

**Winona State University**  
**Department of Undergraduate Nursing**  
**Infection Control Guidelines**  
**2021-2022 (V.1)**

These guidelines have been developed to reduce the spread of the COVID-19 virus while you are on campus, in the simulation learning area, in the clinical learning laboratory, and in the clinical environment.

We will continue to monitor the changing infection rates in our region, state, and nation and anticipate that there may be changes in these guidelines as the year evolves. Masking rules are changing across the world based on infection rates and will continue to be interpreted. These guidelines follow the current [Centers for Disease Control Recommendations for Infection Control](#) and the [Minnesota Department of Health Recommendations](#) for actions to take if you are exposed to a person with COVID-19 in a personal or professional setting. You will be in close contact with others within our clinical learning environments and we are committed to maintaining a safe clinical learning environment like any health care environment. Please continue to wash hands often, stay home when ill, cover coughs and sneezes, wear masks as indicated by local infection rates to protect vulnerable individuals, and monitor for symptoms of COVID-19 even if you are fully vaccinated.

#### Vaccinations:

WSU continues to **strongly recommend** that students and employees get a vaccine against COVID-19. This is particularly relevant due to the recent rise in COVID-19 cases and virus variants across the nation. Various clinical partners are beginning to set dates when COVID-19 vaccines will be required for all persons in their facilities this fall. Being unvaccinated against the coronavirus is your choice and right. However, clinical site placements may become more difficult depending on the emerging requirements of our clinical partners. Being unvaccinated may affect your ability to progress in the program. We will do everything we can to find alternative clinical learning experiences for unvaccinated students whose clinical sites require vaccination of students/faculty.

#### Definitions Used in the Following Guidelines:

**Close Contact/Exposure** = being less than 6 feet from someone for 15 minutes or more throughout a 24-hour period who has been told by a doctor, clinic, or hospital that they have COVID-19, and you were unprotected

**Vaccinated** = two weeks after the final COVID-19 vaccine dose [two doses in a two-dose series or one dose in a one-dose series]

**Unvaccinated** = less than two weeks after the final COVID-19 vaccine dose, one vaccine of the two-dose series, or no vaccine dose

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**COMPLETE EACH TIME BEFORE COMING TO WSU CAMPUS OR  
CLINICAL LEARNING SETTING**

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⇒ **STEP ONE: PRE-SCREENING PROCEDURE**

**Answer the following Self Pre-Screening Questions:**

1. Have you **tested positive** for COVID-19 within the past 10 days? **Yes/No**
2. Have you been in **close contact** with someone who has tested positive or is undergoing testing for COVID 19 in the past 14 days and were unprotected? **Yes/No**
3. Have you been **notified** by the Minnesota Department of Health to be currently in quarantine? **Yes/No**
4. Do you have any of the following **symptoms**? **Yes/No**
  - Fever (temperature of 100.4 degrees Fahrenheit/38 degrees Celsius or higher WITHOUT the use of fever reducing medications in the last 6 hours, temperature should have been checked within the last 24 hours) or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea

This list does not include all possible symptoms and the CDC will continue to update this list as more is learned about COVID-19.

⇒ **STEP TWO: POST-SCREENING PROCEDURES**

If you answered **No** to the Pre-Screening questions, you are welcome to come to campus or clinical.

*If you answered **Yes** to any of the Pre-Screening questions, do not come to campus or clinical and notify your instructor. Contact the Winona State University [Ask a Nurse](https://www.winona.edu/ask-a-nurse) (507-457-2292) to determine the potential return date then contact the Program Coordinator.*

Follow the additional guidance depending on which question you answered **Yes** to in the pre-screening:

### **Question 1. Tested Positive**

Stay home and quarantine until:

- You have no fever for at least 24 hours (without the use of fever reducing medications during that time period) AND
- Any symptoms have improved (for example, when the cough or shortness of breath has improved) AND
- At least 10 days have passed since symptoms first appeared.
- Take care of yourself. Get rest and stay hydrated. Manage your symptoms with over-the-counter medications as needed.
- Do not come to campus or clinical and notify your instructor. Contact the Winona State University [Ask a Nurse](#) (507-457-2292) to determine the potential return date then contact the Program Coordinator.

### **Question 2. Close Contact**

**If you are vaccinated:** You can come to campus and participate in in-person clinicals following an exposure, *provided they are asymptomatic*. You will not be required to quarantine but you must:

- Take your temperature twice daily—each morning and evening around the same time to monitor for fever. Before you check your temperature:
  - Wait 30 minutes after eating, drinking, or exercising
  - Wait at least 6 hours after taking medicines that can lower your temperature, like: Acetaminophen, Tylenol, Ibuprofen, Advil, Motrin, Naproxen, Aleve, Naprosyn, Aspirin
- Pay attention to symptoms that could be caused by COVID-19, including cough, shortness of breath, and sore throat.
- Follow state recommendations for movement, mask use, and social distancing.
- Get tested 3-5 days from last exposure.

**If you are unvaccinated:** stay home and quarantine for at least 14 days after exposure. The specific timeframe will depend on your individual situation. You should stay home until:

- You have no fever for at least 24 hours (without the use of fever reducing medications during that time period) AND
- Other symptoms have improved (for example, when the cough or shortness of breath has improved) AND
- At least 10 days have passed since symptoms first appeared.
- You have a negative COVID-19 test on day 7 or later for a possible early quarantine release date.
- Do not come to campus or clinical and notify your instructor. Contact Winona State University [Ask a Nurse](#) (507-457-2292) to determine the potential return date then contact the Program Coordinator.

