

**MARYMOUNT CALIFORNIA UNIVERSITY
POLICY AND PROCEDURE REGARDING COVID-19*
For
STUDENTS**

**KEEP MCU SAFE
DO IT FOR YOU, DO IT FOR OTHERS**

*Note: This is a living document and that some implementations may change based upon the extent of the pandemic and evolving public health guidance.

PERSONAL SAFETY PRACTICES AND EXPECTATIONS

Each member of the MCU community is first and foremost personally responsible for their health and well-being. As such they should always use good judgement in any and every activity they undertake. This is a personal responsibility which is assumed of everyone in our community. The following best practices in personal safety and hygiene will help us slow the spread of disease and protect vulnerable populations. Per orders of the Los Angeles County Department of Public Health (LAC DPH), MCU students must:

COVID-19 Vaccine Requirement for Spring 2022:

The MCU COVID-19 Task Force along with Cabinet have approved requiring the COVID-19 vaccine for all students that are scheduled to attend in-person classes for Fall 2021 and the COVID-19 Vaccine Booster starting Spring 2022. Students that are 100% online and will not be participating in any on-campus/in-person sponsored event/program nor internship/practicum will be exempt from this requirement and should notify the Student Wellness Center (SWC). Students moving into the Villas are required to submit proof of complete vaccination status including the COVID-19 vaccine booster or have an approved [Vaccine Exemption](#) on file with the SWC PRIOR to move in. Students that have hybrid classes and/or in-person classes are required to submit proof of vaccination PRIOR to the start of the first day of class or have an approved exemption on file with the SWC prior to the first day of class. International students will be allowed to move in as they work on obtaining their vaccinations as they may have not had access to vaccinations in their home country. The SWC will work closely with international students to get them in compliance with this policy. Exemptions may be filed for religious or medical reasons along with the additional paperwork required to the SWC).

Failure to submit proof of COVID-19 vaccine & booster or have an approved vaccine exemption on file prior to the first day of school may cause your course schedule to be changed (to online only) or dropped. [See latest COVID-19 vaccine policy](#) for specific changes in the policy.

COVID-19 Testing Requirement for Spring 2022 and Beyond:

General Student Population

Students that are asked to submit proof of negative COVID-19 test are asked to submit proof within 48 hours of having been notified. Students are not to miss class for such testing and can contact the SWC if they need assistance to get the testing site. Students are to E-mail or Fax the test results to the SWC (an email will be provided with specific instructions).

Student Athletes

Testing for Student Athletes will be arranged with Athletics. Student Athletes are to follow the NAIA and LAC DPH guidance around testing. [See latest COVID-19 vaccine policy](#) for specific changes in the policy.

Stay home when sick or if you have had close contact with someone with COVID-19

Students must conduct symptom monitoring before coming onto campus. **If at any time you are feeling ill, stay home, do not come onto campus (if you live in residence, notify your RA immediately via text or phone call and remain in your room until further instructions are provided and/or seek medical advice).** See Appendix A: MCU Student COVID-19 Symptom Monitoring Checklist.

Wash your hands: Review CDC “When and How to Wash Hands” and watch hand washing video

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

<https://www.cdc.gov/handwashing/videos.html>

-Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing or sneezing. Soap and water is available in all restrooms.

- If soap and water is not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Hand sanitizer dispensers have been installed around campus.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash or sanitize upon entering a campus building.

Cover coughs and sneezes: If you are in a private setting and do not have on your face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissue in the trash; immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a face covering in community settings: All members of the MCU community must wear a face covering regardless of their vaccination status, especially when they are in contact, or likely to come in contact, with others. This includes if you live in residence, when not alone in your private room, wear a face covering and also when not with those that are in your household, wear a face covering. Although these face coverings will not protect you from contracting the virus, wearing a face covering in public settings helps protect others and prevent the spread of the virus and is recommended by the CDC. You do not need to wear a face covering if you are alone in your private room or in your personal vehicle. *Note: See latest LAC DPH guidance & CDC guidance.

Face covering/mask exemptions:

The following individuals are exempt from wearing a face covering:

- Persons with a medical condition, mental health condition, or disability that prevents wearing a face covering. This includes persons with a medical condition for whom wearing a face covering could obstruct breathing or who are unconscious, incapacitated, or otherwise unable to remove a face covering without assistance.
- Persons who are hearing impaired, or communicating with a person who is hearing impaired, where the ability to see the mouth is essential for communication.
- Persons with a chronic respiratory condition or other medical conditions that make use of a mask hazardous.

