

**Winona State University**  
**Department of Undergraduate Nursing**  
**Infection Control Guidelines During the COVID-19 Pandemic**  
**Spring Semester, 2021**

Winona State University (WSU) 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 [WSU COVID-19 Webpage](#) is updated regularly with current alerts and guidelines for class and campus COVID-19 safety. The Department of Undergraduate Nursing has utilized the university's directives in addition to the [Centers for Disease Control \(CDC\)](#) and the [Minnesota Department of Health \(MDH\)](#) best practices to implement guidelines to mitigate the spread of COVID-19. 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 for 20 seconds frequently, and wear a freshly laundered cloth face covering when in all public settings. The following guidelines describe expectations to keep you safe on campus and in the simulation/skills laboratory/clinical setting.

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**Prepare to have sufficient personal protective equipment for your clinical experiences.**

## **REQUIREMENTS FOR COMING TO CAMPUS**

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

1. Take your temperature (temperature should be less than 100.0 degrees Fahrenheit or 37.8 degrees Celsius). 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 WSU [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).
  - a. The "green screen" from the Daily Self-Assessment indicates you are symptom-free and able to engage in in-person learning/activities.
3. If you are experiencing [symptoms](#),
  - a. fill out the campus-specific COVID-19 Response Form (link at the bottom of the document) that will be routed to the appropriate Program Coordinator (Dr. Jessica Ramirez-Rochester or Dr. Linda Heath-Winona) who will provide you with further information
  - b. call *Ask a Nurse* (**507.457.2292**),
  - c. notify your professor to identify any distance learning/make-up needs,
  - d. get tested based on the recommendations from your conversation with *Ask a Nurse* line,
  - e. self-isolate (restricting your contact with everyone including your housemates and only leaving your home for necessities) for up to 10 days since the onset of symptoms **AND**

- f. 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 a cumulative time of 15 minutes or greater within a 24 hour period),
  - a. fill out the campus-specific COVID-19 Response Form (link at the bottom of the document) that will be routed to the appropriate Program Coordinator (Dr. Jessica Ramirez-Rochester or Dr. Linda Heath-Winona) who will provide you with further information
  - b. notify your professor to identify any distance learning/make-up needs,
  - c. Fill out the [COVID-19 Self-Report](#) form to report your exposure,
  - d. call *Ask a Nurse* (**507.457.2292**),
  - e. quarantine for up to 14 days since last contact (based on direction from *Ask a Nurse*),
  - f. self-monitor for symptoms (if you develop symptoms; isolate for up to 10 days from onset of symptoms **AND** until 24 hours fever-free)
  - g. get tested at least 5 days after last contact with that person ([MDH: WHO SHOULD GET TESTED](#)) (stay in quarantine for up to 14 days regardless of test results)
- 5. If you have not tested positive, are not experiencing any symptoms, feeling well, and have not been in close contact with someone who has tested positive;
  - a. Wear your freshly laundered face covering and clothes/uniform and you may come to campus.

## REQUIREMENTS FOR SIMULATION/SKILLS LAB

**Each student will complete the following prior to coming to campus for simulation/skills lab.**

1. Wear a freshly laundered cloth face covering 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 face covering (this 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 face covering.
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 ([MDH: HOW LONG TO STAY HOME](#)):
  - 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 you need health care, please call *Ask a Nurse* (507.457.2292) or Health & Wellness Services (507.457.5160) for an appointment.

