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**COVID-19 GUIDELINES FOR SPRING 2022**

Updated 1-8-2022

**Prevention methods:**

1. Mask requirement on the ASUMH campus when indoors remains in place, except when alone in offices.
   1. KN95 or N95 masks or surgical masks are recommended over the use of cloth masks
2. When possible maintain Physical Social Distancing of 6 feet.
3. Wash hands or use hand sanitizer frequently.
4. Become fully vaccinated. [Link here for a map of local providers](https://www.healthy.arkansas.gov/programs-services/topics/covid-19-map-of-1-a-pharmacy-locations)
5. Get boosted when eligible.
6. If you have symptoms of COVID-19 or have been exposed to someone with COVID-19 get tested. [Link here for information on testing locations](https://www.healthy.arkansas.gov/programs-services/topics/covid-19-guidance-for-getting-tested)
7. **DO NOT** come to campus if you have COVID-19 symptoms, tested positive for COVID-19 or have been exposed to COVID-19.
   1. Contact your instructor or supervisor if you need to be absent.

**IF you have COVID-19 symptoms or test positive for COVID-19:**

1. Stay home and begin Isolation guidelines – see attached Arkansas Department of Health guidelines or [Link here](https://www.healthy.arkansas.gov/programs-services/topics/covid-19-guidance-for-self-home-isolation)
   1. The day symptoms begin or you are tested (whichever is first) is DAY 0 for Isolation.
2. Get tested for COVID-19. [Link here for testing information](https://www.healthy.arkansas.gov/programs-services/topics/covid-19-guidance-for-getting-tested)
   1. Baxter County Health Unit - call 870-425-3072
   2. Baxter Regional Medical Center – call 870-508-7001
   3. Med Express
   4. Walgreens
   5. At home Self tests may also be used if available
3. Complete and submit a COVID-19 Reporting Form for ASUMH - [Access link here](https://www.cognitoforms.com/StudentSuccess1/COVID19ReportingForm)
4. If you test positive - Notify EVERYONE you have been within 6 feet of for 15 minutes in the last 48 hours IMMEDIATELY.
   1. This is critical to control the spread. The Omicron Variant is spreading quickly and people are becoming ill within 2 days of exposure.
   2. There is no shame in notifying people. This is your way to protect the larger community since many people do not show signs of the virus ever and many not until they have exposed/infected many others.

**IF you are identified as a close contact – exposed to COVID-19:**

1. Quarantine yourself according to the Arkansas Department of Health guidelines. See attached or [Link here](https://www.healthy.arkansas.gov/programs-services/topics/covid-19-guidance-for-self-home-quarantine)
   1. The day you were exposed to COVID-19 is DAY 0.
2. Complete and submit a COVID-19 Reporting Form for ASUMH - [Access link here](https://www.cognitoforms.com/StudentSuccess1/COVID19ReportingForm)
3. Get tested for COVID-19. [Link here for testing information](https://www.healthy.arkansas.gov/programs-services/topics/covid-19-guidance-for-getting-tested)
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   5. At home Self tests may also be used if available

**Contact Tracing – Case Investigation:**

1. After January 18th, the Arkansas Department of Health will not be conducting Contact Tracing or Case Investigation for adults over 18 years of age.
2. If you submit a Positive COVID-19 Report you should be contacted by ASUMH to assist you in identifying close contacts and in notifying those on campus.
3. You should be able to determine your length of Isolation or Quarantine by reviewing the ADH guidelines, but the ASUMH COVID Contact will assist you as needed.

**For additional questions contact:**

**Dr. Julia Gist at** [**jgist@asumh.edu**](mailto:jgist@asumh.edu) **or 870-508-6154**

**The Arkansas Department of Health provides current COVID-19 information at healthyarkansas.gov or** [**Link here**](https://www.healthy.arkansas.gov/programs-services/topics/novel-coronavirus)