*Note: Subject to change, see latest LAC DPH guidance & CDC guidance.

-The face coverings recommended by the CDC and LAC DPH vary, however an upgraded mask is recommended such as medical grade masks, such as surgical masks, PPE or N-95 respirators.

-General considerations for wearing a face covering

- Review CDC guidance *see* "[Your Guide to Masks](#)"
- Review [LAC DPH face covering guidance](#).

Avoid Handshakes. Etc: Eliminate handshakes, fist-bumps, high-fives, hugs or other forms of greeting that reduce physical distancing. If you must shake someone's hand, please consider washing your hands soon after or if soap and water is not readily available, use a hand sanitizer that contains at least 60% alcohol.

Cleaning shared spaces: Cleaning supplies are provided around campus so that you can wipe down shared spaces such as a desk, computer keyboard, etc. We strongly discourage that you share items such as pens/pencils, etc. See the latest LAC DPH IHE guidance on cleaning & disinfecting.

Physical Distance: In addition to everyday steps to prevent COVID-19, keeping space between you and others is one of the best tools to avoid exposure and slow the spread of COVID-19. **Although physical distancing is no longer required by the LAC DPH**, we encourage you to remain physically distant when possible.

-Students are encouraged to stay out of crowded places, avoid mass gatherings and wear your face covering when you are in such spaces (see latest CDC & LAC DPH guidance on face coverings as these guidance change frequently).

- Faculty and Staff whenever possible will encourage physical distancing while students visit various on-campus offices.

- If student business have to be conducted in-person, students are to wear cloth face coverings and maintain physical distance of at least six feet when possible.*

*Note: subject to change, see latest LAC DPH guidance.

Villas Residents: If you live in residence, it is your responsibility to clean and disinfect all shared spaces (such as kitchen, bathroom, etc.). See residential protocols. Remember to wash your hands often. For Spring 2022, all students moving into the Villas must show proof of negative COVID-19 test 72 hours prior to move in into the SWC.

GUIDANCE FOR ON-CAMPUS SCENARIOS

Classrooms: Attendance should be taken when you are in class to better reach you in the event of an outbreak. Every effort must be made to maintain physical distance, the wearing of face covering, remaining home when ill, cleaning, etc. (see sections above). It is your responsibility to notify your instructor if you become ill in order to better assist you. It is recommended that you wash your hands before and after leaving the classroom (and/or use appropriate hand sanitizer that contains 60%+ alcohol). MCU is committed to cleaning and disinfecting every classroom, however, if there are supplies available in the classroom, feel free to clean your space/desk before each use and avoid sharing any items (i.e. pens, etc.). For any expected long-term absences (see course syllabi for attendance policy), contact the Disability Coordinator (see accommodations section below) for assistance.

MCU Offices/Visiting Faculty: In the event that an on-campus business/meeting has to be conducted in person, please follow the guidelines noted above regarding physical distancing (if possible), wearing a face mask, etc. All MCU offices should provide enough space for students to distance themselves from each other and guests (and/or a Plexi-glass is set up to facilitate distance). Students with concerns about MCU office spaces should contact the COVID-19 Compliance Officer.

Meetings/Student Organizations: Meetings are encouraged to be conducted virtually. If an in-person meeting must be conducted, make every effort to follow guidance noted above.

Café/Shared Spaces: We ask students to avoid congregating in the café, other dining facilities and other common spaces. If you must congregate, follow the guidance noted above.

Food/Beverage: Sharing of communal food is discouraged. For small, related meetings and/or programming with food, every attempt must be made to individually package the food and if possible avoid sharing serving spoons/utensils. When not eating/drinking, we ask that you put back on your face covering.

Visitors: Visitors are permitted on-campus and are asked to complete the QR Code upon entry. Visitors are instructed to wear a cloth face covering during their visit at all times (beside when drinking/eating). This applies to adults and children over the age of two (2). Only individuals with chronic respiratory conditions or other medical conditions that make use of a mask hazardous are exempted. Visitors must also encouraged to maintain

physical distancing if possible. Note: The Visitor Policy is subject to change in the event of an outbreak. For visitors at the Villas, see Villas policy/procedures.

Shuttle/Transportation: All riders are required to wear face masks; Windows are encouraged to be open to help increase outdoor air flow (weather permitting). * Subject to change, see latest LAC DPH guidance.

