

## **GUIDELINES APPLY TO ALL MEMBERS OF THE OTTAWA UNIVERSITY COMMUNITY (COVID-19)**

**PROTECT YOURSELF AND YOUR FAMILY MEMBERS** - All members of Ottawa University (OU) campus communities (students, faculty, and staff) should fully vaccinate as soon as they are able to do so. CDC recommends [COVID-19 vaccines](#) for everyone 6 months and older and boosters for everyone 5 years and older, if eligible.

**MASKING ON OU CAMPUSES** is generally not required. However, there may be examples when it will be required such as: if regulated by an outside group hosting an event or if an individual faculty member requires students to wear masks in classroom, etc. Please be respectful of any other individual who request others wear masks around them in their individual workspaces.

### **PRACTICE GOOD HYGIENE**

- ▶ Wash your hands, especially after touching frequently used items or surfaces
- ▶ Avoid touching your face
- ▶ Sneeze or cough into a tissue or inside your elbow
- ▶ Disinfect frequently used items and surfaces

**Any member of the OU community who FEELS SICK should stay home and not come in-person to work or school**

- ▶ Contact and follow the advice of your medical provider.
- ▶ Stay home until you have been symptom free for 24 hours without the use of medications
- ▶ If diagnosed with COVID-19, please follow established current protocol

**COVID-19 SYMPTOMS may include, but are not limited to:**

- |   |                              |
|---|------------------------------|
| ▶ Fever or chills                             | ▶ Headache                   |
| ▶ Cough                                       | ▶ New loss of taste or smell |
| ▶ Shortness of breath or difficulty breathing | ▶ Sore throat                |
| ▶ Fatigue                                     | ▶ Congestion or runny nose   |
| ▶ Muscle or body aches                        | ▶ Nausea or vomiting         |
|   | ▶ Diarrhea                   |

### **ISOLATION INSTRUCTIONS**

Any individual, regardless of vaccination status, who is presenting with COVID-19 symptoms, **should ISOLATE IMMEDIATELY** and be tested.

If results are positive, *follow these steps*:



If test results are negative, end your isolation once symptom free for 24 hours.

## TESTING

If you have [COVID-19 symptoms](#), **please get tested**. A viral test tells you if you are infected with the virus that causes COVID-19. Knowing if you are infected with the virus that causes COVID-19 allows you to take care of yourself and take actions to reduce the chance that you will infect others. CDC's [Viral Testing Tool](#) is an online, mobile-friendly tool that asks a series of questions and recommends actions and resources based on your responses. It can help you interpret what your test result means.

Visit [FDA's website](#) for a list of authorized tests; you can access tests the following ways:

- ▶ Order free self-tests at [COVIDtests.gov](#).
- ▶ Free tests are available through [local health departments](#). Call your local health department for more options.
- ▶ Call your healthcare provider if you have not done so already
- ▶ Visit a [community testing site](#)

NOTE: 1) Private health insurance may also reimburse the cost of purchasing self-tests.  
2) If you have Medicare Part B, including those enrolled in a Medicare Advantage plan, Medicare will cover up to 8 free self-tests each calendar month from participating pharmacies and providers.

**DIRECT EXPOSURE** - Any member of the Ottawa University community who has been **DIRECTLY EXPOSED** to COVID-19 should follow these steps:

