



# COVID-19 Campus Protocols

At Texarkana College, our mission is to advance our community through attainable higher education and lifelong learning. We cannot fulfill our mission without our most important resource: people. Our top priority is to provide a working and learning environment that is safe and reassuring to those who are the most vulnerable among us. These protocols represent a plan for the TC campus to be as safe as possible.

## PHASE 9: BEGINNING JAN. 3, 2022

[SUBJECT TO CHANGE BASED ON GUIDANCE FROM STATE AND LOCAL AUTHORITIES]

### FOR STUDENTS & THE PUBLIC

During Phase 9, the campus will continue with on-campus instruction and services.

### ON CAMPUS SAFETY MEASURES

- Masks are highly recommended to be worn indoors throughout campus.
- Hand sanitizing stations are located around campus and hand sanitizer is to be used when entering buildings.
- Be mindful of maintaining social distancing when possible.

### PERSONAL RESPONSIBILITY

It is all of our responsibility to ensure we do not risk the health and safety of others at TC. If you are not feeling well or are experiencing any COVID-like symptoms, **please** do not come to campus. We encourage you to seek medical attention if your condition continues or worsens, and you may likely need to be tested for COVID.

The CDC continues to recommend that prevention is our best option for staying healthy: get vaccinated, get boosted, and wear a mask in public indoor settings in areas of substantial and high community transmission.

### CAMPUS DISINFECTING MEASURES

The TC Facility Services Team performs disinfection daily, and in high occupancy areas they are cleaning multiple times daily, with an emphasis on disinfecting restrooms and all other frequently touched areas.

TC also uses a Clorox Total 360 system that utilizes electrostatic spray technology to allow Clorox disinfecting and sanitizing solution to reach surfaces outside the line of sight, covering what conventional trigger sprays may miss, including the sides, undersides and backside of surfaces. This system is used on an as-needed basis throughout the campus. In addition to our facility teams daily sanitizing procedures, TC will be providing disinfecting wipes for students to wipe down any area they desire.

Because COVID-19 spreads through airborne droplets, TC has reviewed our HVAC and air quality to make adjustments to our indoor air flow to reduce the airborne spread of the virus.

Other Campus Adjustments:

- **More fresh air:** Research efforts have shown a significant benefit of bringing more outside air into buildings. When possible HVAC units are being adjusted to pull in more outside air.
- **Physical barriers:** Barriers such as air plexiglass shields in high traffic areas will help minimize air flow from person to person.
- **Filter changes:** TC uses the highest rated filters possible in our buildings that will still allow proper air flow. TC has increased our frequency of changing out air filters with all filters being changed out on a rotating basis daily.

### COVID-19 SYMPTOMS

- Fever
- Cough
- Chills
- Shortness of Breath
- Muscle Pain
- Headache
- Diarrhea
- Sore Throat
- Loss of Taste or Smell

**\*Texarkana College reserves the ability to reimplement any protocols deemed necessary.\***

## IF YOU TEST POSITIVE FOR COVID-19 (ISOLATE):

If you have a fever of 100.0°+ F, please stay home and inform your instructor (student) or supervisor/human resources (employee). It is your responsibility to follow-up with your primary care physician if needed.

### RETURN TO CAMPUS CRITERIA IF YOU HAVE TESTED POSITIVE FOR COVID-19.

- The student/employee certifies in writing that he or she is fever-free and symptoms have improved (no cough, chills, or other symptoms consistent with COVID-19) for at least three days; and
- At least 5 calendar days have passed since the person first exhibited symptoms. The student/employee must wear a mask for 5 additional days when returning to campus.



## IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19 (QUARANTINE):

If you have a fever of 100.0°+ F, please stay home and inform your instructor (student) or supervisor/human resources (employee). It is your responsibility to follow-up with your primary care physician if needed.

### FOR PERSONS WHO HAVE BEEN BOOSTED, OR COMPLETED THE PRIMARY SERIES OF PFIZER OR MODERNA VACCINE WITHIN THE LAST 6 MONTHS, OR COMPLETED THE PRIMARY SERIES OF J&J VACCINE WITHIN THE LAST 2 MONTHS:

- Wear a mask around others for 10 days.
- Test on day 5, if possible.
- If you develop symptoms get a test and stay home.

### FOR PERSONS WHO HAVE COMPLETED THE PRIMARY SERIES OF PFIZER OR MODERNA VACCINE OVER 6 MONTHS AGO AND ARE NOT BOOSTED, OR COMPLETED THE PRIMARY SERIES OF J&J OVER 2 MONTHS AGO AND ARE NOT BOOSTED, OR ARE UNVACCINATED:

- Stay home for 5 days. After that, continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.
- If you develop symptoms get a test and stay home.

## COUNSELING, MENTAL HEALTH, AND STRESS MANAGEMENT

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions. Public health actions, such as social distancing, have been necessary to reduce the spread of COVID-19, but they left many people feeling isolated and lonely with increased stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

We want you to be aware that TC has a link on our website to resources that can help you cope with stress caused by the COVID 19 pandemic:

<https://www.texarkanacollege.edu/campus-life/counseling-services/>

CDC has information on their site for Stress and Coping:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/index.html>