COVID-19 Planning and Response

COVID Compliance Committee and Expert Medical Advisers

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The Public Health environment

The Delta variant has driven a surge in case transmission nationally and in LA County.

Data indicates that infection for a vaccinated person poses far less risk than for an unvaccinated person:

- Less than 0.004% (1 of 25,000) of fully-vaccinated people had a breakthrough case that led to hospitalization;
- Less than 0.001% (1 of 100,000) of fully-vaccinated people died from a breakthrough case.

- Vaccinations are imperative.
- In a post-vaccination-phase pandemic, the risks posed by contracting COVID-19 are far less.

Los Angeles County data (source: New York Times, 8/15/2021)
A safe return to campus

Our collective approach to evolving public health conditions...

• **Vaccinations** are still the most important preventive measure.

• **Testing** and **contract tracing** are critical components in reducing transmission.

• **Isolation** is required for anyone who is symptomatic and receives a positive PCR test.

• **Quarantine** is required of close contacts of COVID-positive individuals.

• **Face coverings**, regardless of vaccination status, are required for all students, faculty, and staff when in any indoor setting and for the unvaccinated when outdoors.

• **Daily health screening** in Qualtrics required for unvaccinated; vaccinated must still self-screen at home before coming to campus.

• Comprehensive **FAQs** on CMC Returns website.
COVID Testing at CMC

- Students are required to bring a negative test result with them upon arriving to campus.
- Students will be tested twice within the first two weeks on campus.
- Students will be required to participate in surveillance testing weekly.
- HHB is responsible to assist the college in our Exposure Management Plan.
- Exposure Management means we must identify all close contacts of any positive person and ask additional people to quarantine and possibly be tested.
- HHB also must report any CMC employee or student positive case to LA County.
- CMC Covid Compliance relies on HHB to discuss means to better protect the community against spread and manage outbreaks.
- If you receive a positive result from an outside (off-campus) test, report it to HHB immediately.
COVID Testing at CMC

Testing 7:30 AM - 12:30 PM (McKenna Auditorium)

Monday: Claremont, Beckett, Benson, Berger, and Crown
Tuesday: Auen, Fawcett, Stark, and Marks
Wednesday: Wohlford, Boswell, Appleby, Green, and Phillips
Thursday: Apartments and Alexan Kendry and Off-Campus Students

Register for your bar code via Qualtrics using the QR code
Fulgent self-administered PCR test
COVID-19 signs and symptoms

People with COVID-19 have reported a wide range of symptoms – from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

COVID-19 Symptoms May Include:

**Fever or Chills** - body temperature above 99.6 Degrees Fahrenheit or sensation of chills or shivers

**Sore Throat or Cough** - scratchy, sore sensation in throat, dry or wet cough

**Shortness of Breath** - unexpectedly feeling out of breath, or winded, or breathing fast and hard

**Fatigue** - extreme tiredness or feeling of weakness

**Muscle or Body Aches** - soreness throughout the body

**Headache** - continuous pain or throbbing sensation in or around the head

**New Loss of Taste or Smell** - suddenly unable to taste or smell commonly consumed foods or drinks

**Congestion** - an excessive accumulation of mucus or fluids in mucous cavities (Nose, Sinuses, Chest, Eyes)

**Runny Nose** - excess drainage, ranging from a clear fluid to thick mucus, from the nose and nasal passages.

**Nausea** - a feeling of sickness with an inclination to vomit.

**Vomiting** - forcefully expelling the stomach's contents out of the mouth.

**Diarrhea** - loose, watery stools that occur more frequently than usual.
Underlying health conditions

People of any age with the following conditions are at increased risk of severe illness from COVID-19:

- Cancer
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity (body mass index [BMI] of 30 or higher)
- Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
- Sickle cell disease
- Type 2 diabetes mellitus

If you show any of these signs, seek emergency medical care immediately:

- Chest pain or trouble breathing
- New confusion or excessive drowsiness
- Temperature reaches 103°F or higher at any time
- A fever of any temperature >99.6°F that lasts more than three days
Contact Tracing & Follow-Up

Close contacts will be identified through manual contact tracing process via HHB

**FULLY VACCINATED** (>2 Weeks From The Last Dose of a FDA Emergency Use Authorized COVID-19 Vaccine)

If **Asymptomatic**, you are subject to a modified quarantine, and will be required to stay in your campus housing location. You will be tested for COVID-19 between Day 3 - 5 of the known exposure, and you may return to activities when you have received a negative test result. Thereafter, you will need to wear a mask at all times (may only remove mask only when alone in your room, or when eating and, or social distancing while eating/drinking, preferably outside or well-ventilated areas). The Hamilton Health Box team will determine those dates when they talk to you.

