

Coronavirus (COVID -19) General Guidance and Policies



Sitting Bull College
Policies and Procedures

COVID Pandemic
Revised August 2021

Coronavirus (COVID -19) General Guidance and Policies



Students:

Please read carefully.

Protections put in place:

The College continues to offer the COVID 19 rapid test to employees and students. If you are not feeling well and wish to be tested, you can contact one of the following people: Koreen Ressler, Science and Technology Center; Stephanie Rusher, Student Center; Pam Ternes, Transit Center; Bernadette Terrell, McLaughlin Site; and Jan Brockel, Mobridge Site.

In order to be tested please register using the link below. This link is specific to just Sitting Bull College. It will be a way for us to track how many tests we have given and the results. In addition, it will send the person being tested a notification of the results.

Sitting Bull College Registration Link: This is the link anyone testing through the Sitting Bull College event will need to use

<https://nndoh-testreg-prod.powerappsportals.us/covid-19-screening/?eventid=a9e9a542-0751-eb11-a812-001dd83074d6>

Daily Screening

The College is continuing with READY Education. They are the vendor for our campus app. Each morning everyone will get a push notification to do a self-assessment of their health. Once this is completed and if no symptoms are noted, individuals will get a 24 hour clear message.

The app can be downloaded through your iPhone or Android app store at no cost.

1. From your app store on your smart device, search "Sitting Bull College" (if you already have the SBC app, skip to #3).
2. Download the Sitting Bull College app.
3. Login with your SBC email.

Each morning an alert will be sent to your device to complete the screening test. If you answer no to all the screening questions, you will receive a cleared health check. If you answer yes to any of the questions, you will not be cleared and an alert will be sent to the Vice President of Operations, Koreen Ressler. She will contact you through email to determine if you need to be rapid tested, or other measures taken.

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Temperature Checks

There continues to be a temperature kiosk at each entrance door. You will scan your forehead. If no temperature a message will be displayed, saying you are cleared to enter. If someone shows a temperature, then a message to stop and do not enter will appear. If this happens, contact the Vice President of Operations, Koreen Ressler or Campus Security to complete an assessment to determine if the person can come in or needs to be sent home. **All employees should ensure a temperature reading less than 100.4 degrees and the absence of any symptoms prior to starting work.**

Face Masks

Face masks will be required of all employees and students. We will have masks available.

When wearing masks are mandatory:

- When in an indoor common space (lounges, hallways, study areas, bathrooms, classrooms etc.)
- When interacting with others
- When riding in campus buses or other SBC vehicles with more than one person

Face masks should always be worn to cover both the nose and the mouth.

Employee/contractors wearing cloth face masks should change masks on a daily basis and wash the masks daily after use. Cloth masks can be washed in any of the following manners:

- Hand wash with soap and water and allowed to hang dry (or)
- Soak in a solution of 4 teaspoons of bleach into 1 quart of water - soak for 5 minutes and rinse thoroughly with water and allow to hand dry (or)
- Placed in the washer and drier with normal laundry using as warm of water as possible for the fabric

Face masks do not need to be worn:

- While outside if an appropriate social distance from others is maintained, typically six feet
- When alone in a private office or work space
- While participating in programs, events and experiences granted exceptions by the College President

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Face shields:

Face shields are available for use for employee/contractor who work in close contact with students or others and who cannot tolerate a face mask for long periods of time.

Face shields may also be used by faculty in place of a mask for short periods, but must adhere to social distancing guidelines. Face shields must be disinfected after each use.

We also have sanitizer in each classroom along with signs to sanitize going in and sanitize going out. We continue to have social distancing signs for all buildings. Along with signs to remember to wash hands, cover mouth when coughing and sneezing, do not touch your face, etc.

Hand Hygiene

Wash your hands OFTEN with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.

Additional Hygiene Activities

- When passing document to others be sure to avoid excessive close contact with the other individual.
- Cover your mouth and nose when you sneeze or cough. If you use a tissue, throw it away immediately and wash your hands.
- Do not cough or sneeze or talk with the paper documents in your hands in front of you. Be sure to have the paper documents by your side when you are communicating with others, to avoid contaminating paperwork.
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Quarantine

Quarantine if you have been in [close contact](#) (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been [fully vaccinated](#). **People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless you have symptoms.** However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

What to do if not fully vaccinated

- Stay home for 14 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or [other symptoms](#) of COVID-19.
- If possible, stay away from people you live with, especially people who are at [higher risk](#) for getting very sick from COVID-19.

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After quarantine

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.

You may be able to shorten your quarantine

Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. Options they will consider include stopping quarantine

- After day 10 without testing
- After day 7 after receiving a negative test result (test must occur on day 5 or later)

Isolation

Isolation is used to separate people infected with COVID-19 from those who are not infected. People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, stay in a specific "sick room" or area, and use a separate bathroom (if available).

What to do

- Monitor your symptoms. If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- [Wear a mask](#) when around other people if able.

Learn more about [what to do if you are sick](#) and [how to notify your contacts](#).

When You Can be Around Others After You Had or Likely Had COVID-19

Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

For Anyone Who Has Been Around a Person with COVID-19

Anyone who has had [close contact](#) with someone with COVID-19 should stay home for 14 days **after their last exposure** to that person.

However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does NOT need to stay home.

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- **Someone who has been fully vaccinated and shows no symptoms of COVID-19. However, fully vaccinated people should get tested 3-5 days after their exposure, even they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.**

Or

- **Someone who has COVID-19 illness within the previous 3 months and**
- **Has recovered and**
- **Remains without COVID-19 symptoms (for example, cough, shortness of breath)**

I think or know I had COVID-19, and I had symptoms

You can be around others after:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

Note that these recommendations **do not** apply to people with severe COVID-19 or with weakened immune systems (immunocompromised).

I tested positive for COVID-19 but had no symptoms

If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19.

If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID-19, and I had symptoms."

Leave during quarantine

SBC has encouraged students to become fully vaccinated with the \$500 incentive. In an effort to continue the campaign to encourage the no spread and get vaccinated.