



Campus Health Expectations

COVID-19 Employee Guidance

Expectation 1: Practice good hygiene. Wash your hands regularly and avoid touching your face.

Hand sanitizing stations have been strategically placed throughout campus in high traffic buildings along with visual cues promoting proper hand washing.

- Employees are expected to wash their hands for a minimum of 20 seconds after using the restroom.
- Employees are expected to wash/sanitize their hands upon entering into a building.
- Employees should avoid shaking hands with others.
- Employees are expected to wash/sanitize their hands after potential contact with others.

In addition to practicing good hygiene, custodial will provide increased cleaning and sanitizing of frequently used facilities and common areas with the use of EPA and CDC approved cleaning agents. **Employees can request additional disinfectant spray by entering a work order into the TMA system.**

Expectation 2: Monitor your personal health daily.

Keeping the campus community safe starts at home. Before coming to campus, all employees are encouraged to self-screen for the following symptoms. An employee should not come to campus if they display any one of the following:

- A 100.4 F temperature or higher any time within the previous 24 hours
- Cough not related to seasonal allergies
- Shortness of breath or difficulty breathing
- Nausea, vomiting, or diarrhea
- New loss of taste or smell

A complete list of symptoms and the CDC Self-Checker can be found [here](#). Any employee exhibiting one of these symptoms should remain at home.

Expectation 3: If you are sick, stay home. If you contract COVID-19 or if you have significant exposure to the virus, contact Human Resources at 580-581-2245.

If you are experiencing symptoms of the Coronavirus, first contact your healthcare provider. If an employee tests positive for COVID-19 or has been exposed to COVID-19, please contact Human Resources at 581-2245 as soon as possible. You can also report your case by filling out a Notification of COVID-19 Case form at www.cameron.edu/coronavirus-hotline. If you are made aware of a student who tests positive or has significant exposure, please instruct them to contact the Coronavirus hotline by filling out a notification of COVID-19 case form at the above link, by email at coronavirus_hotline@cameron.edu or by calling 581-2676. The current CDC [guidelines](#) are below. **Guidance is subject to change.**

- An employee who has only a fever and no other symptoms of COVID-19 and have not had contact with a positive COVID-19 individual may return to work after being fever-free for at least 24 hours without using any fever-reducing medications.
- **Employees that test positive for COVID-19** may discontinue isolation under the following conditions:
 - At least 10 days have passed since symptom onset (or since date of positive test for

- asymptomatic cases); AND
- At least 24 hours have passed since last fever without the use of fever reducing medication; AND
- Other symptoms have improved.
- **Employees that were in *close-contact** to someone that has tested positive for COVID-19 may return to campus under the following conditions:
 - If no COVID related symptoms are present:
 - **Fully vaccinated employees** are not required to quarantine after an exposure to COVID-19 as long as symptoms are not present. Testing is recommended 5 days after last exposure to the infected individual. It is strongly encouraged that exposed employees wear a mask in public indoor settings for 14 days after exposure or until you receive a negative test result. In the event that a fully vaccinated employee tests positive for COVID-19, they should follow the protocol for positive COVID-19 employees listed above.
 - **Unvaccinated employees** are required to quarantine and may return after 10 days have passed without diagnostic testing; OR after 7 days have passed if the individual has a negative COVID-19 test administered no earlier than 5 days after the close-contact.
 - If COVID related symptoms are present:
 - After 14 days have passed since the date of exposure; AND
 - No presence of symptoms
 - Testing is recommended 5 days after exposure to the infected individual. Please notify HR if you test positive.

**A close-contact is defined as being within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24 hour period starting from 2 days before illness onset (or, for asymptomatic cases, 2 days prior to positive test).*

Expectation 4: Respect personal space. The pandemic has affected each of us differently so please consider your proximity to others.

- Employees are encouraged to observe physical distancing at all times.
- Campus spaces should accommodate physical distancing when needed.
- Campus meetings or events should accommodate physical distancing. Virtual meetings are encouraged if physical distancing is not possible.
- Work orders for Plexiglas shields should be entered into the TMA work order system for consideration.
- Buildings have designated entrance and exit doors labeled to control the flow of traffic.

Expectation 5: Cover your nose and mouth when you sneeze or cough. Proper wearing of masks indoors is strongly encouraged.

All employees, students and visitors are strongly encouraged to wear a face covering when physical distancing is not possible or guaranteed. While it is possible for COVID-19 to be spread by touching a surface or object that has the virus on it and then touching your mouth, nose, or eyes, according to the [CDC](https://www.cdc.gov), it has been determined that this is not the main way the virus spreads. The virus is thought to spread mainly from person-to-person through respiratory droplets produced when an infected person coughs, sneezes, or talks.

You can find more information about Cameron University's response to COVID-19 at <https://www.cameron.edu/covid-19>. Additionally, a COVID-19 dashboard with case data and reporting trends can be found on the COVID-19 tab in Aggie Access.

COVID-19 Employee Resources

Getting the COVID-19 vaccine is safe, free, and easy. Getting vaccinated is one of the most important things we can do to stop this pandemic.

The list below provides information on testing and COVID-19 vaccine sites within our community:

Comanche County Health Department	580-248-5890	1010 SW Sheridan Rd. Lawton, OK 73501	COVID-19 testing and vaccine appointments available
Stephens County Health Department	580-252-0270	1401 Bois D'Arc Duncan, OK 73533	COVID-19 testing and vaccine appointments available
CVS Pharmacy <i>(Available at most locations)</i>	580-353-1588	2107 NW Cache Rd. Lawton, OK 73501	COVID-19 testing and vaccine appointments available
Walmart <i>(Available at most locations)</i>	580-713-7703	3745 SW Lee Blvd. Lawton, OK 73505	COVID-19 testing and vaccine appointments available
Sam's Club	580-248-3400	802 NW Sheridan Lawton, OK 73505	COVID-19 vaccine appointments available
MedExpress	580-595-7207	3428 NW Cache Rd. Lawton, OK 73505	COVID-19 testing appointments available
WellFast Urgent Care	580-357-4200	1902 E Gore Blvd. Lawton, OK 73501	COVID-19 testing appointments available
Xpress Wellness Urgent Care	580-536-9355	6744 NW Cache Rd. Lawton, OK 73505	COVID-19 testing appointments available

Information about potential upcoming campus vaccination clinics and on-campus testing will be shared via email as information comes available. For more information on COVID-19 vaccines, please visit [Vaccines for COVID-19 | CDC](#).

Employees also have access to a Coronavirus training series designed to educate employees on how to stay safe during the pandemic, including an informational video on the COVID-19 vaccine.

Please note that your username to access the courses below is your full CU email address:

- [Coronavirus - Preparing your Household](#)
- [Coronavirus - Managing Stress and Anxiety](#)
- [Coronavirus - Cleaning and Disinfecting](#)
- [Coronavirus - DIY Cloth Face Coverings](#)
- [Coronavirus 108 - The Basics of Vaccines](#)
- [Coronavirus Awareness](#)

Employees and their household members also have access to a variety of free resources, tools and services available through our employee assistance program, Magellan Healthcare at www.magellanhealthcare.com/covid-19