Winona State University (WSU) is committed to providing safe and healthy environments for our students, faculty, staff, and members of our campus communities (Winona, Rochester and other areas of physical instruction). Our Winona State University’s Preparedness Plan is continually updated and contains guidelines for class and campus COVID-19 safety and provides a COVID-19 website that is updated regularly. These guidelines have been developed to reduce the spread of COVID-19 and follow Centers for Disease Control and the Minnesota Department of Health guidelines. There are several measures that you can take to keep yourself safe on and off campus. It is important that you practice social distancing, wash your hands for 20 seconds frequently, and wear a mask when in all public settings. In addition, the following Guidelines describe expectations to keep you safe on campus and in the simulation/skills laboratory/clinical setting.

- Requirements for Coming to WSU Campus: Pages 1-2
- Requirements for Simulation/Skills Labs: Pages 2-3
- Requirements for Clinicals in the Community: Pages 3-4
- Guidelines if Student becomes ill during Simulation/Skills Labs or at Clinicals: Page 5
- Clinical Equipment and Supplies List: Page 5-7

Prepare to have sufficient personal protective equipment for all learning experiences as described in the Department of Graduate Nursing Guidelines for Use of Personal Protective Equipment.

## REQUIREMENTS FOR COMING TO WSU CAMPUS

Each time prior to coming to campus, either at WSU-Winona or WSU-Rochester (RCTC and Broadway):

- Take your temperature (temperature needs to be less than 100.0 degrees Fahrenheit).
- When taking your temperature:
  - Wait 30 minutes after exercising, eating, or drinking.
  - Wait at least 6 hours after taking medicines that lower your temperature (Acetaminophen, Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, Naproxen, Tylenol).
- Complete the Daily Self-Assessment web-based screening tool each day before entering any campus building. The screening tool will issue a “green screen pass” to you via e-mail if you answer all questions appropriately. Show the pass e-mail to staff working at building entrances before you can proceed. If you receive a red/fail e-mail you should return home and consult with a healthcare professional.
- If you are experiencing symptoms of COVID-19
  - Call Ask a Nurse (507.457.2292) or email askanurse@winona.edu.
  - Notify your clinical instructor to discuss any options for home learning and any options for clinical experience make-up.
  - Self-isolate for 10 days since your first symptom AND until you are fever free for 24 hours without fever-reducing medications and your symptoms are improving.
Consider completing the voluntary WSU COVID-19 Self-Report so that we can monitor COVID-19 rates at WSU.

- If you have learned that you have been in close contact with someone who has tested positive (within 6 ft for cumulative tie of 15 minutes or longer – other than patients, you may have cared for in your clinical/practicum or at work):
  - Quarantine for 14 days and contact your course instructor to discuss any options for home learning and any options for clinical experience make-up.
  - Self-monitor for symptoms and self-isolate for 10 days since your first symptom **AND** until you are fever free for 24 hours without fever-reducing medications and your symptoms are improving
  - Get tested at least 5 days after last contact with that person (MDH Who Should Get Tested) (stay in quarantine for 14 days in most cases)
- If you are not experiencing any symptoms, nor have been in close contact with someone who has tested positive, come to campus:
  - Wearing your freshly laundered face mask (cotton, multilayer) or other face covering that is a source control for droplets and freshly laundered clothes/uniform.

**Steps to Mitigate Exposure**

- Staggered cohort arrivals/departures to and from lab/simulation to decrease opportunity for clustering during donning and doffing.
- Utilize the spacing indicators, following the 6-feet distancing guideline.
- Adhere to the flow of traffic posters and processes for the movement into, around, and outside of the lab, simulation areas and classrooms.
- Utilize additional PPE (gloves, eye covering, medical-grade masks, and gowns) in lab and simulated experiences to mimic and provide consistency as in our clinical rotations (acute care and community sites).
- Maintain consistent small groups (pods) while moving through the lab/simulations to preserve consistency in student contact.

**Requirements for Simulation/Skills Labs**

Each time you enter and exit the simulation/skills lab areas:

1. Wear a freshly laundered cloth mask to the simulation/skills lab area.
2. Wear freshly laundered clothes/scrubs.
3. Before entering the lab/simulation lab area:
   - remove your freshly laundered face mask (cotton, multilayer) or other face covering that is a source control for droplets.
   - sanitize/wash your hands.
   - put on your medical grade mask.
   - don your clean, reusable face shield or goggles.
4. Limit personal items that you bring to lab as storage will be at a minimum. Remember, no food or drink items are allowed in laboratory or simulation spaces.
5. Remain in your assigned groups for the duration of your time in the simulation/skills lab area.
6. You may be required to have additional personal protective equipment for some of the lab activities. Follow your course instructor’s instructions.
7. Before leaving the simulation/skills lab area:
   • clean the area/equipment for the next group.
   • clean your face shield/goggles and store them in the designated place.
   • remove your medical grade mask and throw it in the appropriate waste receptacle.
   • wash/sanitize your hands.
   • apply your cotton, multilayer face covering or other face covering that is a source control for droplets.

