

- ✓ Wipe down tabletops and chair arms before and after your meeting
- ✓ Sanitize markers and clean white board before and after your meeting
- ✓ Wipe down computer, audio equipment and speakerphone control panels before and after your meeting

### **Travel Restrictions & Post-Travel Quarantine Requirements**

All non-essential business/academic travel (employee and student) should be cancelled at least through December 31, 2020. No new travel may be booked at this time—please see your Vice President (employees) or Dean of Students (students) if you feel your travel is essential. Academic Travel Abroad (ATA) remains scheduled for December 2020 with updates provided to those signed up for ATA travel.

Travel guidelines require a 14-day quarantine after returning from international or cruise ship travel. Students that have traveled 100 miles outside of the Omaha area or are new to campus this fall from locations greater than 100 miles outside the Omaha area are encouraged to call Campus Health at (402) 354-7211 or submit a [COVID-19 Reporting Form](#) for Campus Health to contact you regarding travel, COVID-19 symptoms, or exposure screening. There is not a quarantine requirement if the self-screen is negative at this time. Travel guidelines are subject to change.

## **COVID-19 Reporting Guidelines**

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### **Exposure on Campus Communication & Safety Procedures**

If there is an identified or suspected case of COVID-19 on campus, Nebraska Methodist College will identify the level of exposure and attempt to notify anyone who may have been exposed. NMC will isolate the location(s) affected and close the campus or the affected location(s) for deep cleaning per the CDC and Methodist Health System guidelines. NMC will notify the College when resuming on-campus operations.

### **COVID-19 Self-Disclosure Policy**

To help ensure the health and safety of the campus community, we ask that students and employees complete the self-report form if you are experiencing one or more of the following:

- Diagnosed/being treated by a healthcare professional for COVID-19
- Tested positive for COVID-19

To self-disclose, please call Campus Health at (402) 354-7211 or submit a [COVID-19 Reporting Form](#).

### **Confidentiality**

Protection of student and employee identity is critical, and confidentiality of student and employee names and health records must be maintained. Disciplinary action may be taken if a student or employee has verbalized (oral or written) about another student or employee's health condition, quarantine status, etc. NMC requires that all medical information remain confidential and should not be discussed with others.

### **Symptomatic or COVID-19 Positive**

You are symptomatic if you are experiencing one of the following symptoms: Dry, persistent cough; Shortness of breath or difficulty breathing; Fever >100.4 degrees F. You are symptomatic if you are experiencing two of the following symptoms: Gastrointestinal symptoms (diarrhea or vomiting); sore throat; sudden loss of sense of taste and/or smell; headache; or body aches.

Individuals with confirmed positive COVID diagnosis may not come on campus or clinical facility until cleared by Campus Health.

If a student or employee is symptomatic or tests positive for COVID-19, they should follow the College procedures below along with the advice of your health care provider and state guidelines through the Department of Health and Human Services.

- ✓ **Students contact Campus Health** at 402-354-7211 or submit a [COVID-19 Reporting Form](#) for Campus Health to contact you regarding information on COVID-19 guidelines and testing. If after campus health business hours—Please leave a message at (402) 354-7211 or 402-354-7260. You will receive a call back to schedule a visit the following business day.

- ✓ **If you have an emergency, call 911 or go to the nearest urgent care center or emergency room for treatment.**
- ✓ **Students contact your Program Director and the Dean of Students.**
- ✓ Employees contact Employee Health for information on COVID-19 guidelines and testing and notify your Supervisor.
- ✓ Self-isolation guidelines will be provided by Campus Health or Employee Health.
- ✓ **Students and employees must contact Campus Health or Employee Health, respectively, for clearance BEFORE** returning to campus, clinical, and/or work.
- ✓ **Students provide documentation of clearance** to return from your healthcare provider per the *Return to Clinical, Class, and Lab Following Illness or Injury policy* or obtain clearance from Campus Health.
- ✓ **DO NOT ATTEND CLINICAL, CAMPUS, OR WORK WITH SYMPTOMS OR A POSITIVE TEST.**

### **High-Risk Exposure to COVID-19 Symptomatic or Positive Case**

Individuals have had high-risk exposure if you have been around a symptomatic person irrespective of whether they were wearing a cloth or non-surgical mask; and have had less than 6 feet distance for more than 15 minutes of exposure. You are also high risk if you have had an exposure to a person clinically diagnosed or lab confirmed COVID-19 positive; have had direct contact with infectious secretions, i.e. being coughed on while not wearing any PPE; or have a household exposure.

If a student or employee has had a high-risk exposure to COVID-19 symptomatic or positive case, they should follow the College procedures below along with the advice of your health care provider and state guidelines through the Department of Health and Human Services.

