

Winona State University
Department of Undergraduate Nursing
Infection Control Guidelines During the COVID-19 Pandemic
Fall, 2020

Winona State University is carefully monitoring the evolving [COVID-19](#) pandemic and takes the responsibility of protecting the health and safety of students, faculty, staff, and our community very seriously. The Department of Undergraduate Nursing has developed guidelines to reduce the spread of COVID-19 and follow [Centers for Disease Control](#) guidelines. You are role models and advocates for safe behavior on and off campus. It is vital that you practice social distancing at all times, wash your hands frequently, and wear a freshly laundered cloth face mask when in all public settings.

CAMPUS REQUIREMENTS:

Each student will complete the following each time prior to coming to campus:

1. Take your temperature (temperature should be less than 100.4 degrees Fahrenheit). When taking your temperature:
 - a. Wait 30 minutes after exercising, eating or drinking
 - b. Wait at least 6 hours after taking medicines that lower your temperature (Acetaminophen, Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, Naproxen, Tylenol)
2. Complete the [Daily Self-Assessment](#). You will be asked to either show the survey clearance or forward your email clearance to your professor (specifics will come from your professor/instructor).
3. If you are experiencing [symptoms](#),
 - a. call *Ask a Nurse* (**507.457.2292**),
 - b. notify your professor,
 - c. get tested,
 - d. self-isolate for 10 days since the onset of symptoms **AND**
 - e. until you are fever free for 24 hours (without the use of fever-reducing medications)
4. If you have been in close contact with someone who has tested positive (within 6 ft for 15 minutes or greater),
 - a. quarantine for 14 days since last contact,
 - b. self-monitor for symptoms (if you develop symptoms; isolate for 10 days from onset of symptoms **AND** until 24 hours fever-free)
 - c. get tested (stay in quarantine for 14 days regardless of test results)
 - d. contact your professor
5. If you are not experiencing any symptoms, nor been in close contact with someone who has tested positive;
 - a. Wear your freshly laundered face mask, clothes/uniform and come to campus.

Each student will adhere to the following guidelines while in the simulation/skills lab areas:

1. Wear a freshly laundered cloth mask prior to entering the simulation/skills lab areas
2. Wear freshly laundered clothes/uniform
3. Before entering the lab/simulation lab areas:
 - a. remove your cloth mask (your cloth mask should be stored in a clean paper bag when not in use),

- b. sanitize/wash your hands,
 - c. put on a medical grade mask, and
 - d. don your clean, reusable face shield or goggles
4. Limit personal items that you bring to lab as storage will be at a minimum
 5. Remain in your assigned groups for the duration of your time in the simulation/skills lab area.
 6. Clean the area/equipment before and after you utilize it with the cleaning supplies that are available (instructions and guidance will be provided by professors in the lab area).
 7. Additional personal protective equipment might be required for some of the lab activities. Follow your professor's instructions.
 8. Before leaving the simulation/skills lab area:
 - a. Clean the area/equipment and reset for the next group
 - b. Clean your face shield/goggles and store them in the designated place within the lab area,
 - c. Remove your medical grade mask and throw it in the appropriate waste receptacle,
 - d. Wash/sanitize your hands, and
 - e. Apply your cloth mask.
 9. If you become ill while in the lab area, inform your professor **immediately** as you will need to leave the lab and return home. If the professor observes you having symptoms of illness you will be asked to leave the lab and return home. Follow the protocol listed above for isolation ("If you are experiencing symptoms"). Your faculty will work with you to make up these experiences.
 10. If you have symptoms of COVID-19, stay home until all three of these things are true:
 - a. You feel better. Your cough, shortness of breath, or other symptoms are better.
 - and**
 - b. It has been 10 days since you first felt sick.
 - and**
 - c. You have had no fever for 24 hours, without using medicine that lowers fevers (see above for example medications).

-Talk to your health care provider if you have questions.

-If a lab test shows you have COVID-19, someone from the health department will give you more information and answer your questions ([MDH Website](#)). Please make sure to communicate to your professors to assist you with make-up experiences and options for home learning.
 11. Limit the interaction with your housemates while wearing your clothes/uniform from lab to decrease the potential for exposure.

Breaks while utilizing the simulation/skills lab area:

1. When leaving the lab area to use the restroom or consume food/drink:
 - a. Remove your face shield/goggles (store them in the designated place),
 - b. Remove your medical grade mask (store them in the designated place),
 - c. wash/sanitize your hands,
 - d. put on your cloth mask (ONLY TAKE THIS OFF TO EAT OR DRINK AND MAINTAIN 6 FOOT DISTANCE)
2. Once you are ready to return to the lab area:
 - a. remove your cloth mask (store appropriately),
 - b. wash/sanitize your hands,
 - c. put your medical grade mask on, and
 - d. don your reusable face shield/goggles

CLINICAL REQUIREMENTS:

Each student will complete the following prior to your clinical experience:

1. Take your temperature (temperature should be less than 100.4 degrees Fahrenheit). When taking your temperature:
 - a. Wait 30 minutes after exercising, eating or drinking
 - b. Wait at least 6 hours after taking medicines that lower your temperature (Acetaminophen, Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, Naproxen, Tylenol)
2. Complete the [Daily Self-Assessment](#). You will be asked to either show the survey clearance or forward your email clearance to your professor (specifics will come from your professor/instructor).
3. If you are experiencing [symptoms](#),
 - a. call *Ask a Nurse (507.457.2292)*,
 - b. notify your professor,
 - c. get tested,
 - d. self-isolate for 10 days since the onset of symptoms **AND**
 - e. until you are fever free for 24 hours (without the use of fever-reducing medications)
4. If you have been in close contact with someone who has tested positive (within 6 ft for 15 minutes or greater),
 - a. quarantine for 14 days since last contact and
 - b. self-monitor for symptoms (if you develop symptoms; isolate for 10 days from onset of symptoms **AND** until 24 hours fever-free)
 - c. get tested (stay in quarantine for 14 days regardless of test results)
 - d. contact your professor
5. If you are not experiencing any symptoms, nor been in close contact with someone who has tested positive;
 - a. Wear your freshly laundered face mask and clothes and come to clinical.

