



IF YOU THINK YOU ARE SICK

All MMC Community members who have a confirmed case of COVID-19, have COVID-19 symptoms, or have been in contact with someone with COVID-19 must fill out a COVID 19 Self-Isolation Form and contact one of the COVID-19 Coordinator as soon as possible

Co-Coordinators:

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Confirmed Case of COVID-19:

Faculty, Staff, and Students who are confirmed to have COVID-19 will be required to isolate:

- Employees: Isolate and care for themselves at home. Employees must notify a COVID-19 Coordinator as soon as they are notified of their positive test results.
- Students living off campus: Isolate and care for themselves at home.
- Residential Students: Go home to isolate if they live within a day's (10 hrs.) drive to campus by car and are well enough to make the drive.
 - o Students unable to isolate at home will isolate in designated on or off campus Isolation location. Isolation will include
 - Telecare from the Clinic/Staff (twice-daily),
 - Daily food delivery of meal, beverages, snacks, etc.,
 - Internet Services,
 - Tele-counseling and Spiritual Support,
 - PPE, Sanitizer, thermometer, Kleenex, and
 - Custodial Support (garbage pick-up).
- All Students: Notify a COVID-19 Coordinator as soon as they are notified of their positive test results. Students should also notify the MMC Clinic, Instructors, Coaches, Athletic trainers, etc.

Duration of Isolation:

Symptomatic: You should strictly isolate yourself at home for at least 10 days after you became ill, and you should be feeling well (improved cough, shortness of breath) and without fever (without the use of fever reducing drugs) for at least 24 hours in a row before resuming normal activities.

Asymptomatic: You should strictly isolate yourself at home for at least 10 days. Once the 10 days have passed since the test, assuming the student/employee has no subsequently developed symptoms since their positive test, isolation may be discontinued.

COVID-19 Symptoms

Faculty, Staff, and Students with COVID-19 symptoms will be required to immediately self-isolate and monitor their symptoms. Faculty, Staff, and Students should consider obtaining a medical evaluation.

- Employees: Self-isolate and care for themselves at home. Employees will contact a COVID-19 Coordinator immediately, and work with their area Vice President to determine work schedule during your illness. Supervisors will help employees understand paid leave options.
- Students living off campus: Self-isolate and care for themselves at home.
- Residential Students: Self-isolate in MMC Quarantine/Isolation rooms. These students will receive:
 - Telecare from the Clinic/Staff (twice-daily),
 - Daily food delivery of meal, beverages, snacks, etc.,
 - Internet Services,
 - Tele-counseling and Spiritual Support,
 - PPE, Sanitizer, thermometer, Kleenex, and
 - Custodial Support (garbage pick-up).
- All ill students: Notify a COVID-19 Coordinator immediately. Student should also notify the MMC Clinic, Instructors, Coaches, Athletic trainers, etc.

Please follow healthcare provider instructions for illness management. If you test positive for COVID-19, please Isolate immediately and follow the guidelines.

Duration of Isolation:

You should strictly self-isolate yourself at home for at least 10 days after you became ill, and you should be feeling well (improved cough, shortness of breath) and without fever (without the use of fever reducing drugs) for at least 24 hours in a row before resuming normal activities.

Known Exposure to COVID-19:

Faculty, Staff, and Students with known exposure to COVID-19 will be required to immediately quarantine until 14 days after the last contact with the individual.

How do I know if I was exposed?

You generally need to be in close contact with a sick person to get infected. Close contact includes:

- Living in the same household as a person with COVID-19,
- Caring for a person with COVID-19,
- Being within 6 feet of a person with COVID-19 for 10 minutes or longer, anytime from 48 hours prior to onset of their symptoms or date of their positive test if they are asymptomatic, or
- Being in direct contact with secretions from a person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

What should I do if I was exposed?

- Employees: Quarantine and care for themselves at home. Employees will contact a COVID-19 Coordinator as soon as they are notified of exposure. Employees will work with their area Vice President to determine work schedule during the quarantine. Supervisors will help employees understand paid leave options.

- Students living off campus: Quarantine and care for themselves at home.
- Residential Students: Quarantine in MMC Quarantine/Isolation rooms. These students will receive:
 - Telecare from the Clinic/Staff (twice-daily),
 - Daily food delivery of meal, beverages, snacks, etc.,
 - Internet Services,
 - Tele-counseling and Spiritual Support,
 - PPE, Sanitizer, thermometer, Kleenex, or
 - Custodial Support (garbage pick-up).
- All students: Notify a COVID-19 Coordinator as soon as they are notified of exposure. Student should also notify the MMC Clinic, Instructors, Coaches, Athletic trainers, etc.

Duration of Quarantine:

Faculty, Staff, and Students may discontinue quarantine if they remain symptom free for the entirety of the 14 days after the last contact with the individual.

While in Quarantine:

Monitor your symptoms. If you become symptomatic, you will immediately begin isolation at your home or campus provided isolation room and remain in isolation for 10 days from the onset of your symptoms PLUS be symptom-free for at least three days.