



Students' Return to the Institution Plan

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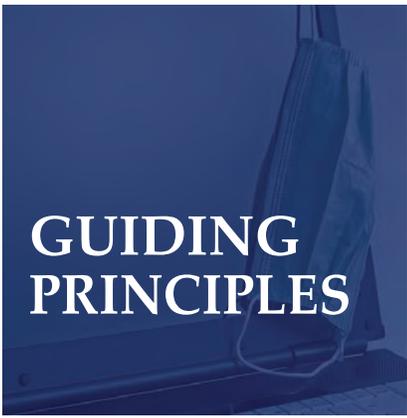
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Nueta Hidatsa Sahnish College's (NHSC) policies and procedures for responding to the COVID-19 pandemic are embedded in safety for our health care providers, as well as, the safety for our staff, faculty, students and the community we serve.

The primary goals for NHSC's response to the COVID-19 pandemic are to protect public health and the continuation of the institution's vital mission of education.

NHSC'S plans will also be aligned and consistent with Tribal orders, as well as the State of North Dakota's Phased Reopening Model. NHSC's plan will also follow recommendations from the federal government (Opening Guidelines), Centers for Disease Control and Prevention, N.D. Department of Public Health, and the MHA Nation Covid-19 Task Force.

Our knowledge and understanding of the COVID-19 virus is constantly changing, and our policies and plans will be updated needed as more information becomes available.





NHSC Expectations & Guidelines:

All students are expected to fully comply with the policies, protocols and guidelines outlined in this document as part of Nueta Hidatsa Sahnish College’s Covid-19 Response Expectations and Guidelines. Failure to do so may result in corrective action.

Symptom Monitoring Requirement:

Students who enter the building for must complete the COVID-19 checklist. You must be free of ANY symptoms potentially related to COVID-19 or have had evaluation and clearance by your physician to be eligible to report to work. Please see Appendix B for the “Self screening” document.

At this time, these symptoms include one or more of the following:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Runny nose or new sinus congestion
- Muscle pain
- Headache
- Sore throat
- Fatigue
- New GI symptoms
- New loss of taste or smell



If you have any symptoms, please stay home. Additionally, you should undergo COVID-19 testing. You should also wear a face mask to avoid possible virus transmission to others. You should self-isolate until cleared by medical personnel to return to work.

According to the CDC, individuals with certain conditions may have a higher risk for COVID-19 infection. Those conditions may include:

- Older adults (aged 65 years and older)
- People with HIV
- Asthma (moderate-to-severe)
- Chronic lung disease
- Diabetes
- Serious heart conditions
- Chronic kidney disease being treated with dialysis
- Severe obesity
- Being immunocompromised

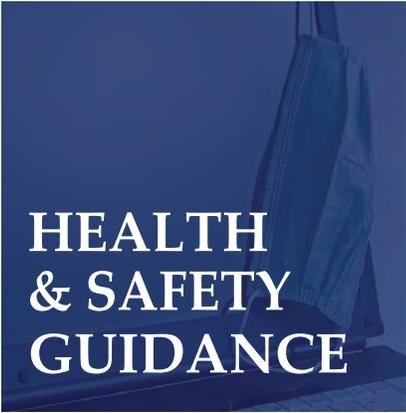
Phased Course Attendance:

If necessary, NHSC will phase in a return of students over an extended period in a coordinated process to ensure appropriate social distancing, availability of PPE (personal protective equipment) and testing capabilities for COVID-19. At this time NHSC is providing most course work through synchronous delivery via Zoom and the JICS course management system. Please check with your instructor if you are required to attend labs onsite.

The need to reduce the number of people on campus (density) to meet social distancing requirements will continue for some time. Expanding onsite course delivery will be tightly controlled and coordinated to mitigate potential risks and ensure the safety of faculty and staff, as well as the community we serve.

As on-site course delivery increases and operations expand, the Campus Services VP and Safety Officer will closely monitor and assess the potential spread of the virus, as well as existing policies and procedures to mitigate it. Testing will be a critical part of assessing the impact of increased onsite delivery. If localized outbreaks emerge, tighter restrictions and reduced onsite course delivery may need to be implemented again.

Please see Appendix A for the “Phase –In Return to Work” document.



Personal Safety Practices

Face masks/Cloth Face Coverings: Face masks or face coverings are recommended to be used by all NHSC staff and students while on campus where other social distancing measures are difficult to maintain (e.g., common work spaces, meeting rooms, classrooms, etc.). Appropriate use of face masks or coverings assists in minimizing risks to others near you. You could spread COVID-19 to others even if you do not feel sick. The mask or cloth face covering is not a substitute for social distancing.

Disposable masks will be provided by NHSC, if needed. Disposable masks may only be worn for one day and then must be placed in the trash.

You may also wear a cloth face covering, which will help NHSC reduce the need to purchase additional masks, which are in short supply. Cloth face coverings must only be worn for one day at a time, and must be properly laundered before use again. Having a week supply of cloth face coverings can help reduce the need for daily laundering.

