



COVID Guidelines

These guidelines are designed to provide students, faculty, and staff the guidance needed to operate the College while monitoring updates from the CDC and local health departments.. The guidelines are subject to change as new information becomes available.

Vaccinations and COVID Testing

- COVID vaccinations are the leading prevention strategy to protect individuals, slow the spread, and end the COVID pandemic. Northeast Community College strongly encourages and recommends that all faculty, staff, and students, for whom it is medically safe to do so, receive a COVID vaccination and remain up to date with vaccinations by receiving a booster shot as recommended by the CDC.
- All negative COVID home/rapid tests taken in order to be removed from quarantine or masking due to exposure or symptoms, need to be verified with a laboratory test or PCR test per the manufacturer instructions. Lab tests are typically available from local health care providers and can either be a nasal swab or saliva test with results received in 1-3 days. Results of lab tests are reliable for people with and without symptoms. The home/rapid tests are not as reliable for people without symptoms or early on in their infection. For additional information about COVID testing, visit the CDC website.
- The Student Health Nurse can administer free COVID tests for students who are displaying symptoms, while supplies last. The Student Health Nurse will refer students who need to see a doctor to the appropriate health care provider based on the student's current Northeast location of attendance.

Face Masks or Face Shields:

- a. Face masks have been shown to mitigate transmission of disease. Individuals may choose to continue to wear face masks for many reasons. **Faculty and staff do have the authority to require face masks in their classrooms, offices, and as sponsors of meetings or events.** Face masks must be a surgical mask or a solid fabric mask with two or more layers of tightly woven or non-woven material. Masks should fit snugly against your nose and chin with no large gaps around the sides of the face. Employees or students who are not able to wear a face mask are asked to provide an exemption note from your personal medical doctor capable of treating and providing perscriptions for respiratory illnesses.
- b. Employees asked to, but unable to wear a mask, will provide the documentation to the Northeast Human Resources Office, and work with Human Resources staff to

determine the next steps. Students asked but unable to wear a face mask, will provide the documentation to the Disability Services Office and work with Disability Services staff on next steps.

- Employees and students shall provide their own face mask, if asked to wear one. Disposable or cloth face masks will be available while supplies last by contacting asmydra@northeast.edu.

COVID Symptomatic:

Defined as individuals who experience any

- one (1) of the following symptoms: new cough, new onset of shortness of breath, or new loss of or change in taste or smell,
- or any two (2) or more of the following symptoms: fever 100.4 or above, chills, muscle aches, headache, sore throat, nausea or vomiting, diarrhea, fatigue.

COVID Symptomatic individuals (Vaccinated or Unvaccinated) are to follow the instructions below.

COVID Positive or Symptomatic (Vaccinated or Unvaccinated)

- Stay home for five days, beginning with the day of your positive test or onset of symptoms.
- On day six, if symptoms are gone or getting better and no fever for 24 hours, you can return to Northeast. **You must wear a mask for five more days.**
- On day six, if you have a fever, continue to stay home until your fever is gone for 24 hours and your symptoms are getting better. If you return to Northeast, **you must wear a mask until you reach day 10.**
- If symptomatic, but receive an alternate diagnosis from a medical doctor, you do not need to quarantine.
- **If you return to Northeast prior to 10 days, you must wear a mask. If you choose not to wear a mask, you must stay home for the entire 10 days.**
- [CDC Quarantine and Isolation Calculator](#)

COVID Exposed (Vaccinated or Unvaccinated)

- In all scenarios, a student or employee is considered in “close contact” when they have been within 6 feet of the COVID positive individual for a total of 15 minutes over a 24 hour period (for example, three separate 5-minutes exposures for a total of 15 minutes).
- Monitor for symptoms.
- Wear a face mask for 10 days, and may get tested after 5 days.
- No quarantine required, unless symptoms develop.
- If Northeast employees are notified of a COVID exposure in their classroom/activity/event, an email can be sent to all attendees. An example of this email follows:

Northeast has been notified that an individual attending this class/event has tested positive for COVID. Privacy laws prevent Northeast from providing you with specific information about the individual. Due to your potential exposure, we request you wear a mask for the next ten days per Northeast procedure and self-monitor for symptoms. The following symptoms could be a sign that you are infected with COVID: a new cough, sudden onset of shortness of breath or sudden loss of taste or smell, a fever of 100.4 or above chills, muscle aches, headache, sore throat, nausea or vomiting, diarrhea or fatigue. If you experience any of these symptoms, please do not attend classes or events, and contact Northeast Student Health at 402-844-7176 or your local health care provider.

Positive Case and Exposure Protocols: These protocols outline Northeast Community College's response to COVID cases identified on the College's premises.

Reporting a COVID Case or Exposure in the College Community

- Once an individual has been formally tested and diagnosed with a positive case of COVID, or if they have been exposed to an individual who tested positive for COVID, they should follow the steps listed below:
 - **For student related cases**, students should contact their instructors as soon as possible. Instructors should then notify Student Services via CovidSupport@northeast.edu. Student Services will inform the students of the current COVID guidelines. Students will need to work with their instructors to develop plans for keeping up in their courses should they need to quarantine or isolate due to COVID.
 - **For employee related cases**, employees should contact their supervisor and include the Human Resources (HR) office by email at humanresources@northeast.edu. Employees must notify and provide HR a photo or copy of any positive COVID test results or physician's note if you are presumed positive by a health care provider, or if you have been exposed to someone who has tested positive for COVID.

Residence Life Exposure, Symptom, and Positive Case Protocol *(Residence Life Staff):*

- Residents are expected to assess their health symptoms daily and self-report to Residence Life staff and the Student Health Nurse when they feel ill.
- Residents who experience COVID-like symptoms but have not had a positive COVID test are required to quarantine for five (5) days.
- If a resident tests positive for COVID, they must comply with a transfer to an Isolation space or return to their permanent residence immediately and remain there until five (5) days have passed since symptoms first appeared, and other symptoms have improved and they have not had a fever for at least 24 hours (that is one full day of no fever without the use of medicine that reduces fevers).
- All residents (vaccinated or unvaccinated) who are determined to have been in close contact with an individual who tested positive for COVID, including but not limited to

roommates/suitemates, must follow the Covid Exposed (Vaccinated or Unvaccinated) section above.

CDC Travel Guidance

- Continue to follow CDC guidance on travel destinations outside of the U.S. If you travel to a location that is in the red zone and are unvaccinated then you need to quarantine for 5 days.
- If you are vaccinated then no quarantine is required but should monitor for symptoms.
- [COVID-19 Travel Recommendations by Destination | CDC](#)