FIGHT COVID-19

Help keep our campus healthy.
PERU STATE COLLEGE IS COMMITTED TO THE FIGHT AGAINST COVID-19. THE COLLEGE HAS PROVIDED THIS BOOK TO ITS STUDENTS, FACULTY, STAFF AND FRIENDS TO BEST EXPLAIN THE PLAN TO PROVIDE STUDENTS A PERSONALIZED AND ENGAGING EDUCATIONAL EXPERIENCE WHILE MAINTAINING RESEARCH-BASED GUIDANCE FOR SAFETY OF THE CAMPUS COMMUNITY.

ADDITIONAL QUESTIONS ABOUT THE COLLEGE’S RESPONSE TO COVID-19 CAN BE FOUND AT WWW.PERU.EDU/CORONAVIRUS.
PREVENTION

- The College has a comprehensive testing plan that may require tests of all students.
- Students that have symptoms may be directed to Auburn Family Health for a rapid test. Rapid tests provide results in 15-20 minutes.
- If you have COVID-19 symptoms, seek medical advice about testing. Don't let your ability to pay or a lack of insurance change your decision to seek medical advice. The College can assist you with getting tested through Auburn Family Health.

TAKE YOUR TEMPERATURE DAILY
AVOID HIGH-IMPACT ACTIVITIES AND ENVIRONMENTS
Such as concerts, bars or clubs, large crowds, etc.

USE THE PRESAGE PRECHECK APP TO MONITOR YOUR HEALTH AND RECEIVE FEEDBACK ON CHANGES
All students will be asked to utilize the app as a way to identify the need to be tested or seek medical attention.

WEAR A MASK AND PRACTICE SOCIAL DISTANCING
The CDC advises that social distancing and masks are one of the best ways to reduce the spread of COVID-19. The CDC recommends masks be worn by everyone in a public setting with other preventive measures like social distancing, frequent handwashing and disinfecting of frequently touched surfaces.

**PRACTICE SOCIAL DISTANCING**

To practice social or physical distancing, stay at least 6 feet (about 2 arms' length) from other people who are not from your home or residence hall room in both indoor and outdoor spaces.

**ALL FACULTY, STAFF, STUDENTS AND VISITORS WILL WEAR MASKS IN THE PUBLIC SPACES OF ALL BUILDINGS.**

- Classrooms.
- Entrances, lounges, kitchens, laundry rooms and hallways.
- Outdoors when the six-foot social distancing requirement is not maintained.

Masks may be removed in private spaces such as restrooms, Residence Hall rooms, private offices, etc. In offices when more than two people are together, masks are required.

**Masks may be removed while eating and drinking.**

**Masks should cover the bridge of the nose and below the chin.**

**Cloth face masks should be thoroughly washed with soap and water after each day of use.**

**Paper and other disposable masks should be discarded after use or when soiled.**

**QUALIFIED MASKS MUST HAVE NO HOLES AND ARE AS FOLLOWS:**

- Cloth mask with at least two layers of cloth
- N95 Mask or Respirator
- Surgical mask
- Other disposable masks rated for health use.
PROPER MASK CARE

CLOTH MASKS SHOULD BE WASHED AFTER EVERY USE. MEDICAL MASKS SHOULD BE DISPOSED OF AFTER A SINGLE USE.

MOST CLOTH MASKS CAN BE WASHED IN THE WASHER WITH NORMAL DETERGENT AND ON THE WARMEST WATER SETTING.

CLOTH MASKS CAN ALSO BE HAND WASHED WITH A DISINFECTANT BLEACH SOLUTION.

MOST MASKS CAN BE DRIED IN THE DRYER USING THE HIGHEST HEAT SETTING.

MASKS CAN ALSO BE LAID FLAT TO AIR DRY, PREFERABLY IN DIRECT SUNLIGHT.

MAKE SURE TO COMPLETELY DRY MASK AFTER WASHING!
COVID-19 SYMPTOMS

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

RECENTLY EXPOSED TO A CONFIRMED CASE OF COVID-19
WHAT TO DO, WHO TO CALL

IF YOU HAVE COVID-19 SYMPTOMS OR WERE RECENTLY EXPOSED TO A POSITIVE COVID-19 CASE, WHAT SHOULD YOU DO?