Fitness Center at Villas: See Villas Policy/Procedures.

Commitment to a safe, welcoming campus: The coronavirus has brought a great deal of uncertainty to our lives, along with potential for misinformation that can be harmful or insensitive. It easy during fearful times to say or do things that diminish groups of people. MCU is committed to a safe, welcoming campus that promotes respecting the differences within our community. That sense of belonging begins with supporting each other, especially those facing bias, discrimination and attacks on their identity. Calling COVID-19 the “China Virus” or “Wuhan virus” is inaccurate and is not tolerated by MCU (see student code of conduct).

Special Populations

International Students: International students are to communicate with the Office of International Services regarding any visa related question. International students are automatically enrolled in the MCU [Student Health Insurance Plan \(SHIP\)](#) and will need to communicate with the Student Wellness Center for any health insurance related question and/or questions regarding how to utilize and access wellness related services.

OPT Students: Students that are in the OPT program are asked to communicate with the Office of International Services for any OPT questions/concerns. We also ask our OPT students to check their MCU email for visa and other important communication.

Student Workers: Student workers are to contact Human Resources and follow the HR Employee

ACCOMODATIONS Students with medical conditions that increase their vulnerability and susceptibility relative to COVID-19 are responsible for notifying the Disability Resource Coordinator, Laura Niemiec that they are in a high-risk category. If you need to isolate/quarantine due to exposure and/or symptoms, after notifying the SWC, contact Disability Resources for temporary accommodations if you need assistance with assignments/tests (note: proof of exposure and/or positive test result may be required). The student may contact the Disability Resource Coordinator to seek academic accommodations for their condition, E-Mail: LNiemiec@MarymountCalifornia.edu for more information.

COMMUNICATION PLAN: Students must check their email regularly and read emails regarding COVID-19. Important information regarding safety and policies/procedures may be distributed via email. Students are strongly encouraged to sign up for emergency alert system in order to get urgent information regarding the campus (i.e. campus outbreak and/or closures). MCU posts information regarding response to [COVID-19 updates](#). at <https://www.marymountcalifornia.edu/campus-services/student-wellness-center/coronavirus-update/>

CLEANING PROTOCOLS AND PREVENTION: The following outlines MCU’s enhanced cleaning protocols, as well as cleaning protocols for when a COVID-19 positive case has been traced to a campus building.

Enhanced Cleaning Protocols

MCU protocols for cleaning and sanitation follow guidance from the CDC, LA County Department of Health and CAL/OSHA. Cleaning hours have been implemented for the Fall academic schedule to facilitate deeper cleaning/disinfecting while on campus.

Protocols When a COVID-19 case has been traced to a campus building: In the event an area is identified to have been occupied by an individual with a known COVID-19 case, the following step will be taken:

- MCU Facilities department will identify areas of potential contamination and prevent entry to the location, as well as work with Operations if personnel need to be relocated.
- The area will be ventilated for 24 hours and then be cleaned and disinfected per public health guidance.

Reporting COVID-19 Cases to the MCU Community: MCU students, faculty and staff will be notified of confirmed positive COVID-19 cases with direct on-campus impact. Additional information will be shared directly with those who have had close contact to the extent possible.

Prevention: The CDC and LAC DPH have provided guidance on ways to prevent and slow the spread of COVID-19. Some examples are the following:

Wash your hands often with soap and water (or using a hand sanitizer with at least 60% alcohol)

Wear a face covering

Social/physical distancing (6+ feet)-recommended

Clean and disinfect your home and high touch areas

Wear gloves (if you are cleaning or caring for someone who is sick)

Note: Visit the CDC on ways to prevent getting sick: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>

QUARENTINE/ISOLATION/CONTACT TRACING

Quarantine and Isolation

Quarantine: Students who have been exposed but have no symptoms should quarantine. Student should remain separated from others for 10 days. Visit the CDC website for what to do

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

Isolation: Students that test positive for COVID-19 or have symptoms consistent with COVID-19 will be asked to isolate themselves at home (or if at the Villas in their residence). The Student Wellness Center will assist with contact tracing consistent with [LADPH IHE Protocol for Management of Campus Exposures](#) and assist students with obtaining testing. If a certain number (currently it's three)* or more cases are identified within the MCU community, MCU will notify the LA County Department of Public Health (by calling 888-397-3993 or 213-240-7821) and further instructions will be provided. *Subject to change.