-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 you answer calls from MDH or WSU Health & Wellness Services, and you communicate with your professors so they can 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 face covering (ONLY TAKE THIS OFF TO EAT OR DRINK AND MAINTAIN 6 FOOT DISTANCE BETWEEN OTHERS)
2. Once you are ready to return to the lab area:
  - a. remove your cloth face covering (store appropriately),
  - b. wash/sanitize your hands,
  - c. put your medical grade mask on, and
  - d. don your reusable face shield/goggles

### **REQUIREMENTS FOR CLINICAL EXPERIENCES:**

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

1. Take your temperature (temperature should be less than 100.0 degrees Fahrenheit or 37.8 degrees Celsius). 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 WSU [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). There might be an additional self-assessment screening that needs to be completed at your assigned clinical facility (specifics will come from your professors/instructors).
  - a. The “green screen” from the WSU Daily Self-Assessment indicates you are symptom-free and able to provide nursing care to patients.
  - b. If you are not feeling well or experiencing COVID-19 symptoms stay home to protect the patients, your colleagues, and all healthcare members.
3. If you are experiencing [symptoms](#),
  - a. fill out the campus-specific COVID-19 Response Form (link at the bottom of the document) that will be routed to the appropriate Program Coordinator (Dr. Jessica Ramirez-Rochester or Dr. Linda Heath-Winona) who will provide you with further information
  - b. call *Ask a Nurse* (507.457.2292),
  - c. notify your professor to identify any distance learning/make-up needs,

- d. get tested based on the recommendations from your conversation with *Ask a Nurse* line,
  - e. self-isolate (restricting your contact with your housemates and only leaving your home for necessities) for up to 10 days since the onset of symptoms **AND**
  - f. 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 cumulative time of 15 minutes or greater in a 24-hour period),
    - a. fill out the campus-specific COVID-19 Response Form (link at the bottom of the document) that will be routed to the appropriate Program Coordinator (Dr. Jessica Ramirez-Rochester or Dr. Linda Heath-Winona) who will provide you with further information
    - b. notify your professor to identify any distance learning/make-up needs,
    - c. Fill out the [COVID-19 Self-Report](#) form to report your exposure,
    - d. call *Ask a Nurse* (**507.457.2292**),
    - e. quarantine for up to 14 days since last contact (based on direction from *Ask a Nurse*),
    - f. self-monitor for symptoms (if you develop symptoms; isolate for up to 10 days from onset of symptoms **AND** until 24 hours fever-free)
    - g. get tested at least 5 days after last contact with that person ([MDH: IHE COVID-19](#)) (stay in quarantine for up to 14 days regardless of test results)
  5. If you have not tested positive, are not experiencing any symptoms, are feeling well, and have not been in close contact with someone who has tested positive;
    - a. Wear your freshly laundered face covering and clothes and you may attend 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. You will want to purchase enough 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 face covering, 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 should 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](#)). Should the N95 mask become soiled or damaged, you can purchase another one from the Department of Undergraduate Nursing for \$7. Please contact the main office number 507.457.5120 or via email at [nursing@winona.edu](mailto:nursing@winona.edu)
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, common areas, library etc. Try to limit your interactions in groups at common areas, the nurse station, computers or in the hallways.
9. While at clinical self-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 ([MDH: HOW LONG TO STAY HOME](#)):
  - 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 face covering.
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 a cumulative amount of 15 minutes or greater throughout a 24-hour period regardless of if a mask was worn) with someone who has tested positive for COVID-19. The use of supplementary personal protective equipment (PPE) (gowns, gloves, eye covering, and medical-grade masks), as utilized in lab, simulation, and on clinical sites provide additional barriers to the spread of COVID-19 and when worn is 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. If you have any concerns about a possible exposure, please fill out the campus-specific COVID-19 Response Form (link at the bottom of the document) that will be routed to the appropriate Program Coordinator.

**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. Faculty and students utilize the spacing indicators, following the 6-foot distancing guideline, while donning and doffing as well.