SEEK MEDICAL ATTENTION AND/OR TESTING.
Students who have flu-like symptoms should visit their preferred medical provider for consultation. Call before arriving. Medical professionals will help you determine whether to get further assessment or treatment. Please do not let an absence of health insurance prevent you from seeking treatment.

The College can assist with getting tested for COVID-19.

WHERE TO GO:
Your doctor.
Visit your usual medical provider.

Peru State College Health Center.
Located in the Al Wheeler Activity Center. Call ahead before visiting, (402) 872-2229. Visiting the Campus Health Center is free.

Nemaha County Hospital.
2022 13th St, Auburn, NE 68305. Call ahead before visiting, 402) 274-4366.

Auburn Family Health.
2115 14th St #100, Auburn, NE 68305. Call ahead before visiting, (402) 274-4993.

CHI Health St. Mary’s in Nebraska City.
1301 Grundman Blvd, Nebraska City, NE 68410. Call ahead before visiting, (402) 873-3321.

STAY HOME OR IN YOUR ROOM
Both the Centers for Disease Control and Prevention and the Nebraska Department of Health and Human Services are telling sick people to stay home.

E-MAIL YOUR INSTRUCTORS
Please contact your instructors as soon as possible, as you would do any time you are sick. Instructors will accommodate illness to the full extent that coursework allows.
SELF-QUARANTINE

WHEN TO SELF-QUARANTINE:
- I have symptoms.
- I am waiting on a COVID-19 test or test result.
- I have been exposed to someone that tested positive for COVID-19.

WHERE TO SELF-QUARANTINE:
On-campus students should self-quarantine in their room unless asked to make changes by Residence Life.
Off-campus students should self-quarantine in their place of residence, or home residence.

WHO TO NOTIFY:
Your parents.
Let them know right away.

Student Life.
Call the Covid Support Team at (402) 872-2246.

Your Instructors.
Instructors will accommodate illness to the full extent that coursework allows.

STUDENT LIFE WILL COMMUNICATE WITH YOU ABOUT YOUR NEXT STEPS FOR SAFE RETURN TO CAMPUS LIFE.

WHAT DOES IT MEAN TO SELF-QUARANTINE?
People in quarantine should stay home (or in their room), separate themselves from others, monitor their health, and follow directions from their state or local health department. This also means stop going to class, visiting the dining hall or other campus amenities.
WHEN TO SELF-ISOLATE:
You have tested positive for COVID-19.
You have been instructed by a medical professional or the health department to self-isolate.

WHERE TO SELF-ISOLATE:
On-campus students should self-isolate in their room unless asked to make changes by Residence Life.
Off-campus students should self-isolate in their place of residence, or home residence.

WHO TO NOTIFY:
Your parents.
Let them know right away.

Student Life.
Call the Covid Support Team at (402) 872-2246.

Your Instructors.
Instructors will accommodate illness to the full extent that coursework allows.

WHAT DOES IT MEAN TO SELF-ISOLATE?
Isolation is used to separate people infected with the virus (those who are sick and those with no symptoms) from people who are not infected. People who are in isolation should stay home or in their room until it's safe for them to be around others. anyone sick or infected should separate themselves from others by staying in a specific ‘sick room’ or area and using a separate bathroom (if available). Stay isolated except to get medical care.

STUDENT LIFE WILL COMMUNICATE WITH YOU ABOUT YOUR NEXT STEPS FOR SAFE RETURN TO CAMPUS LIFE.
SERVING AREA

WEAR A MASK IN THE SERVING AREA.

PRACTICE SIX-FOOT SOCIAL DISTANCING.

NO SELF-SERVICE OPTIONS. FOOD WILL BE SERVED BY STAFF.

DINING AREA

Masks are not required while eating and sitting in the dining room.

Tables in the dining area will be set-up to assist with distancing. Additional seating will be available in the Live Oak Room and the Commuter Lounge.

USE THE “FRESH-X” APP TO ORDER REMOTELY. THERE IS A DESIGNATED PICK-UP AREA FOR THESE ORDERS.
CAMPUS ACTIVITIES

- Attendance will be taken.
- Practice social distancing.
- Hand sanitizers will be provided before participating in events.
- Masks are required for students participating in most activities with exceptions determined by event coordinators in coordination with the Dean of Students.
- Masks are required for all staff (unless a whistle is in use).