Please review this link for isolation guidance: <http://publichealth.lacounty.gov/acd/ncorona2019/covidisolation/>

Close Contact/Quarantine:

You are a “close contact” if you were exposed to someone who tested positive* for COVID-19 while they were [infectious](#) if:

- a. You were within 6 feet of someone with COVID-19 for a total of 15 minutes or more over a 24-hour period.
- b. You had unprotected contact with body fluids and/or secretions from someone with COVID-19. For example, you were coughed or sneezed on, you shared a drinking cup or eating utensils, you kissed, or you provided care to them without wearing the right protective equipment.

Note: You are not required to quarantine (you are exempt) if you do not have symptoms AND you are up to date on your COVID-vaccine including booster. See [quarantine instructions from LAC DPH](#) as you must still follow certain steps.

If you must quarantine, follow the [quarantine instructions](#) provided by LAC DPH.

Contact Tracing:

We ask all our Mariners to do their part to keep your family, friends, and community safe. If you have been diagnosed with COVID-19, either the SWC Staff and/or public health worker will call you to check on your health. They will ask you who you've been in contact with and where you spent time while you were sick and may have spread COVID-19 to others (this information is confidential). You will be asked to stay at home and self-isolate (see resource above as to what to do if you are sick), if you are not doing so already. Self-isolation/quarantine means that you will remain in your home in a specific room/area, away from other people/pets, and using a separate bathroom (if possible). We would ask that you continue to monitor your health, if your symptoms worsen, seek medical care immediately.

Note: All of the mentioned procedures above are subject to change due to LAC DPH and CDC guidance. Also, procedures for the Villas will vary (refer to the Villas COVID-19 protocols).

References:

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

<http://publichealth.lacounty.gov/media/Coronavirus/>

<http://publichealth.lacounty.gov/acd/ncorona2019/masks/>

http://publichealth.lacounty.gov/media/Coronavirus/docs/education/GuidanceHigherEducation.pdf?utm_content=&utm_medium=email&utm_name=&utm_source=govdelivery&utm_term=

http://publichealth.lacounty.gov/media/Coronavirus/docs/protocols/ExposureManagementPlan_HigherEd.pdf

<http://www.publichealth.lacounty.gov/media/Coronavirus/traveladvisory.htm>

Appendix A
Marymount California University
Student COVID-19 Symptom Monitoring Checklist

Per orders of the L.A. County Department of Public Health, students must conduct symptom monitoring before reporting to any MCU campus sites. We recommend that you conduct this monitoring prior to arriving to campus (if on campus in a non-campus vehicle, conduct this monitoring prior to entering any MCU buildings; if at the Villas, conduct this prior to leaving your Villa).

If you have any of the following, stay home, do not leave your Villa/home and notify your health care provider. If you need assistance, do not go to the Wellness Center, instead, call them at (310) 303-7244 (if it's after-hours call, 310-303-7372 or E-mail them at Wellness@MarymountCalifornia.edu. If you are a student worker, refer to the MCU Employee version of this form.

1. Do you have any of the following symptoms?

- Cough
- Shortness of breath or difficulty breathing *
- Fever or Chills
- Headache
- Muscle or body aches
- Sore throat
- New loss of taste or smell
- Gastrointestinal symptoms (nausea, vomiting, diarrhea)
- Fatigue
- Congestion or runny nose
- New confusion*
- Inability to wake or stay awake*
- Persistent pain or pressure in the chest*
- Bluish lips or face*

* Seek Emergency Medical Care IMMEDIATELY!

2. In the last 14 days, have you had "close contact" with someone diagnosed with COVID-19 or suspected to have COVID-19? During the current outbreak, anyone with symptoms listed in #2 above is assumed to have COVID-19. You are a "close contact" if you were exposed to someone who tested positive* for COVID-19 while they were infectious² if:

- a. You were within 6 feet of someone with COVID-19 for a total of 15 minutes or more over a 24-hour period.
- b. You had unprotected contact with body fluids and/or secretions from someone with COVID-19. For example, you were coughed or sneezed on, you shared a drinking cup or eating utensils, you kissed, or you provided care to them without wearing the right protective equipment.

* Tested positive means they had a positive COVID-19 viral test.

4. Have you traveled outside of L.A. County? If answer is "yes", monitor for symptoms for 7 days (or 10 days if you don't test). Note travel advisory is subject to change. See latest LAC DPH [guidance on travel](#).

IF YOU HAVE HEALTH CONCERNS, PLEASE CONTACT YOUR HEALTHCARE PROVIDER