### **Question 3. Notified by MDH to quarantine**

- Stay home until advised to return.
- Contact your instructor(s) and the Program Coordinator and tell them you will not be able to attend in-person learning experiences.

#### **Question 4. Symptoms**

- Do not come to campus or clinical and notify your instructor. Contact Winona State University [Ask a Nurse](#) (507-457-2292) to determine the potential return date then contact the Program Coordinator.
- If you start to have any COVID-related symptoms in the clinical, simulation or classroom learning environment, tell your instructor immediately and go home.
- If you get a fever or respiratory symptoms, you must immediately separate yourself from others.
- Stay home. Do not go to the store or socialize with others.
- Wear a mask over your nose and mouth when around others
- Stay away from other people in your home. As best you can, stay in a different room in your home and use a different bathroom, if there is one.
- Learn more about protecting those in your house at *What to Do if You Have COVID-19* ([www.health.state.mn.us/diseases/coronavirus/case.pdf](http://www.health.state.mn.us/diseases/coronavirus/case.pdf)).
- Get tested.
- Learn more about what to do if you test positive or negative at COVID-19 Recommendations for Health Care Workers ([www.health.state.mn.us/diseases/coronavirus/hcp/hcwrecs.pdf](http://www.health.state.mn.us/diseases/coronavirus/hcp/hcwrecs.pdf)).

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### ***ON CAMPUS - COVID 19 INFECTION CONTROL PROCEDURES***

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#### **General Areas/Classrooms:**

Effective Wednesday, Aug. 4, all students, faculty and staff, and visitors (including contractors, service providers, vendors, suppliers, camp participants, and the general public) are required to use a cloth face covering to cover both the nose and mouth in all public indoor spaces on University campuses and properties in both Winona and Rochester, including leased facilities, transit shelters and university shuttles. *This guidance applies to all individuals, regardless of vaccination status.*

- Maintain social distancing of 3 to 6 feet and wash hands frequently.
- Limit personal items you bring to school/lab/clinical.

#### **Nursing Laboratory/Simulation Areas:**

Face coverings and eye protection **are required** to be worn in the Nursing Laboratory and Simulation areas.

- Once in the assigned lab or lab practice area put a medical mask and protective eyewear or protective face shield on. Regular glasses are not considered protective eyewear. You must use goggles, safety glasses, or a face shield.

- After each day in the lab, clean your face shield or protective eyewear with a disinfectant wipe and store it in a clean plastic bag with a small slit for air between uses.
- Maintain social distancing of 3 to 6 feet **WHENEVER POSSIBLE**.
- Once outside the lab, continue to wear your cloth mask (**REMOVE ONLY FOR EATING AND DRINKING**)

**Food/Drink Breaks:**

- Wash your hands.
- Sit 3 to 6 feet away from any other person.
- Do not talk while eating if your mask is not in place.
- Remove mask by touching ear loops/head straps only, not by the front of the mask.
- Do not touch your face.

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***CLINICAL ENVIRONMENTS PROCEDURES – COVID -19 INFECTION CONTROL PROCEDURES***

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- If you are scheduled for a clinical experience, you will receive detailed information on any clinical site-specific requirements from your clinical/course faculty.
- Prior to each clinical experience, answer the Pre-Screening Questions described above and follow the Post-Screening procedures described above.
- Face coverings are currently required to be worn at clinical sites

Upon entering and while at the clinical site:

- Wear a freshly laundered uniform into the building.
- Wear a freshly laundered cloth mask into the building (**REMOVE ONLY FOR EATING OR DRINKING**).
- Once in the clinical area remove and contain your cloth mask and put on your medical mask or respirator mask (such as an N95 or other face-fitting mask), if a respirator mask is required in the care area (**REMOVE ONLY FOR EATING OR DRINKING**)
  - One disposable medical mask will be used during and disposed of after each clinical day.
  - If your medical mask becomes soiled during the clinical shift you may ask the unit for a replacement mask.
- Protective eyewear is required during any patient contact. Your reusable protective eyewear should be cleaned with a disinfectant wipe and stored between uses. (**ONLY WORN IN PATIENT ROOMS**)
- Maintain social distancing of 3 to 6 feet **WHENEVER POSSIBLE**,

do not congregate in the hallways or at the nursing desk.

***Some clinical situations/sites require the use of an N95 respirator mask or other face-fitting mask. All WSU nursing students are required to be fitted for an N95 respirator mask. Please follow directions from WSU Department of Undergraduate Nursing for scheduling fit-testing appointments.***

Eating/drinking while at a clinical agency:

- Wash your hands.
- Sit 3 to 6 feet away from any other person.
- Do not talk while eating if your mask is not in place.
- Remove mask by touching ear loops/head straps only, not by the front of the mask.
- Do not touch your face.
- Don the mask before talking with those around you and before leaving the space. Touch only the ear loops/head straps of the mask, not the front of the mask.
- Wash your hands.

Upon leaving the clinical unit: (PERFORM STEPS IN THIS ORDER)

1. Wash your hands.
2. Remove, disinfect, and store your face shield or protective eyewear for future use.
3. Disinfect any personal equipment used in direct patient care areas.
4. Dispose of your medical mask in the unit garbage. Put your cloth mask on.
5. Wash your hands.