ENGAGING IN SOCIAL ACTIVITIES IS AN IMPORTANT ASPECT OF COLLEGE LIFE.

FOLLOW THIS GUIDE TO SAFE AND HEALTHY ACTIVITIES.
RETURNING MATERIALS
(not laptops, headphones, or calculators)
- Place all books, DVDs, etc. in the interior book return at the Front Desk or in the exterior book return at the back entrance.
- Do not place items on the desk and leave.
- All checked in items will be quarantined before being returned to the shelves.

LIMITED AVAILABILITY
Be aware that directed health measures related to social distancing limit the space (and number of computers) available this fall in areas such as seating and study areas and computers.

NO AVAILABILITY
Some items cannot be quarantined or disinfected adequately, including:
- Archives
- Course reserves and required textbooks
- Puzzles, games, and other reserve items

VISIT THE COVID-19 INFORMATION TABLE
The table is in front of the main desk and has library registration forms if you need to register to use your College ID as your library card, citation guides, and seating signs.

USE A SEATING SIGN
Signs are available at the COVID-19 table in front of the Front Desk. Please take one if you plan to use any seating space/computer. When you leave, place the sign where you were so we know your spot needs to be cleaned. If you clean your space before you leave, please return the sign to the Front Desk.

FOLLOW DIRECTIONAL FLOW ARROWS
Signs and markers have been installed to keep movement in the library compatible with guidelines. Follow the flow even if it means going out of your way to move to a specific location.

ASK A LIBRARIAN
Library employees will continue to answer questions and assist you with your research, citations, locating items in the collection, and basic tech questions.
FITNESS CENTER & WEIGHT ROOM

WEIGHT MACHINES
Masks are required and machines are spaced for social distancing.

WEIGHT ROOM PLATFORMS
Masks are required and platforms are spaced for social distancing.

DUMBBELLS
Masks are required and dumbbells are spaced for social distancing.

CARDIO MACHINES
Masks are not required for cardio equipment. They have been marked off for social distancing.

NO OFF-CAMPUS VISITORS IN THE FITNESS CENTER OR WEIGHT ROOM

WIPE DOWN EQUIPMENT WITH DISINFECTANT WIPES BEFORE AND AFTER USE
STAY DISTANCED WHILE BEING ACTIVE

Consider going for a walk, bike ride, or wheelchair roll in your neighborhood or in another safe location where you can maintain at least six feet of distance between yourself and other pedestrians and cyclists. If you decide to visit a nearby park, trail, or recreational facility, first check for closures or restrictions. If open, consider how many other people might be there and choose a location where it will be possible to keep at least six feet of space between yourself and other people who are not from your household.

PREPARE FOR TRANSPORTATION
Consider social distancing options to travel safely when traveling to and from campus, running errands or commuting to and from work.

LIMIT CONTACT WHEN RUNNING ERRANDS
Only visit stores selling household essentials in person when you absolutely need to, and stay at least six feet away from others. If possible, use drive-thru, curbside pick-up, or delivery services to limit face-to-face contact with others.

CHOOSE SAFE SOCIAL ACTIVITIES
It is possible to stay socially connected with friends and family who don’t live in your home by calling, using video chat, or staying connected through social media. If meeting others in person (e.g., at small outdoor gatherings, yard or driveway gathering with a small group of friends or family members), stay at least six feet from others who are not from your household.

KEEP DISTANCE (AND WEAR A MASK) AT EVENTS AND GATHERINGS
It is safest to avoid crowded places and gatherings where it may be difficult to stay at least six feet away from others who are not from your household. If you are in a crowded space, try to keep six feet of space between yourself and others at all times, and wear a mask.

CLEAN DAILY, BUT DON’T OBSESS
Wipe down high use services like tables, counters and electronics. Door handles, light switches, faucets handles and toilets are also suggested.

CLEAN MORE IF SOMEONE IS SICK
Whether it’s the sniffles or coronavirus, clean more often when someone is sick.

DISINFECT AFTER CLEANING
Wait to disinfect surfaces until after they are clean. Wash with a regular cleaning solution — or soap and water — first to remove any mess, then disinfect.

