



## Healthy Campus, Healthy Community Orientation

By enrolling at Feather River College, students agree to be a responsible member of the District community; obey the law; comply with the published rules and regulations of the District; **respect the rights, privileges, property, and health and safety of the other members of the District community**; and not interfere with legitimate District affairs.

(Standards of Student Conduct)

**Information specific to COVID-19 includes the most current information available from the Center for Disease Control (CDC).**

### What is Coronavirus/ COVID-19?

COVID-19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans. COVID-19 is a contagious respiratory illness and at this time, there is no treatment specifically approved for people who have COVID-19.

### Symptoms

People with COVID-19 have had a wide range of symptoms— ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**Know the symptoms of COVID-19, which can include the following:**



**Emergency Warning Signs - seek emergency medical care immediately (go to the Emergency Room):**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

These lists are not all possible symptoms. Contact your healthcare provider if you are experiencing these symptoms or any other symptoms that are severe or concerning to you.

It is also important to know that many people are **asymptomatic**, meaning they are infected but do not exhibit symptoms during the course of infection.

Recent reports support the possibility of severe transmission from persons who are presymptomatic (detected before symptom onset) or asymptomatic (detected but symptoms never develop). Transmission in the absence of symptoms reinforces the value of measures that prevent the spread by infected persons who may not exhibit illness despite being infectious.

### Personal Responsibility

- If you are sick, even if you think it is just a “cold”, **STAY HOME & Stay away from others!**
- Notify your coach and instructors about any illness or exposure that may have happened.
- **In accordance with campus and community regulations, wear a face covering when in buildings and when 6ft. of social distance cannot be maintained outdoors. Ensure your mouth and nose are covered.**
- Be honest about how you’re feeling and who you’ve been in contact with.
- Follow rules/restrictions of the college and establishments in the community at all times.
- Unless contraindicated by personal medical condition, get the influenza immunization in the fall.
- **AVOID** traveling, especially to hot spots
- **When in doubt, ASK.**



### Healthy Hygiene Habits

- Wash hands often for at least 20 seconds, use hand sanitizer if soap and water are not available. Rub into hands until dry.
- Sneeze and cough into your elbow or tissue. Throw tissue away immediately.
- Do not touch your eyes, nose and mouth.
- Keep personal area clean - wipe down high touch areas such as doorknobs and handles, cell phone, tablet, keyboard, tables, etc. daily.
- Wash face covering regularly.
- Do not share objects such as athletic equipment, lab equipment, or other personal items if possible.
- Wipe down tables and chairs in the classroom before and after use.

### SAFER Play – Daily COVID Symptom Screening

FRC has adopted a COVID symptom monitoring system called SAFER Play. Students will receive a **daily** email to their FRC email to report any COVID symptoms. Once submitted, students will receive an email response letting them know they are clear, or that they need to stay home, notify FRC and contact their healthcare provider for additional guidance.



## Campus Response

FRC has taken several measures to reduce exposure and provide a safe environment. The re-opening plan was developed in consultation with Plumas County Public Health Agency and is consistent with the California Department of Public Health's guidance for higher education. Some new safety measures including face-covering requirements, plexi-glass protection shields, social distancing markers, arrows to direct traffic flow, reduced office, classroom and student housing capacity, hand sanitizing stations around campus and enhanced cleaning protocols. Despite this, our plan does not guarantee absolute safety.

## Quincy Community

Quincy is a small community with limited resources and many residents who are part of a vulnerable population. We all must be responsible and do our part for the sake of everyone's healthy and safety.

Students who do not follow protocols and safety measures will be subject to disciplinary action in accordance with the Standards of Student Conduct [AP/BP 5500] and Student Discipline Procedures [AP/BP 5520].

<https://www.frc.edu/student-services/student-policies>

## Local Contacts

- Plumas County Public Health Agency (530) 283-6400
- Plumas District Hospital (530) 283-2121
- FRC Mental Health and Wellness Center (on campus) (530) 283-0202 ext. 205 or 234
- FRC Student Services Office (530) 283-0202 ext. 273 or 317

## Additional Information Sources

- Plumas County Public Health Agency: <https://www.plumascounty.us/2669/Novel-Coronavirus-2019-COVID-19>
- CA Dept. of Public Health: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>
- CA Community College Chancellor's Office: <https://www.cccco.edu/About-Us/Chancellors-Office/Divisions/Communications-and-Marketing/Novel-Coronavirus>
- Center for Disease Control: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Remember, COVID-19 is an illness caused by a novel coronavirus. New information is constantly emerging and guidelines are continuously changing, because of that, education will be ongoing.

