

Governing and Regulation Committee
Best and Better Practices for COVID-19

How does the virus spread?

- Person-to-person is thought to be the main way COVID-19 spreads. This occurs between people who are in close contact with each other (within about 6 feet), when an infected person coughs, sneezes, or talks causing the droplets to land in the contacts mouth and nose or to be inhaled by the lungs.
- COVID-19 may be spread by people who are not showing symptoms.
- By touching a surface or object that has the virus on it and then touching your mouth, nose or eyes.

What can I do to help reduce the spread of COVID-19?

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick, even inside your own living space.
- Stay at least 6 feet away from people outside of your home.
- Cover your mouth and nose with a cloth face covering even if you don't feel sick.
- Cover coughs and sneezes with the inside of your elbow or a tissue. Throw the tissue in the trash and clean your hands immediately.
- Clean and disinfect frequently touched surfaces daily.
- Monitor your health.
- For more detailed information visit the [CDC website](#).

What are the symptoms of COVID-19?

There are a wide range of symptoms associated with COVID-19, ranging from no symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

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

This list does not include all possible symptoms. See the [CDC website](#) for updated information.

What should I bring in my first aid kit?

- Thermometer - students will be asked to check their temperature daily before they leave their room.
- Acetaminophen or Ibuprofen
- Cough medicine
- Decongestant
- Antihistamine
- Cough drops or throat lozenges
- Band-aids
- Antiseptic wipes
- Hydrocortisone cream

What are Clarion University's Guidelines

If you are in person at Clarion University and you live ...

...on campus

Students living on campus must follow COVID-19 safety guidelines, such as wearing a mask in all common spaces, not having guests from outside the building, and not moving the socially distanced furniture.

...off campus

Students living off campus should social distance as much as possible and wear masks whenever they leave their residence.

What if I don't follow the Guidelines?

There are currently no federal or state consequences for violating guidelines. Clarion University, however, does have a conduct procedure in place for those who violate Clarion Guidelines. You will be called in to have an educational meeting with Student Conduct and face sanctions depending on the details of the incident.

My mask has been soiled or is unusable, what do I do?

If you have no masks available, or you can not get to your home to replace the mask, check with department secretaries or the health center to see about a replacement mask.

What do I do if a student or faculty member is not wearing a mask?

If a student is not wearing a mask, you may approach a faculty or staff member or you may go to <https://cm.maxient.com/reportingform.php?ClarionUniv> and file an incident report.

Is Gemmell open?

Gemmell Student Center Food Court is open for take-out; we recommend using the Boost app to preorder your meals. There is very limited seating available, as well. The conference rooms and MPR are available to student organizations for EVENTS ONLY at limited capacity.

Is Commons open?

Eagle Commons Cafeteria is open for take-out; we recommend using the Boost app to preorder your meals. There is very limited seating available, as well.

Is the library open?

The Rena M. Carlson Library is open for limited hours. Masks must be worn at all times and students are encouraged to remain socially distanced at tables and in study rooms.

Is the Rec Center open?

The Rec Center is open for limited hours. Students must follow the below guidelines.

- Masks must be worn at all times in the building.
- Must have Clarion University ID to enter building.
- The student recreation center is only open to students, faculty, and staff.
- Social distancing guidelines are in effect, failure to comply will result in removal.

What resources are available at the Wellness Center?

Many services will be offered via Telehealth and some services will be offered face-to-face. All appointments will need to be scheduled by Center for Wellness staff. Call 814-393-2121 to schedule an appointment with Health Services or Health Promotions and 814-393-2255 for Counseling Services. They will not be offering walk-in appointments, unless it is an emergency. All students and staff will be required to wear a mask while in the Center for Wellness. If you do not have one, one will be provided. Staff will call you within 24 hours of your appointment to ask you a few questions about how you are feeling and if you have been exposed to anyone with COVID-19. They will also give you specific instructions about how you will check-in for your appointment. They ask that you complete all of your consents and insurance information on your Patient Portal before your appointment.