CLEANING IS SECOND TO WASHING HANDS AND PRACTICING SOCIAL DISTANCING. IF YOU WANT TO STAY HEALTHY, BE SURE TO WASH YOUR HANDS OFTEN AND TO STAY SIX-FEET AWAY FROM OTHERS.
WEAR A MASK IN THE CLASSROOM.

SIT IN THE SAME SEAT EACH CLASS PERIOD.

SANITIZE YOUR AREA AND EQUIPMENT AS YOU ENTER THE CLASS.

PRACTICE SOCIAL DISTANCING.
CLEANING:
- COLLEGE PLAN –

DAILY CLEANING
Each building’s common areas and classrooms will be cleaned daily.

RESTROOMS
Restrooms in public areas and academic buildings will be cleaned and sanitized twice per day, and sanitized a third time.

TOUCH POINTS
A dedicated custodial team will be assigned to spray and disinfect all common area touch points three times per day.

- Light switches
- Door knobs
- Elevator controls, walls, and doors
- Handrails
- Common area chairs
- Vending machines
- Other areas as needed

THE COLLEGE IS CLOSELY MONITORING SUGGESTIONS FROM PUBLIC HEALTH OFFICIALS AND THE CDC AS IT WORKS TO KEEP CAMPUS CLEAN AND HEALTHY.
CLEANING ELECTRONICS

KEYBOARDS
1) Disconnect from the computer.
2) Turnover your laptop and gently shake out dirt and crumbs into a trashcan. A can of compressed air can finish this job.
3) Use a disinfectant wipe to go over all the plastic or metal surfaces.
4) Wrap a disinfectant wipe round the tip of a Q-Tip or cuticle stick and circle the edges of each key to make sure that you reach every crack and crevice.

GAME CONTROLLERS
1) Disconnect from the game system and/or remove batteries.
2) Use a disinfectant wipe to go over all the plastic or metal surfaces.
3) Wipe any touch screens down. Wrap a disinfectant wipe round the tip of a Q-Tip or cuticle stick and circle the edges of each button to make sure that you reach every crack and crevice.

MOUSE
1) Disconnect from the computer.
2) Use a disinfectant wipe to go over all the plastic or metal surfaces.
3) Wrap a disinfectant wipe round the tip of a Q-Tip or cuticle stick and circle the edges of each key to make sure that you reach every crack and crevice.
PHONES/TABLETS
1) Remove the case to be cleaned separately.
2) Wipe the entire phone and tablet down with disinfectant wipes.
3) Wipe the entire phone and tablet down with a clean, dry cloth or paper towel.

LAPTOPS
1) Power down the laptop. Unplug and remove the battery if possible.
2) Turnover your laptop and gently shake out dirt and crumbs into a trashcan. A can of compressed air can finish this job.
3) Use a disinfectant wipe to go over all the plastic or metal surfaces.
4) Wrap a disinfectant wipe round the tip of a Q-Tip or cuticle stick and circle the edges of each key to make sure that you reach every crack and crevice.

HEADPHONES/EARBUDS
1) Wipe down over-the-ear headphones, airpods, etc. with a disinfectant wipe.
2 a) For earphones, remove the eartips and go over them with some water and a tiny bit of soap applied to a microfiber cloth.
b) Follow with some plain water on the cloth to make sure all the soap is removed.
c) Clean the grille parts of earphones by dabbing some adhesive putty onto them.
d) Go over the wires with a disinfectant wipe.

If applicable, consult your manual and/or warranty before cleaning electronics. Never directly spray cleaner on your electronics or devices. Always turn your electronics off and unplug them before cleaning.
FIGHT COVID-19: EVERYDAY

WEAR A MASK AND PRACTICE SOCIAL DISTANCING
To reduce the spread of COVID-19, the CDC recommends that people wear masks in public settings and practice social distancing. The College asks that you wear a mask in public areas and whenever social distancing is hard to maintain.

STAY HOME IF YOU ARE SICK
The Coronavirus goes wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.

AVOID TOUCHING YOUR EYES, NOSE AND MOUTH
If you touch surfaces with the coronavirus, you can get sick by touching your eyes, nose or mouth.

WASH YOUR HANDS
Wash your hands often with soap and water for 20 seconds, or use an alcohol-based hand cleaner.

COVER YOUR COUGH OR SNEEZE
Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.