If **Symptomatic**, you will be subject to quarantine, and will need to stay in your campus housing location. Meals will be delivered to you, and Hamilton Health Box will schedule you for a COVID-19 test. Continuous re-evaluation of conditions will be conducted by Dr. Glenn Davis & Shivani Lal RN, who will also release you from your quarantine when appropriate.
Contact Tracing & Follow-Up

Close contacts will be identified through manual contact tracing process via HHB

**UNVACCINATED or NOT FULLY VACCINATED**

If **Asymptomatic**, you will be tested for COVID-19 anytime between Day 3 - 5 of known exposure and will be subject to a 7 - 10 day quarantine from the date of the last known exposure. The duration of the Quarantine Period will be continuously re-evaluated by Dr. Glenn Davis & Shivani Lal RN.

If **Symptomatic**, you will be subject to an immediate 10 Day Quarantine, must stay in a designated housing location for the duration of the Quarantine Period. Meals will be delivered to you, and Hamilton Health Box will schedule you for a COVID-19 test. Continuous re-evaluation of conditions will be conducted by Dr. Glenn Davis & Shivani Lal RN, who will also release you from your quarantine when appropriate.
Infection prevention measures

Wash your hands often with soap and water for at least 20 seconds.

It’s especially important to wash:

- Before eating or preparing food
- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your cloth face covering
- After changing a diaper
- After caring for someone sick
- After touching animals or pets

If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol (methanol based sanitizers are dangerous and should be avoided). Cover all surfaces of your hands and rub them together until they feel dry.

Important: Hand sanitizer does not work properly if the hands are soiled. Proper washing of hands is always the preferred method.
Face coverings

• Face coverings, regardless of vaccination status, are required for all students, faculty, and staff when in any indoor setting, including classrooms.
• You may obtain free face coverings from CMC if you don’t have your own.
• Students may unmask when alone or with their roommates in their residences (but are required in common areas of residence halls). Faculty and staff may unmask when alone in a private office with the door closed.
• Unvaccinated persons must also wear masks in outdoor settings.
• If you are in a crowded outdoor gathering, masking is recommended for vaccinated people, and may at times be required by the College, regardless of vaccination status. The College supports anyone wearing a face covering on campus at any time, for any reason, if they prefer.
• Eating and drinking exceptions apply in both indoor and outdoor settings.
• Additional PPE may be required, depending on your specific job (e.g. gowns, gloves, safety goggles, etc.); check with your supervisor for information about obtaining necessary supplies.
Cleaning, disinfection, and physical improvements

- CMC has taken extra steps to ensure a clean and healthy environment.
- Physical improvements to campus facilities include upgrading HVAC systems and filters, installing plexiglass at various points of exchange, and deploying hand-sanitizing stations across campus.
- Cleaning will be provided in accordance with the CDC’s and the CA Department of Public Health’s guidelines. All public, high frequented areas are being disinfected twice a day.
- No individual room cleaning this year to avoid additional exposure and to balance work responsibilities.
- Cleaning products and hand sanitizer will be provided throughout campus.
Health and safety resources

For additional information, or to raise a health/safety issue related to COVID-19, feel free to contact any of the following resources:

• Shivani Lal, RN: (909) 607-2301 or covid19@cmc.edu

• CMCReturnsHR@cmc.edu to report individual concerns regarding your return to campus

• CMCListens: Anonymous Reporting and/or Questions Hotline: (800) 461-9330 or at https://app.convercent.com/en-us/Anonymous/IssueIntake/IdentifyOrganization

• 7C.Health
Hamilton Health Box (HHB)

COVID Services Clinic: 654 E. Sixth Street (formerly the Children’s School)

Contact: (909) 607-2301 (on-campus x72301) or covid19@cmc.edu

Current Staff and Expanding in Week Ahead

→ Shivani Lal, Registered Nurse
   Case management for all students/employees

→ Karina Aguilar, Medical Assistant
   Testing and COVID support

→ Glenn Davis MD, Chief Medical Officer
   Physician oversight and COVID telemedicine

Services:
- Symptom screening
- Diagnostic testing
- Surveillance testing
- Contact tracing
- COVID Telemedicine
- COVID-19 care coordination
- Vaccine info/advice
- Vaccine verifications
- Flu clinic (fall)
What to expect on campus

- Classes will be in-person
- Campus safety modifications in place
- @Theo’s Food Truck
- Advance ordering through GrubHub
- Expanded outdoor seating areas
- No cross-campus dining this fall
- No outside guests
- Athletics happening with strict guidelines
- Limited social gatherings
- Club and org activities are ok