

A Message from the Health and Wellness Center

Welcome to Pathways College! The Health & Wellness Center is committed to helping our students stay healthy and well during these challenging times. To continue to mitigate the risk of COVID-19 infection and sustain our health and well-being, it is important for all of us in the campus community to remember to stay vigilant—wear face coverings indoors, maintain proper social distancing (6ft.), practice good personal hygiene, self-monitor for symptoms and stay-at-home if sick. This demonstrates responsibility for the health and well-being of yourself, your peers, and the campus community.

We are committed to helping our students stay healthy in pursuit of academic success, and in fostering the public health of the campus community.

Infectious Disease Control Policy – COVID-19

Pathways College is committed to monitoring and coordinating events around an infectious disease outbreak, including COVID-19, and is promoting safety during such an outbreak through infection control. The College will ensure a clean workplace for employees and students (when onsite). According to the U.S. Centers for Disease Control and Prevention (“CDC”), the symptoms of COVID-19 include:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Headache
- Sore throat
- Increased tiredness or fatigue
- New loss of taste or smell

**This list is not all inclusive. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.*

Being in close contact with anyone exhibiting COVID-19 symptoms within the last 14 days, or who has tested positive for the virus, a person should monitor and quarantine as well as be tested for COVID-19. Other proactive tips are:

- Properly wearing a mask over the nose and mouth, frequently and thoroughly washing your hands (scrubbing with soap and water for at least 20 seconds), use of hand sanitizer with at least 60% ethanol or 70% isopropanol can mitigate.
- The College requires all students, employees and visitors to use face coverings while in the office. See below for detailed instructions on wearing a mask per the CDC.
- Practice social distancing by maintaining at least 6 feet of space between each person while in public and avoid touching eyes, nose, and mouth with unwashed hands.
- Based on currently available information and clinical expertise, adults age 65 and over, pregnant women, and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.
- Any employee who has traveled to another country or state could be at risk for exposure to COVID-19.

How to Put on a Mask

1. Wash your hands with soap and water for at least 20 seconds or, if that’s not possible, apply hand sanitizer with at least 60% alcohol.

2. Make sure there are no holes or tears in your mask, bandana, or whatever fabric face covering you're using.
3. If you wear glasses, take them off.
4. Determine which side of the face mask is the front. You should always wear your mask in the same orientation to avoid cross-contamination.
5. If you're using a mask with ear loops, bring the mask to nose level and place the loops around your ears. If you're using a mask with ties, bring the mask to nose level and secure the top set of ties into a bow around the crown of your head. If you're using a mask with elastic bands, hold the mask in one hand at nose level. Stretch the top strap over your head so that it rests over the crown of your head. Then pull the bottom strap over your head so that it rests below the ears at the nape of your neck.
6. If your face mask has a moldable nose bridge, pinch the mask around your nose for a more secure fit.
7. If you're using a mask with ties, secure the bottom set into a bow at the nape of your neck.
8. Pull the bottom of the mask over your mouth and chin and adjust the mask so that it's snug, but not so tight that it's painful or will move around. All straps should lay flat against your skin and not crisscross. Avoid having any large gaps between your face and the mask.
9. Put your glasses back on.
10. Avoid touching the front of the mask. If you do, wash your hands or apply hand sanitizer again.

How to Remove a Mask

1. Wash your hands with soap and water for at least 20 seconds or, if that's not possible, apply hand sanitizer with at least 60% alcohol.
2. If you're wearing glasses, take them off.
3. If you're wearing a mask with ear loops, tilt your head forward, grasp the mask by the loops, and remove them from your ears. If you're wearing a mask with ties or elastic bands, tilt your head forward and grasp the mask by the ties or bands, removing the bottom ones before the top.
4. Machine wash and dry the mask, if possible, or hand wash the mask with soap and water and leave it in the sun to dry.
5. Put your glasses back on.

Conclusion

As the COVID-19 pandemic is an ever-evolving situation, the College reserves the right to change, rescind, cancel or withdraw or add any sections to this policy at any time, with or without prior notice, but we will communicate all changes to our employees.