Your guide to understanding the University COVID-19 protocols and expected behaviors for the well-being of the Campus community.
CENTRAL STATE UNIVERSITY STUDENT ORIENTATION

UNDERSTANDING COVID-19

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Welcome Message
from

Wendy Hayes
Vice President of Student Affairs & Enrollment Management

Greetings Marauders and Welcome to Fall 2020,

This handbook is designed to provide a guide for your matriculation to campus and the new normal for student life amid the COVID-19 pandemic.

In order to ensure the health and safety of the entire CSU community, there are specific guidelines that the Center for Disease Control (CDC) and the Ohio Governor’s Office have recommended. As a member of the CSU community, it is expected that you will act responsibly and adhere to these guidelines.

The COVID-19 pandemic has affected every one of our lives, which has altered the way we interact and operate on a daily basis. Every student that will attend Central State has had to make adjustments in how they interact with others, especially with those outside of their home environment. As these changes have become necessary to ensure the health and safety of you and your families, similar adjustments are also necessary for the campus environment and are reflected in the daily operations of the campus, how it is maintained, and the delivery of academic courses.

In preparation for the Fall 2020 re-opening of the campus, all campus facilities are being professionally sanitized, which include University residence halls, the cafeteria, library, academic, and administrative buildings, and common areas.
The academic delivery of courses has been redesigned to include a hybrid of face-to-face and online learning. These changes will lessen the number of face-to-face interactions as recommended by the (CDC) and ensure physical distancing is maintained. Seating in classrooms will be reduced accordingly, and class schedules will reflect these changes.

Please take the time to read this handbook in its entirety. You will gain a better understanding of the virus, your responsibility as a student, and how to best protect yourself and others. The recommendations provided should become part of your daily routine. This booklet is based on the most current information available when prepared. As more is discovered about COVID-19 and how to prevent its spread, updates to this document will follow. To access the latest information, please utilize the list of resources provided in this document. Prevention is the goal.

Welcome Marauders, be safe, and stay healthy!

Wendy Hayes

*Vice President of Student Affairs & Enrollment Management*
Understanding COVID-19

COVID-19 is a disease caused by a respiratory virus called coronavirus. The virus is spread mainly from person-to-person but can be contracted by touching contaminated surfaces. People who do not have any symptoms can spread the virus to others without knowing it/unintentionally. These individuals are referred to as asymptomatic.

The virus is spread in several ways:

**Person-to-Person Contact**

- May occur between people who are in close contact with one another (within about 6 feet).
- This occurs through respiratory droplets produced when an infected person coughs, sneezes, or talks. These droplets land in the mouths or noses of nearby people or are possibly inhaled.

**Non-Person-to-Person Contact**

This occurs when a person touches a surface or object that has the virus on it and then touches their own mouth, nose, or possibly their eyes, allowing the virus to transfer to you.

It was earlier reported that those who are most at risk of contracting the virus are the elderly, those with underlying medical conditions, travelers who are visiting locations identified with high exposure rates, and those who have come in contact with someone who has tested positive. However, new reports from the Centers for Disease Control have confirmed that persons between the ages of 20-44 are growing at a higher rate and being hospitalized.

Person to Person contact is heightened through **Community Spread**. **Community spread** means people have been infected with the virus in an area, including some who are not sure how or where they became infected. It occurs when physical distancing is not maintained, and facial coverings are not worn among groups of individuals. **Examples of where Community Spread occurs is in bars, clubs, house**
parties, large gatherings indoors and outdoors, etc. Illnesses can range from mild to severe, which could require hospitalization. Primary symptoms include:

Symptoms of COVID-19 include:

- fever or chills
- cough
- shortness of breath
- new loss of smell or taste
- nasal congestion
- sore throat
- muscle aches
- headaches
- nausea or vomiting
- Diarrhea

Self-monitoring should occur daily, which includes taking and recording your temperature (i.e., every morning). It is important to record temperature readings in order to report any fluctuations. Should a fever of 100.4 deg F or any of these symptoms, you are to contact the campus Student Health Center immediately at 937-376-6134 or studenthealthcenter@centralstate.edu.

A list of medical facilities available in this area is provided on the last page of this handbook.