- ✓ **Students contact Campus Health** to discuss your exposure or submit a [COVID-19 Reporting Form](#) for Campus Health to contact you. Campus Health will initiate the appropriate isolation, testing, and monitoring protocols. Students with high-risk exposure are not allowed on campus or clinical facility until cleared.
- ✓ **Students contact your Program Director and Dean of Students.**
- ✓ Employees contact Employee Health for exposure guidelines and testing and notify your Supervisor.
- ✓ Monitor for COVID-19 symptoms and contact Campus Health (students) or Employee Health (employees) if symptoms develop.
- ✓ If symptoms develop, do NOT attend campus, clinical, and/or work. Refer to procedure above for symptomatic or COVID-19 positive.

### **Low Risk Exposure & Exposure to Asymptomatic Secondary Contact of COVID-19**

Low risk exposure occurs if you have been around a person exposed to COVID-19 or a symptomatic person with physical distancing (more than 6 feet away for less than 15 minutes) with a mask as well as no direct contact with infectious secretions i.e. being coughed on exposed to COVID-19. Additionally, low risk exposure occurs if you've been around a symptomatic person or exposed person not masked, but where there was physical distancing—more than 6 feet away for less than 15 minutes of exposure. Low risk exposure also occurs if a student or employee has close contact with an asymptomatic individual exposed to COVID-19.

If a student or employee has had a low-risk exposure, they should follow the College procedures below along with the advice of your health care provider and state guidelines through the Department of Health and Human Services.

- ✓ **Students contact Campus Health** to discuss your exposure or submit a [COVID-19 Reporting Form](#) for Campus Health to contact you.
- ✓ Low risk exposed asymptomatic students or employees may continue in their academic, clinical or work while wearing a surgical facemask at all times.
- ✓ Carefully self-monitor for daily symptoms for 14 days.
- ✓ If symptoms develop, do NOT attend campus, clinical, or work. Refer above for symptomatic or COVID-19 positive.

### **Other Illnesses**

Students and employees who develop ANY illness or sick symptoms should NOT attend class, clinical, and/or work and contact Campus Health or Employee Health for guidelines and clearance **BEFORE** returning. Individuals must be symptom free for 24 hours before returning.

## COVID-19 Testing Information

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Individuals requiring a COVID-19 test should call their health care provider. Nebraska Methodist College does not offer testing on campus. Information may be obtained through your appropriate local health department. The following contact information is for counties near campus:

- ✓ Douglas: 402.444.3400
- ✓ Sarpy/Cass: 402.537.6970
- ✓ Pottawattamie: 712.328.5777

Testing information for COVID-19 is available on the following websites: [www.TestNebraska.com](http://www.TestNebraska.com) and [www.TestIowa.com](http://www.TestIowa.com).

## Individuals at Higher Risk of COVID-19

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According to the CDC, individuals with certain conditions may have a higher risk for COVID-19 infection. Those conditions include:

- ✓ Age of 65 and older
- ✓ HIV
- ✓ Chronic lung disease or moderate to severe asthma
- ✓ Serious heart condition
- ✓ Severe obesity, diabetes or liver disease
- ✓ Chronic kidney disease treated with dialysis
- ✓ Being immunocompromised
- ✓ Pregnancy

Employees are not required to disclose if they are in a higher-risk category based upon a preexisting medical condition; however, if an employee voluntarily self-identifies as being at higher risk for COVID-19 and they have concerns with returning to campus, they may request accommodations by contacting their supervisor in consultation with Methodist Health System Human Resources. Students who wish to seek accommodations related to returning to campus should contact the Dean of Students.

## Notice and Acknowledgement

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The COVID-19 pandemic will be a part of our daily lives for the foreseeable future. Nebraska Methodist College is committed to reducing the risk of the COVID-19 virus spread on campus by establishing policies and procedures that follow local, state and federal requirements and guidelines. Despite our best efforts, the College cannot guarantee that its College community members (students, faculty, staff and visitors) will not contract COVID-19, and each member and visitor assumes such risk when participating in education, employment or other activities at Nebraska Methodist College.

Nebraska Methodist College cannot guarantee that students, who decline to start or leave clinical/fieldwork rotations early will be able to progress academically or graduate from their program on schedule. We will respect your decision about whether to begin or continue in your clinical/fieldwork rotation, and we will support you going forward. Likewise, NMC cannot guarantee that students who are unable to begin or must leave their clinical/fieldwork rotations early at the decision of the facility will be able to progress academically or graduate from their program on schedule. We are actively pursuing alternatives to the replace the loss of these degree requirements resulting from the coronavirus/COVID-19 pandemic.

All College community members are required to follow established policies and guidelines intended to reduce the spread of COVID-19. The College's Incident Assessment team will continue to meet regularly for assessment of current state of the pandemic as it relates to College operations and communicate College community members through emails, virtual town hall meetings, signage and website updates. **We encourage community members to share any questions and concerns they have related to the NMC's COVID-19 pandemic response any member of the College's Leadership Team or through our [Compliments, Concerns & Comments](#) reporting link.**