3. Students honorably fill out the WSU Daily Self-Assessment and faculty must 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, simulation areas and classrooms.
5. Students and faculty 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).
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 direct you to fill out the campus-specific COVID-19 Response Form(link at the bottom of the document) that will be routed to the appropriate Program Coordinator (Dr. Linda Heath for the Winona campus and Dr. Jessica Ramirez for the Rochester campus) who will provide you with further information.
2. **Quarantine** for up to 14 days since the last contact with that person (regardless of your test results).
3. Get tested at least 5 days after last contact with that person ([MDH: IHE COVID-19](#)) (stay in quarantine for up to 14 days regardless of test results).
4. Fill out the [COVID-19 Self-Report](#) form to report your exposure.
5. Continue to monitor for symptoms and if you become symptomatic, **isolate** for up to 10 days from onset of symptoms **AND** 24 hours fever free.
6. 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.
7. During isolation, you should stay home and do not go out into public, stay away from other people in your home as much as possible, and avoid sharing personal household items such as bedding, towels, and dishes.

### **TRAVEL:**

Developing and maintaining your environmental “bubble” and the pod of people to interact with on a regular basis is an effective way to decrease your exposures. Your diligence with this helps us to continue protecting the public and maintaining our clinical placements. WSU-sponsored travel should be considered only if absolutely necessary. Alternatives to travel, such as virtual options, should be considered first. Although this relates to travel for us as learners/educators, the rationale behind this is to protect our environmental bubble and decrease the opportunity for exposure. Please note that COVID-19 variants have been detected in Minnesota. (Variants are mutations of the COVID-19 virus, which is creating new infectious strains.) Because of these variants, all unnecessary personal travel is highly discouraged at this time. The Department of Undergraduate Nursing strongly recommend you think how the travel might impact you, the people you are visiting, and the others you live with when you return ([CDC: Before You Consider Traveling](#)). There might be instances where travel is a necessity, in those situations, follow these guidelines to mitigate potential spread.

If you must travel:

-check the [travel restrictions](#)

-if eligible, get fully vaccinated for COVID-19 prior to travel (waiting 2 weeks after the second vaccine to allow time for your body to build up the protection)

-get tested (viral test) 1-3 days before you travel (make sure it is negative and you carry the results with you)

- wear your facial covering, maintain social distance, and wash your hands frequently
- notify your professors of the need to travel to make arrangements for your courses (\*reasonable accommodations may be made as possible)
- notify the Program Coordinator on your campus for further guidance
- Get tested again with a viral test 3-5 days after your trip and stay home and self-quarantine for a full 7 days after travel, even if your test is negative. If you don't get tested, stay home and self-quarantine for 10 days after travel.
- “You may have been exposed to COVID-19 on your travels. Regardless of where you traveled or what you did during your trip, take these actions to protect others from getting COVID-19 after travel:
  - Avoid crowds and [stay at least 6 feet/2 meters](#) (about 2 arm lengths) from anyone who did not travel with you. It's important to do this everywhere — both indoors and outdoors. [Wear a mask](#) over your nose and mouth when in public settings. [Masks are required](#) on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.
  - If there are people in the household who did not travel with you, [wear a mask](#) and ask everyone in the household to wear masks in shared spaces inside your home for 14 days after travel.
  - [Wash your hands](#) often or use hand sanitizer with at least 60% alcohol.
  - Avoid being around people who are at [increased risk for severe illness.](#)” ([CDC, Travel During COVID-19](#))

## **N95 FIT TESTING**

Every student will be fit tested for an N95 mask. One mask will be provided by the Department of Undergraduate Nursing, free of charge. If you have been fit tested at your place of work and can utilize that same mask for clinicals, please submit your testing results to the department for our records (until this is available in Student Passport for students to upload). The fit testing is good for one year or if you lose or gain  $\geq 10$  pounds (this is sufficient weight to change the fit of the mask to your face). You should wear the N95 fit tested mask in any situations in which you are caring for a COVID-19 positive patient/client, in high risk areas (defined by the facility), and during aerosolized treatments.

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

Resources:

[Rochester COVID Response Form](#)

[Winona COVID Response Form](#)

[General Guide](#)

[Student Travel Guide](#)

[Centers for Disease Control \(CDC\)](#)

[Minnesota Department of Health \(MDH\)](#)