See details regarding mask use and care below.

Type and Intended Use of Face Coverings/Masks				
Type	Cloth Face Covering 	Disposable Mask 	Medical-Grade Surgical Mask 	N95 Respirator 
Description	Home-made or commercially manufactured face coverings that are washable and help contain wearer's respiratory emissions	Commercially manufactured masks that help contain wearer's respiratory emissions	FDA-approved masks to protect the wearer from large droplets and splashes; helps contain wearer's respiratory emissions	Provide effective respiratory protection from airborne particles and aerosols; helps contain wearer's respiratory emissions
Intended use	Required for campus community use in non-healthcare settings (office spaces, general research/work settings, shops, community areas where 6' social distancing cannot be consistently maintained. Must be replaced daily. (While likely necessary for ingress and egress, not required when working alone in an office).		These masks are reserved for healthcare workers and other approved areas with task-specific hazards determined by OESO.	

Use and care of face coverings

For details regarding cloth face coverings, including how to create, wear and care for home-made face coverings, visit the [CDC website](#).

Putting on the face covering/disposable mask:

- Wash hands or use hand sanitizer prior to handling the face covering/disposable mask.
 - Ensure the face-covering/disposable mask fits over the nose and under the chin.
 - Situate the face-covering/disposable mask properly with nose wire snug against the nose (where applicable).
 - Tie straps behind the head and neck or loop around the ears.
- Throughout the process: Avoid touching the front of the face covering/disposable mask.

Taking off the face covering/disposable mask:

- Do not touch your eyes, nose, or mouth when removing the face covering/disposable mask.
- When taking off the face covering/disposable mask, loop your finger into the strap and pull the strap away from the ear, or untie the straps.
- Wash hands immediately after removing.

Care, storage and laundering:

- Keep face coverings/disposable mask stored in a paper bag when not in use.
- Cloth face coverings may not be used more than one day at a time and must be washed after use. Cloth face coverings should be properly laundered with regular clothing detergent before first use, and after each shift. Cloth face coverings should be replaced immediately if soiled, damaged (e.g. ripped, punctured) or visibly contaminated.
- Disposable masks must not be used for more than one day and should be placed in the trash after your shift or if it is soiled, damaged (e.g., stretched ear loops, torn or punctured material) or visibly contaminated.

Social Distancing: Keeping space between you and others is one of the best tools we have to avoid being exposed to the COVID-19 virus and slowing its spread. Since people can spread the virus before they know they are sick, it is important to stay away from others when possible, even if you have no symptoms. Social distancing is important for everyone, especially to help protect people who are at higher risk of getting very sick. Staff at work on-site must follow these social distancing practices:

- Stay at least 6 feet (about 2 arms' length) from other people at all times
- Do not gather in groups of 25 or more
- Stay out of crowded places and avoid mass gatherings



Use hand sanitizer

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Handwashing: Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, sneezing, or touching your face. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth, and wash your hands after touching your face.

Gloves: Those staff in high-risk areas should use gloves as part of PPE (Personal Protective Equipment), but according to the CDC, gloves are not necessary for general use and do not replace good hand hygiene. Washing your hands often is considered the best practice for common everyday tasks.



Handwashing

Goggles/Face Shields: Staff do not need to wear goggles or face shields as part of general activity on campus. Good hand hygiene and avoiding touching your face are generally sufficient for non-healthcare environments.

Cleaning/Disinfection: Maintenance teams will clean the campus based on CDC guidelines for disinfection. Maintenance Staff will also maintain hand-sanitizer stations at major building entrances, elevator stops and high-traffic areas.

Building occupants should also wipe down commonly used surfaces before and after use with products that meet the EPA’s criteria for use against COVID-19 and are appropriate for the surface. This includes any shared-space location or equipment (e.g. copiers, printers, computers, A/V and other electrical equipment, coffee makers, desks and tables, light switches, door knobs, etc.).

Coughing



Coughing/Sneezing Hygiene: If you are in a private setting and do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Then throw used tissues in the trash. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with alcohol-based hand sanitizers with greater than 60% ethanol or 70% isopropanol as the preferred form of hand hygiene in healthcare settings.

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Guidance for Specific Scenarios

Classrooms: If you are in an open environment, be sure to maintain at least 6 feet distance from others. It is recommended that you wear a face mask or face covering at all times while in a shared space/room.

No more than one person should be in the same room unless the required 6 feet of distancing can be consistently maintained. If more than one person is in a room, masks/face coverings are recommended to be worn at all times.

A mask or face covering is not required if you are working alone in a confined space (does not include partitioned areas in a large open environment).



Masks/face coverings are recommended to be worn by any person in a reception/receiving area. Masks/face coverings are to be used when inside any NHSC facility where others are present, including walking in narrow hallways where others travel and in break rooms, conference rooms and other meeting locations.

Using Restrooms: Use of restrooms should be limited based on size to ensure at least 6 feet distance between individuals. Wash your hands thoroughly afterward to reduce the potential transmission of the virus.

