

Healthy Together Pledge – COVID-19

Publication 11.02.PUB2 (Dec 2020)



In these challenging times, we are collectively responsible to preserve and promote the wellness of our CCMS community. We will remain vigilant as we likely see continued spread of the COVID-19 virus. As a valued member of the CCMS community we need your commitment and participation in the CCMS *Healthy Together Pledge*. The Pledge is a required condition of participation in face-to-face instruction and attendance at any CCMS campus-based activities.

- ✓ YOU PLEDGE to engage in **safe practices** both on and off campus and adhere to all recommended and reasonable precautions and campus protocols to reduce risk of exposure.
- ✓ YOU PLEDGE to stay informed of CCMS COVID-related communications and **resources** to promote and ensure compliance with changing campus guidelines and expectations.
- ✓ YOU PLEDGE to participate in the daily rotation schedule for communal sanitization of campus surfaces and to clean up after myself in common areas and classrooms.
- ✓ YOU PLEDGE to self-quarantine immediately upon known or suspected exposure or if experiencing **common symptoms**.
- ✓ YOU PLEDGE to report any known or suspected exposure to COVID@ccms.edu , complete the required Reporting Form and protocols, and communicate testing status updates with CCMS Leadership.
- ✓ YOU PLEDGE to stay on task academically via Zoom remote attendance, should circumstances mandate.

SAFE PRACTICES

- Physical distancing (6-10 ft apart) and wearing a face covering
- Frequent and thorough handwashing every two hours and after touching communal items
- Limit social gathering

COMMON SYMPTOMS

- Cough, Shortness of Breath, Difficulty Breathing, Fever (100.4 and higher), Chills, Body Aches, Headache, Sore Throat, Loss of Taste and/or Smell, Extreme Fatigue, Nausea, Vomiting, Diarrhea

DEFINING CLOSE CONTACT, QUARANTINE, ISOLATION

Communing with others increases the risk of exposure. Exercising precaution at all times, both on and off campus, is imperative as some carriers display little or no symptoms.

CLOSE CONTACT

You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more unmasked

You provided care at home to someone who is sick with COVID-19

You had direct physical contact (hugged or kissed them), shared eating/drinking utensils, or an infected individual sneezed, coughed, or somehow got respiratory droplets on you

QUARANTINE

Keeping physical distance from others from those who might have been directly exposed to an individual who has the virus.

ISOLATION

Keeping a COVID-19 infected individual away from all others, even in their home. People who are in isolation should:

- stay home until it's safe for them to be around others
- stay in a specific "sick room" or area and use a separate bathroom (if available)

REPORTING PROTOCOLS

The information you provide helps us maintain a healthy campus community. When we are not made aware of exposure, symptoms, or test results, the campus community is put at risk and our ability to comply with federal and state reporting requirements is compromised. Please keep CCMS Leadership and Faculty advised of any and all information at COVID@ccms.edu.

KNOWN OR SUSPECTED EXPOSURE OR SYMPTOMATIC (QUARANTINE REQUIRED)

If you experience cold/flu-like symptoms, have had a known or suspected exposure, or have a COVID-19 positive household member, immediately **SELF-QUARANTINE** and contact COVID@ccms.edu to advise and receive further instruction and return date. All instructors are notified when you communicate to COVID@ccms.edu. Further guidance will be provided on the Exposure Reporting Form.

POSTIVE TEST RESULT (ISOLATION REQUIRED)

If you are confirmed COVID-19 positive, immediately **ISOLATE** from others and contact COVID@ccms.edu to advise and receive further instruction and a return to date. All instructors are notified when you communicate to COVID@ccms.edu. Further guidance will be provided on the Exposure Reporting Form.

ATTENDANCE EXPECTATIONS

CCMS has worked diligently to establish a remote learning option to accommodate the needs of students who are quarantined or isolated to ensure continued academic participation. It is your responsibility to attend scheduled classes remotely using Zoom course links provided in Populi course dashboards using the following important guidelines: Non-participation in a remote class due to extreme illness requires you email your instructor *prior* to the scheduled class start time. Please adhere to the following attendance expectations:

- Quarantined and isolated students are expected to attend each scheduled class session remotely, unless too ill to participate, using the provided Zoom link in your Populi course dashboards.
- If too ill and unable to participate in a scheduled class remotely, you are required to email each course instructor prior to the scheduled class time to receive an excused absence.
- To receive an excused absence for a missed class, you are required to email each instructor prior to the scheduled class start time to advise. Failure to email prior to start time will result in an unexcused absence.

RESOURCES

All COVID related inquiries, reporting, and follow up should be directed to COVID@ccms.edu. Communications to/from this email notifies all relevant administrators and all instructors.

COVID-19 resources:

CCMS guidance and expectations at www.ccms.edu/about-ccms/coronavirus-information/

CDC guidance at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

CDC general resources at <https://www.cdc.gov/coronavirus/2019-nCoV/>

CDC testing locations at <https://coronavirus.ohio.gov/wps/portal/gov/covid-19/testing-ch-centers/>

COMPLETE THE PLEDGE

Complete your Pledge by signing and submitting the following Acknowledgement page only.

*Certain medical conditions may warrant consideration for an approved exception of the mandated face covering requirement. Medical or disability-related accommodation requests specific to COVID-19 requirements should be submitted using the CCMS Disability and Accommodation Request ADA Accommodation Request Form available by contacting the President at president@ccms.edu or obtain the ADA Accommodation Form by visiting www.ccms.edu > Student Resources > Forms section in the footer of the homepage. Students who cannot wear a face covering due to medical or disability-related reasons must contact the President at president@ccms.edu, 513.761.2020, and prior to entering campus.

Healthy Together Pledge Acknowledgement



Complete your Pledge by signing and submitting this Acknowledgement page only.

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I have read, acknowledge, and agree to comply with the Healthy Together Pledge expectations with my signature below.

Name (print) _____

Signature _____

Date _____

Current semester: ___ S1 ___ S2 ___ S3 ___ S4 ___ n/a