8. Limit your interaction with your housemates/family members while wearing your clothes/uniform from simulation/skills lab to decrease the potential for exposure. If at all possible, go directly home (do not go to class, do not go to the grocery store, etc.) or to your residence after simulation/skills lab/clinical experiences.

9. Once home, shed your uniform immediately and take a shower. Launder your clothes/uniform separately from other household linen. Shoes should be transported in a plastic bag and not worn into your household.

Breaks while utilizing the simulation/skills lab area:
1. When leaving the lab area to use the restroom or consume food/drink:
   • Remove your face shield/goggles (store them in the appropriate place).
   • Remove your medical grade mask and place in a plastic bag, with your face shield/goggles.
   • Wash/sanitize your hands.
   • Put on your cotton, multilayer face covering (ONLY TAKE THIS OFF TO EAT OR DRINK AND MAINTAIN 6 FOOT DISTANCE)) or other face covering that is a source control for droplets.

2. Once you are ready to return to the lab area:
   • Remove your cloth mask (store in paper bag).
   • Wash/sanitize your hands.
   • Put your medical grade mask on.
   • Don your reusable face shield/goggles.

REQUIREMENTS FOR CLINICALS* IN THE COMMUNITY

*It is possible that you will be assigned to care for a patient with COVID-19 or who is awaiting testing results for COVID-19. If you are immunocompromised and not able to care for this patient population, please consult with your clinical instructor and accommodations will be offered.

Step 1
• If you are scheduled for a clinical experience you will receive an email from the Clinical Placement Coordinator (CPC) with detailed information on WSU campus COVID-19 protocols and any clinical site-specific requirements.

Step 2
• Complete the Graduate Nursing COVID-19 Qualtrics survey.
• The CPC reviews responses and notifies you of approval for clinical.
Step 3

- Complete the [Daily Self-Assessment](#) web-based screening tool each day you are scheduled to be on the WSU campus (e.g. lab/simulation) or at the clinical site.

- Take your temperature (temperature needs to be less than 100.0 degrees Fahrenheit). When taking your temperature:
  - Wait 30 minutes after exercising, eating, or drinking.
  - Wait at least 6 hours after taking medicines that lower your temperature (Acetaminophen, Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, Naproxen, Tylenol).

Step 4

- Record the following in your Student Typhon account, under Daily Time Log:
  - Temperature value each day prior to going to the clinical site
  - “COVID-19 symptom free” (if symptom free)

- Only the clinical course instructor views the Daily Time Log.

- Contact the clinical course instructor if your health status changes during the clinical day.

**WSU Graduate Nursing Personal Protective Equipment Use while at the clinical site:**

1. Wear a freshly laundered cotton, multilayer face covering or other face covering that is a source control for droplets and covers both the mouth and the nose at all times while walking to and from the health care facility and while in the healthcare facility, including in breakrooms or other spaces where you might encounter co-workers. Wash the mask after each day’s use. You will want to purchase several masks to be able to launder them daily. Make certain that there are no offensive emblems on the mask and that it conveys a professional image.

2. Enter through employee entrances when possible.

3. Limit personal items that you bring to clinical as storage will be at a minimum.

4. Once on the unit, remove your cloth mask, wash your hands, and don the medical-grade face covering that you bring with you that either ties securely at the crown of head (top tie) and base of neck (bottom tie) or that hooks appropriately around the ears. Use the mask throughout the clinical day, except when eating or drinking, and then discard. Should the medical grade mask become soiled at clinical, request a new one in the clinical area.

5. Don your own eye protection-- goggles that cover the front and sides of the eyes or a face shield that covers the front and sides of the face, including over any existing eyewear and utilize it while in patient rooms. Clean goggles or face shield with a disinfectant wipe and store between clinical days (store in a clean plastic bag with a small opening to air out the mask).

6. Bring your N95 fit tested mask to each acute care clinical experience in preparation for its potential use. When not used, it should be stored in a clean, breathable container, such as a paper bag (CDC.gov).

7. If the clinical site allows, bring your personal professional stethoscope that has been wiped down with disinfectant wipes prior to coming to the clinical site.

8. Bring your own hand sanitizer and disinfectant wipes to clinical for personal use.

9. Practice social distancing of 6 feet at all times, including elevators, lunch breaks, library, etc. Limit your interactions in groups at the nurse station, breakrooms, computers or in the hallways.

10. When leaving your clinical site wash your hands, remove and disinfect your face shield/goggles and store them for future use in a plastic bag with a small slit in it to air it out, disinfect any of your personal items (stethoscope, scissors, etc.), take off your medical grade mask, dispose of it, wash/sanitize your hands and don your cloth mask. Store your N95 mask in a paper bag.
11. Limit your interaction with your housemates/family members while wearing your clothes/uniform from clinical to decrease the potential for exposure. If at all possible, go directly home (do not go to class, do not go to the grocery story, etc.) or to your residence after clinical experiences.