Each student will adhere to the following guidelines while at the clinical site (this includes all clinical sites):

1. Wear a freshly laundered cotton, multilayer face covering for the mouth and the nose at all times while walking to and from the facility and while in the facility, including in breakrooms or other spaces where the student might encounter co-workers. Wash the mask after each day's use. One mask will be provided for you by WSU. You will want to purchase enough additional masks to have a clean one daily.
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/work area, remove your cloth mask, wash your hands, and don a medical-grade face covering that either ties securely at the crown of head (top tie) and base of neck (bottom tie) or that hooks appropriately around the ears (you bring with you). Use the mask throughout the clinical day, except when eating or drinking, and then discard.
 - a. Should this become soiled at clinical, you can ask the unit/work area for a new one.
5. Bring 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.
 - a. Clean with a disinfectant wipe and store between clinical days (store in a clean plastic bag with a small opening to air it out).

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](https://www.cdc.gov)). One will be provided for you. Should it become soiled or damaged, you can purchase another one from the Department of Undergraduate Nursing.
7. Bring your personal professional stethoscope (that has been wiped down with disinfectant wipes prior to coming to the clinical site), hand sanitizer and disinfectant wipes to clinical for personal use.
8. Practice social distancing of 6 feet at all times, including elevators, lunch breaks, etc. Try to limit your interactions in groups at common areas, the nurse station, computers or in the hallways.
9. While at clinical, take your temperature twice and monitor for any symptoms.
10. If you become ill while in at clinical, inform your instructor **immediately** as you will need to leave and return home. If the instructor observes you having symptoms of illness you will be asked to leave the clinical and return home. Follow the protocol listed above for isolation (“If you are experiencing symptoms”). Your faculty will work with you to make up these experiences.
11. If you have symptoms of COVID-19, stay home until all three of these things are true:
 - a. You feel better. Your cough, shortness of breath, or other symptoms are better.
and
 - b. It has been 10 days since you first felt sick.
and
 - c. You have had no fever for 24 hours, without using medicine that lowers fevers.-Talk to your health care provider if you have questions.
-If a lab test shows you have COVID-19, someone from the health department will give you more information and answer your questions [[MDH Website](#)]

When leaving the clinical site:

1. 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.
2. Launder your uniform/clothes (separate from your other household items) and shower once returning home and before interacting with housemates.
3. Store your shoes in a separate space than your other shoes until needed at clinical again.
4. To decrease the potential for viral shedding from changing your clothes onsite and/or for contaminating public places by meeting somewhere off-site, the post-clinical conferences will be held via zoom and/or at a different date and time designated by your clinical instructor.

EXPOSURE PLAN:

For the purpose of this guideline, exposure is defined as close contact (within 6 feet of a positive case for 15 minutes regardless of if a mask was worn) with someone who has tested positive for COVID-19. The use of supplementary PPE (gowns, gloves, eye covering, and masks), as utilized in lab, simulation, and on clinical sites provide additional barriers to the spread of COVID-19 and when worn would be considered protection against exposures. Any breach in protocol for donning and doffing when in close contact could also be considered an exposure and therefore would be further evaluated.

Steps to mitigate exposures:

1. Faculty staggering cohort arrivals/departures to and from lab/simulation to decrease opportunity for clustering of students during donning and doffing.

2. Students utilize the spacing indicators, following the 6-foot distancing guideline.
3. Students honorably fill out the Daily Self-Assessment and faculty verify students meet the criteria to be on campus (self-assessment results with a green screen).
4. Students and faculty adhere to the flow of traffic posters and processes for the movement into, around, and outside of the lab.
5. Students and faculty utilize additional PPE (gloves, eye covering, medical-grade masks, and gowns) to mimic and provide consistency as in our clinical rotations (acute care and community sites).
6. Students maintain consistent small groups (pods) while moving through the lab/simulations to preserve consistency in student contact.

Steps after exposure:

1. Students will notify the professors/instructor of an exposure.
 - a. The professors/instructors will assist you with any make-up of experiences and will direct you to contact the Program Coordinator for follow up on next steps.
2. The Program Coordinator will work with you on identifying your next steps.
 - a. **Quarantine** for 14 days since the last contact with that person (regardless of your test results)
 - b. Get tested
 - c. Fill out the [COVID-19 Self-Report](#) form
 - d. Continue to monitor for symptoms and if you become symptomatic, **isolate** for 10 days from onset of symptoms **AND** 24 hours fever free
3. During quarantine, you should stay home as much as possible. Use online services to get essential needs. If you need to go out into public, wear a mask, stay 6 feet apart, don't touch your face, and wash your hands often.
4. During isolation, you should stay home and do not go out into public, stay away from people in your home as much as possible, and avoid sharing personal household items such as bedding, towels, and dishes.

**Please review the acute care site specific location and guidelines for other details (The Clinical Coordination Partnership, <https://clinicalcoordination.org/clinical-prep/>)

Resources:

[General Guide](#)

[Student Travel Guide](#)