Protecting Yourself and Your Friends

Public health officials have stressed for younger people to better practice social/physical distancing by staying away from large gatherings and staying home if they feel sick. As mentioned earlier, New data from the Centers for Disease Control and Prevention show that among the roughly 12% of COVID-19 cases in the U.S. known to need hospitalizations, about 1 in 5 were among people ages 20 to 44. The data set the CDC used is limited and does not account for underlying medical conditions. Many younger adults could have COVID-19 with mild symptoms not
requiring hospitalization and without their cases being tracked by public health officials.

Minimizing your risk of contracting COVID-19 and or exposing others requires a change in behavior. Some of these include:

- Washing your hands more frequency or using hand sanitizer when soap and water are unavailable;
- Practicing physical distancing in the residence halls, classrooms, and social gatherings;
- Attending to room hygiene;
- Adhere to visitation protocol: **Visitation in residence halls is prohibited until further notice to minimize the spread of this virus**;
- Wearing a facial covering while in the presence of others, especially in close quarters and public gatherings, on and off-campus.

Facial coverings reduce your exposure and others from airborne contaminated particles. This is especially important when around someone who is asymptomatic because asymptomatic persons will not exhibit symptoms already infected. The facial covering is essential because it serves as protection for you and others around you. Your personal facial covering should be cleaned regularly.

Disposable facial coverings can be purchased from any department or drug store. Reusable coverings are fairly easy to make and more economical. Should you prefer to make your own facial covering, there are several How-To guides on YouTube. Below is a link to one of the guides:

https://www.youtube.com/watch?v=uRfhuRNua_E

Lastly, remember to keep your facial covering cleaned and sanitized.
Student Responsibilities for COVID-19 Safety

Adherence to University protocols is the expectation of every student attending Central State. One of the University tenets (Protocol), requires that the campus community follows the rules to obtain desirable outcomes when followed. Similarly, personal protocols must be followed in order to minimize the risk to oneself and others of contracting this virus. These personal protocols were shared earlier, but cannot be emphasized enough.

For your continued reference they are listed below:

1. Take and record your temperature every morning;
2. Wear a facial covering whenever you are in the presence of others, inside or outside; and encourage others to do the same;
3. Wash your hands frequently for at least 20 seconds;
4. Avoid touching your mouth, nose or eyes after touching surfaces outside of your room;
5. Keep hand sanitizer with you and use it before and after touching any surface.
6. Maintain room hygiene; Regularly use an anti-bacterial wipe to clean surfaces (ie., doorknobs, light switches, countertops);
7. Adhere to visitation protocols. Visitation in residence halls is prohibited until further notice to minimize the spread of this virus;
8. Practice physical distance in social gatherings and in the classroom. The face-covering is not a substitute for physical distancing.
TEMPERATURE LOG SHEET

Temperature Baseline: ________

Date ______________________ Temperature __________ Other Symptoms, if any

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Feel free to make copies of this log as needed.
CENTRAL STATE UNIVERSITY SOCIAL CONTRACT

For the health and safety of the Central State University campus community, I am committed to protecting my health and the health of others. I have reviewed the protocols as outlined in this COVID-19 Student Orientation Manual. As a Marauder, with my signature, I agree to adhere to the following:

• Take and record my temperature daily;
• Wear a face covering in buildings and in the presence of others (i.e., classroom, library, administrative offices, student gathering places);
• Practice 6 feet physical distancing;
• Practice good hygiene, which includes:
  o washing my hands often
  o sanitizing my personal space
• Notify the Student Health and Wellness Center if I display symptoms or an ill-regular high temperature;
• If ill, I will follow the recommendations of the Student Health and Wellness Center.

________________________________________________________________________

Name of Student (PRINT)

________________________________________________________________________

Signature of Student

Date
Frequently Asked Questions

1. Will there be more single rooms available in the residence halls?

   Answer: Resident hall’s capacity has been reduced. Seventy percent of the rooms have been converted to singles. Double rooms have been equipped with hanging barriers.

2. Is full online course delivery available for off-campus students for the Fall semester?

   Answer: Yes, for a limited number of incoming freshmen. Upperclassmen will experience a hybrid course delivery of face-to-face and online learning. Consult the University offerings for the Fall 2020 semester course schedule. Also, please be mindful of the financial aid requirements for part-time and full-time status: https://www.centralstate.edu/prospects/financial_aid/index2.php?num=34.

   Online courses can also be taken through our SOCHE member institutions. Students who are interested in this option must receive approval from the faculty advisor and complete a SOCHE Registration form. Students participating in SOCHE must be registered for equal or more credit hours at Central State University. For more explanation on SOCHE courses, a link is provided below https://www.centralstate.edu/current/registrar/PDF/SOCHE-Form.pdf.

