

Student Introduction: Returning to Campus This Fall

A healthy, safe, and gradual return to campus will need the cooperation and participation of the entire campus community. This document is designed to provide students with information and support as to what they can do to care for themselves and for one another once we begin our return to campus.

1. Care for Yourself if You are Sick

First and foremost, take care of yourself! If you are sick, or if you experience symptoms, stay home and seek medical attention. Common symptoms of coronavirus include:

- Cough
- Shortness of breath
- Difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

Students should perform a self-check for symptoms (including fever) daily before traveling to campus. Additional information about symptoms can be found on the [CDC website](#).

To undergo a COVID-19 test, contact a health care provider for assistance or visit the [D.C. Government Coronavirus website](#) for a list of testing sites.

If you are diagnosed with COVID-19 (either via a positive test result or a presumptive positive diagnosis by a health care provider), contact the Associate Dean for Programs and Administration as soon as possible (nbagileo@johnpaulii.edu or 202-526-9693). He will ask some questions about the onset of symptoms and your recent activities on campus, so that your “Close Contacts” at the Institute can be notified to quarantine as appropriate. The Institute will also report the diagnosis to the D.C. Department of Health.

If you are showing symptoms (or are otherwise in quarantine) but still are able to join your classes remotely from your place of residence please, do so. To request a remote link to your class(es), contact the Associate Dean for Programs and Administration (nbagileo@johnpaulii.edu or 202-526-9693).

If you have been sick and are not sure if you should return to class, contact your health care

provider for guidance.

2. Travel Safely

If you will be driving to campus, avoid having more than two (2) other persons in a ride-sharing vehicle at any time. Wear a face covering while traveling with others, and frequently disinfect high-touch surfaces in the vehicle.

If you are using public transportation to get to campus, follow local government and transit guidance for maintaining health and safety when on trains, buses, or Metrorail. See the [WMATA Website](#) for information. This includes, but is not limited to, avoiding high-touch surfaces, maintaining social distancing, and wearing a face covering.

Students who have traveled abroad during the summer months or plan travel should consult the [Department of State's Travel Website](#), as well as the [Transportation Security Administration's Coronavirus website](#) regarding travel restrictions. The Institute requests all international students entering the U.S. to observe a 14-day quarantine before coming to campus.

3. In-Person Contact

When on campus, follow the guidance in the Institute's [Social Distancing Policy](#). This includes maintaining six feet of distance from others if feasible and wearing face coverings when in the company of others.

Do not shake hands with others; wash your hands with soap and water for at least twenty (20) seconds or use hand sanitizer frequently; cover coughs or sneezes with a tissue, paper towel, or your elbow; and avoid touching your eyes, nose, and mouth.

Avoid lingering in common areas, offices, or enclosed spaces with others to the extent possible; only one person should be in an elevator at a time unless the individuals are family members. Classroom spaces will be reconfigured as needed to enable required social distancing.

When needed, meetings could be conducted by telephone, email, or Zoom. In-person meetings are encouraged to remain short and focused. Use face coverings during in-person meetings (see below).

Try to keep track of your interactions with people you may come within 6 feet of or remain in their company for longer than 10 minutes. This will help if contact tracing efforts are needed.

4. Use Face Coverings

Please follow the [Social Distancing Policy](#), which requires use of face coverings whenever you are indoors in public buildings and outdoors when physical distance cannot be maintained. Use your

own face coverings or those that the Institute is providing when you return. In addition, see the [CDC Guidance](#) on making, wearing, and washing face coverings.

5. Keep Classrooms and Common Areas Clean

The University Facilities staff will continue increased cleaning and sanitizing efforts across campus. However, we all have a part to play in keeping the campus clean. In McGivney Hall common areas such as the Student Lounge and Reading Room, students should regularly clean high-touch surfaces they use, such as doorknobs, handrails, light switches, desktops, and tables. To assist you, the Institute is making cleaning materials available in central locations in the building.

6. Eat Meals Safely

Students who bring their own meals to campus should eat in an open area where social distancing can be maintained. When possible, use single-use utensils, cups, plates, napkins, sponges, etc., to avoid potential contamination, and throw the items out after use. Be sure to clean the area thoroughly before you start eating and when you are finished eating. Avoid bringing food and drink inside classrooms.

If you choose to patronize dining facilities run by CUA Dining Services, please note the following modifications. The Student Restaurant will not be open for in-person dining, only for carry out. The University will provide covered space just outside the Pryzbyla Center for outside dining. The University will make sure that thorough cleaning is performed in all dining areas between meals and all individuals involved in preparation or delivery of food or the sanitation of the premises will undergo daily temperature checks and symptom checks.

7. Ask Questions and Stay Informed

If you have questions about health and safety regulations, contact the Associate Dean at nbagileo@johnpaulii.edu.

Students may also wish to review the following:

- [CDC COVID-19 Website](#)
- [D.C. Government Coronavirus Website](#)
- [White House Guide for Opening Up America](#)

[Catholic University - Responding to the Novel Coronavirus](#) (Updates and FAQs)