12. Once home, shed your uniform immediately upon returning home and take a shower. **Launder your clothes/uniform** separately from other household linen. Shoes should be transported in a plastic bag and not worn into your household.

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**GUIDELINES IF STUDENT BECOMES ILL DURING SIMULATION/LABS OR AT CLINICALS**

**WSU Graduate Nursing Guidelines if you become ill during skills lab/simulation OR at the clinical site:**

1. If you experience **symptoms** notify your clinical course instructor **immediately** as you will need to leave the lab/simulation or clinical site and return home. If the instructor observes you having symptoms of illness you will be asked to leave the site and return home. (If applicable, notify your preceptor immediately and follow the clinical site’s protocols for COVID-19, and then notify your clinical course instructor and CPC for further direction.)

2. Always limit your interaction with your housemates/family members while wearing your clothes/uniform from lab/simulation or the clinical to decrease the potential for exposure.

3. If at all possible, go directly home (do not go to class, do not go to the grocery story, etc.) or to your residence after laboratory/simulation/clinical experiences. Once home, shed your uniform immediately upon returning home and take a shower. **Launder your clothes/uniform** separately from other household linen. Transport your shoes in a plastic bag and do not wear them into your household.

4. **Stay home** until all of these things are true:
   - You feel better. Your cough, shortness of breath, or other symptoms are better.
   - It has been 10 days since you first felt sick.
   - You have had no fever for at least 24 hours, without using medicine that lowers fevers (Acetaminophen, Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, Naproxen, Tylenol) **OR**
   - If you get tested and have a negative COVID-19 test.

5. If you have any questions on what to do, you may call the **WSU Ask A Nurse** line or contact your personal health care provider.

6. If a lab test is done and shows you have COVID-19, an authorized Contact Tracer will contact you to give you more information and answer your questions (**MDH Website**). Please make sure you answer calls from MDH, and you communicate with your course instructors to assist you with make-up experiences and options for home learning.

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**CLINICAL EQUIPMENT/SUPPLIES LIST**

Be prepared with the following equipment for each semester. See the **WSU Graduate Nursing Personal Protective Equipment Use** for daily PPE expectations.

1. **Cloth masks (5 – 7)** or other **type of face covering** that controls for droplet spread.
Example video on how to make cloth masks- These may also be purchased. https://www.youtube.com/watch?v=tPx1yqvJgf4.

2. Medical grade masks (1 for each clinical day)
   Medical masks have multiple layers of nonwoven fabric materials, which are fused together. These masks are available in different thicknesses and with different ability to protect from contact with splashes and droplets. Examples of approved masks to purchase include EU MDD Directive 93/42/EEC Category III or equivalent, EN 14683 Type II, IIR, ASTM F2100 minimum Level 1 or equivalent are indicated for use for direct clinical care of patients with COVID-19 (CDC, 2019). Please refer to the CDC link as well as the halyard health link to become familiar with types of masks to purchase.
   

3. N95 Masks
   Every student must have an N95 mask for potential use in any clinical setting. Evidence of N95 fit testing must be uploaded into the onboarding tab in Typhon. Each student will be offered fit testing for an N95 mask by the Department of Graduate Nursing and the testing certificate from WSU testing can be uploaded into Typhon. One mask will be provided by the Department of Graduate Nursing, free of charge. Students who have been fit tested at their place of work and can utilize that same mask for clinicals and upload N95 fit testing results in the onboarding tab in Typhon. The fit testing is good for one year or if the student loses or gains 10 pounds (this is sufficient weight to change the fit of the mask to the face). Students should wear the N95 fit tested mask in any situations in which caring for a COVID-19 positive patient/client occurs, in high-risk areas (defined by the facility), and during aerosolized treatments.

4. Goggles or face shields (to wear each day in clinical) https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html

5. Disinfectant Wipes (enough to last you the entire semester)
   CDC recommends cleansing face shield, goggles, stethoscope, etc. before and after use with disinfectant wipes. Lysol® Disinfecting Wipes (All Scents) and Clorox® Bleach Wipes are two of the most popular products for purchase. Please find these exact brands listed in acceptable products. https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19

6. Hand Sanitizer
   CDC recommends using hand sanitizer with a base alcohol of 60-95%. Sanitizer should be stored out of reach and sight of children and should not be stored above 105-degree F (do not store in your car). https://www.cdc.gov/coronavirus/2019-ncov/hcp/hand-hygiene.html
7. **Thermometer**
   A thermometer that displays body temperature in either Fahrenheit (F) or degree Celsius (C).

8. **Brown Paper Lunch Bag (enough for one for each day you will need to transition between a cloth mask and medical grade mask)**
   A brown paper bag/lunch bag to store the cloth mask when not actively utilizing it.

9. **Plastic Bags**
   Use plastic bags to transport and store shoes so that they are not worn into the personal household.