

South Central College
Guidance for Students, Faculty, and Staff
Returning to Campus after Travel amid the COVID-19 Outbreak
March 15, 2020

The COVID-19 outbreak represents a host of challenges to the health and wellbeing of our students, faculty and staff. The Centers for Disease Control and Prevention (CDC) has updated their [Coronavirus Disease 2019 \(COVID-19\) Travel Information](#) and now most countries in [Europe](#) are now been designated at [Level 3 \(Warning, Avoid Nonessential Travel\)](#) along with China, Iran, and South Korea. The rest of the world, including the United States, has now been designated at [Level 2](#) (Practice Enhanced Precautions) as a Global Outbreak Notice.

Travel – [Level 3](#) Counties including China, South Korea, Iran and most of Europe: All students, faculty and staff who have travelled to Level 3 destinations during the past 14 days should:

- Self-report your recent travel
- Stay home for 14 days from the time you return from travel, monitor your health and practice social distancing. Avoid contact with others.
- Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing. If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing, seek medical advice.
- Keep your distance from others (about 6 feet or 2 meters).
- Call ahead before you go to a doctor's office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Soap and water should be used if hands are visibly dirty.

Students who have traveled to a Level 3 destination should contact Judy Endres at 507-389-7200 and your individual faculty for instructions on coursework for this period.

Faculty and staff who have traveled to a Level 3 destination should contact your Dean, Supervisor and/or Human Resources.

Travel – [Level 2](#) Countries including the United States: Messaging for all students, faculty and staff who *have travelled to* Level 2 destinations or domestically in the U.S. during the past 14 days should:

- Monitor your health and practice social distancing. Social distancing means staying out of crowded places, avoiding group gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.
- If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing:
- Seek medical advice.
- Call ahead before going to a doctor's office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Soap and water should be used if hands are visibly dirty.

If you have questions regarding exposure as a result of travel, Minnesota Department of Health asks you to call 651-201-5414 or 877-676-5414 for guidance.

Additional Considerations

Students Visiting Campus: Please call 507-389-7200 BEFORE you come to campus. While the campus will remain open March 16 - 22, there may be services we can provide to you virtually.

Situational Awareness: Be aware that COVID-19 has varying impact on each member of the campus community. Exercise the following:

- Practice social distancing. Social distancing means staying out of crowded places, avoiding group gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.
- Call ahead before appointments.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Soap and water should be used if hands are visibly dirty.

Mental Health, Stress and Anxiety: This is a stressful time for all of us. We encourage you to take advantage of mental health and other support services, including the following:

- [CDC-Managing Stress and Anxiety Resources](#)
- [MMB Employee Assistance Program](#)