COVID-19 is influencing all of our lives, and could continue to do so for quite some time. **Our actions, outlined in the Pledge to Keep Shenandoah Safe, are key to preventing the spread of the virus** that causes COVID-19 illness and maintaining a healthy environment at all Shenandoah locations. Truly, we are our own best hope.

- At any time, the information outlined in this guide may change based on advice from public health officials or new guidelines from the university.
- Wearing of face coverings, social/physical distancing, and quarantine and isolation protocols are all part of Shenandoah’s Personal Conduct & Social Distancing Policy. Violations of this policy can result in disciplinary action for students, staff and faculty.
- Please pay attention to updates provided through the Shenandoah Go app and the website at su.edu/coronavirus.

**GLOSSARY OF TERMS**

- **CDC** Centers for Disease Control and Prevention
- **Face Covering** A mask or cloth covering worn on the face to protect others around you to slow the spread of viruses, including COVID-19.
- **Isolation** Occurs when a contagious disease, especially COVID-19, is confirmed with a laboratory test result; it separates those who are sick from people who are not sick to slow the spread.
- **Quarantine** A period during which you stay away from others. Typically, this is for well people who may have been exposed or have a mild symptom that may (or may not) be related to COVID-19; if you develop multiple symptoms that become severe or test positive while observing quarantine, you should go into isolation.
- **Social/Physical Distancing** Social/physical distancing encourages you to keep at least 6 feet of space between yourself and others.
- **VDH** Virginia Department of Health
Basic Safety Measures

Limit physical contact with others.
Avoid shaking hands, hugging, etc., especially with those who are not wearing a mask or may be sick.

Keep a safe 6-foot distance when congregating in spaces.

Wash hands regularly with soap & water* for at least 20 seconds.
*Use an alcohol-based hand sanitizer only if soap and water are not available.

Clean & disinfect frequently touched objects & surfaces daily.

Always wear your face mask indoors. It is also important to wear your mask outside whenever you cannot safely engage in social distancing.
Be sure to cover your nose & mouth with a tissue or your elbow when sneezing and coughing without a mask.

Avoid touching your face, especially your eyes, nose or mouth, with unwashed hands.

Stay home and contact a medical care provider if you feel unwell.
Wear a Mask & Wash Your Hands

While on Shenandoah University’s campus, face coverings or masks are mandatory in all public indoor spaces and in outdoor areas where social/physical distancing cannot be maintained. Wearing a mask will help protect people around you, including those at higher risk of severe illness from COVID-19.

- When outside on campus, you should maintain a physical distance of at least 6 feet from other individuals, and use a mask when social distancing is not possible.

- When off campus, community members should comply with any applicable Virginia law relating to wearing masks and/or social distancing.

- Please bring several cloth masks — at least 5 — if you’re living on campus, so you change them daily (or as needed) to ensure you are always wearing a clean mask.

- Please also remember to wash your hands for at least 20 seconds, or use hand sanitizer, before putting on your masks and after taking them off. Masks should be handled by their ear loops or ties.

SU-Branded Face Masks

The university has acquired face masks featuring Buzzy and other Shenandoah branding. Each member of the student body, faculty and staff will receive one. Cloth and disposable masks are widely available in local stores and sold online. Everyone on campus is required to wear a non-valved surgical or two-ply cloth mask over the nose and mouth in any enclosed building or structure on a university campus, including academic and administrative buildings.
Create An Action Plan

Don’t wait until you (or someone you know) have been exposed to or test positive for COVID-19 to determine how you’ll handle the situation. Talk with your family, roommates, and friends so that everyone knows what actions to take.

Create Emergency Contact List
List contact information for family health care providers you’ll need to call when you are sick. Also think about others (faculty and employers) who may need to know about your condition and people (friends and neighbors) who can help if you need something. Know which local businesses will deliver food or supplies you might need.

Know Your Health Care Provider
Who will you call when you don’t feel well? The Wilkins Wellness Center can help, but you should also have information for your medical insurance and your health care provider, and know where you can get treatment or a test locally. The VDH has a list of testing sites on its website.

Find a Place to Quarantine or Isolate
If you are a residential student who needs to quarantine or isolate (when testing positive), the university will assist you. If you are not a residential student (this includes commuter students, faculty and staff), you should determine where to quarantine or isolate to separate yourself from others if you suspect you may be sick or have been exposed to someone with COVID-19.

Prepare a COVID Kit
See the COVID KIT checklist to the right.

Check Your Mental Health
It is difficult to predict exactly how the pandemic situation will evolve and it’s completely expected and appropriate to experience fear and worry during these uncertain times.

Pledge to Practice Preventive Actions
Additional pledge information is on the next page.

COVID KIT: What to bring to campus or have during quarantine
- 5 or more reusable and washable face coverings
- Hand sanitizer (at least 60% alcohol, as recommended by the CDC)
- Thermometer
- Cleaning products (use CDC/EPA guidance)
- Health insurance cards or information
- Prescription medications and over-the-counter medication you may need while sick
- Mobile device and/or laptop (including headphones with a microphone), and chargers for each, to continue your classes or work remotely should you have to quarantine or isolate
- Quarantine bag packed with toiletries, clothes and any personal items you may need during that time (You should always have a small bag packed and ready to go, because if you need to go into quarantine or isolation, you’ll do so with just a few moments’ notice.)

Mental Health Resources

For Students: We strongly encourage you to reach out for support and use the counseling services available through the Wilkins Wellness Center, which is typically staffed from 9 a.m. to 5 p.m. Monday through Friday. You may email counseling@su.edu or call 540-665-4752 to set up appointments via phone or Zoom.

For Faculty and Staff: The university provides an Employee Assistance Program (EAP) for you and members of your household at no cost. (The password is SU.) For help navigating clinical questions and concerns, Shenandoah has introduced a new program called Ask A Nurse, su.edu/livewellsu/ask-a-nurse. To see the latest from Human Resources, see the LiveWellSU website (su.edu/livewellsu).
Stay home if you’re sick, except if you need to seek medical care.

Make preventive actions (hand washing for at least 20 seconds/hand sanitizing, mask wearing, social distancing, etc.) a regular part of your daily routine.

Engage in physical distancing wherever you are: on campus or off. Keep a minimum of 6 feet of distance between you and others. Remember, wearing a face covering is not a substitute for maintaining your distance.

Review VDH information to stay up to date about local infection numbers. The health districts that apply to Shenandoah locations are the Lord Fairfax Health District (Winchester/Frederick/Clarke), Loudoun Health District, and Fairfax Health District.

Use technology to stay in touch with friends, family, and university services and organizations. You can maintain relationships while remaining physically distant.

Avoid large gatherings. Your risk of being infected with and spreading COVID-19 rises as you interact with more people and as you extend the amount of time you spend around others. Clean your shared spaces and common surfaces at home, work, and on campus (Use CDC guidance for cleaning protocols).

Avoid sharing items, including food, water bottles, etc.

Get your flu shot. Let’s do all we can to reduce the number of infectious diseases in circulation this year.

For more pledge information, please visit su.edu/pledge

I PLEDGE
To Keep Shenandoah Safe

Take the SU Pledge to Keep Shenandoah Safe and engage in the following practices:

Our Shenandoah community is known for its care and compassion and everyone is required to do their part. As we all commit ourselves to learning, living and supporting one another within this community this year, we recognize that we are all responsible for our collective health and safety.