3. What happens if a student test positive for the virus?

   Answer: A separate designated isolation location for positive cases has been identified, if necessary. Those who may have come in direct contact with the student be contacted, tested, and quarantined according to the recommendation by the CDC with assistance from the Student Health and Wellness Center.

4. When will the fall semester begin and end?

   Answer: Fall Semester’s first day of instruction on-campus begins September 8 and ends December 14, 2020. All classes will resume remotely after the end of the Thanksgiving Holiday from November 30 through December 14. Final exams have been scheduled from
December 15-18. Final grades by faculty are due on December 22. There is no reduction in instructional time with the revised schedule.

5. What should a student do if they have a history of immunocompromised health issues?

_**Answer:**_ Students may share any concerns and special needs with the Student Health and Wellness Center at studenthealthcenter@centralstate.edu 937-376-6134. Special medical documentation from treating physicians may be required. It is especially important for students with weakened immune systems to wash their hands frequently, wear face coverings, and practice strict social distancing. The University offers single rooms in Residence Halls.

6. As a student, what type of COVID-19 test should I take, and how do I access the test?

_**Answer:**_ There are two types of tests. The appropriate test will be administered by the testing center. A COVID-19 viral diagnostic test will determine if you currently have the COVID-19 infection. This test requires a nasal swab or a throat swab. Many community pharmacies, urgent care centers, and clinics offer this test free of charge. If you have signs and symptoms of COVID-19, CSU will refer you to one of these testing locations. If you are very ill, CSU will arrange for your transportation to a hospital that can also perform the test.

7. How will COVID-19 recommendations impact dining services?

_**Answer:**_ Dining services will continue for all students that have a meal plan. While dining in the Marauder Café, students can expect to see a decrease in seating capacity as well as directional and social distancing signage in an effort to be in compliance with the CDC and Local Health Department rules and recommendations. All self-serve stations have been removed and/or converted to a served station. There will be several carry-out options available and a Convenience Store to allow students to utilize their Marauder Bucks. Sodexo will also be implementing the use of an online app enabling students to order food and pick-up at the designated retail locations.
Campus and Community Resources

Below is the contact information for campus and community resources. Please do not hesitate to make contact when needed.

**Student Health Center:** 937-376-6134
Contact the Student Health Center first if you feel symptomatic or have questions.

**Ohio Public Health:** 1-833-4-ASK-ODH (1-833-427-5634)
Call with questions regarding Coronavirus/COVID-19

**Center for Disease:**

If you are sick: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

**Dining Services:** https://www.centralstate.edu/services/dining/

Medical Facilities near Xenia, Ohio

For medical emergencies, please call 911.

**Clinics**
Urgent Care Medical Clinic - Kettering Health Network
50 N. Progress Dr.
Xenia, OH 45385
937-352-2850
M-F / 8 a.m.-7:45 p.m.; Sat-Sun / 8 a.m-3:45 p.m.
(Holiday hours may vary)

Five Rivers Greene County Health Center
360 Wilson Dr.
Xenia, OH 45385
937-708-3400
(By appointment only)

Hometown Urgent Care Clinic
101 S Orange St.
Xenia, OH 45385
937-372-6012
M-F / 9 a.m.-7 p.m.; Sat 9 a.m.-3 p.m.; Sun-CLOSED
(Holiday hours may vary)

**Clinics**
Premier Urgent Care
2484 N. Fairfield Rd.
Beavercreek, OH 45431
937-208-8170
M-F / 9 a.m.-9 p.m.; Sat & Sun hours also available
(Holiday hours may vary)

**Please call ahead to confirm hours prior to visiting clinics**

**Hospitals**
Soin Medical Center (Hospital)
3535 Pentagon Blvd,
Beavercreek, OH 45431
937-702-4000
Hours of operation: 24/7

Greene Memorial Hospital (GMH)
1141 N Monroe Dr.
Xenia, OH 45385
937-352-2000
Hours of operation: 24/7

Grandview Medical Center (Hospital)
405 W. Grand Avenue
Dayton, OH 45405
937-723-3200
Hours of operation: 24/7

Miami Valley Hospital
1 Wyoming St.
Dayton, OH 45409
937-208-8000
Hours of operation: 24/7

For medical emergencies, please call 911.