Using Elevators: Use of elevators should be limited where possible to avoid close proximity with others in a confined space. Those using elevators are required to wear a disposable face mask or face covering regardless of traveling alone or with others. You should also avoid touching the elevator buttons with your exposed hand/fingers, if possible. Wash your hands or use alcohol-based hand sanitizers upon departing the elevator.

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Meetings: Convening in groups increases the risk of viral transmission. Where feasible, meetings should be held in whole or part using the extensive range of available collaboration tools (e.g. Zoom, WebEx, Microsoft Teams, telephone, etc.).

In person meetings are limited to the restrictions of local, state and federal orders and should not exceed 50 percent of a room's capacity, assuming individuals can still maintain 6 feet of separation for social distancing requirements. All attendees are recommended to wear a mask or face covering while sharing space in a common room.

During your time on-site, you are encouraged to communicate with your advisors and other NHSC staff as needed by email, instant message, telephone or other available technology rather than face-to-face if possible.

Meals: Before and after eating, you should wash your hands thoroughly to reduce the potential transmission of the virus.

The cafeteria is offering to go meals in order to help reduce the potential transmission.

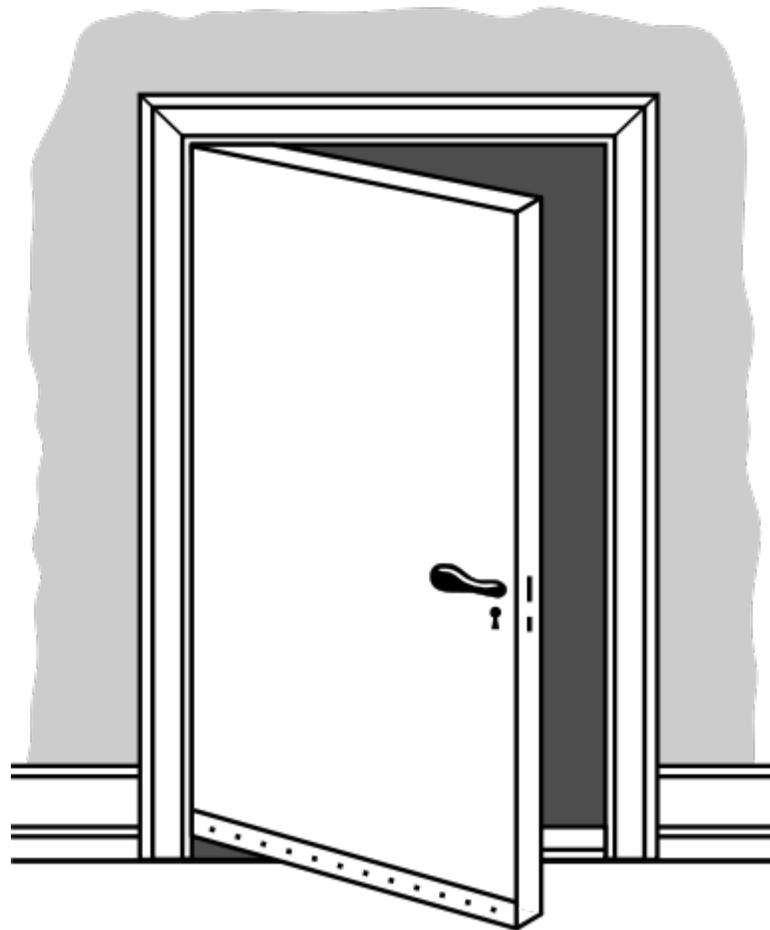


Entry to building to NHSC will be through Door C. Entry will be regulated and monitored. Please sign in upon entering the building.

Violation of these guidelines may result in the immediate revocation of building access privileges, as well as corrective action.

Signage and Posters

Building occupants are expected to follow signage on traffic flow through building entrances, exits, elevator usage and similar common use areas.



Appendix

Nueta Hidatsa Sahnish College

COVID-19 Daily Screening Tool

Each student is responsible to monitor themselves for signs or symptoms of infection on a daily basis coming into any NHS College facility or mentor site. This form can be utilized as a tool for the students regarding signs and/or symptoms of infection.

Any “YES” responses would indicate possible infection and the student stay home if any YES before work and if symptoms develop at NHS College the student should return to their home.

Please answer these questions:

Do you have a temperature reading greater than 100.4 (or greater than 99.6 if you are over 70 years of age or immunocompromised?)

YES NO

Have you had any episodes of fever, sweating, or chills (without the use of fever reducing medications such as Tylenol)?

YES NO

Have you had any episodes of headache since your last shift?

YES NO

Have you had any episodes of loss of smell or taste since your last shift?

YES NO

Have you had any new onset of cough or shortness of breath since your last shift?

YES NO

Are you, or anyone in your household, feeling unwell today?

YES NO

Have you traveled outside of North Dakota within the past 14 days (by car, plane or any other mode of transportation)?

YES NO

Have you had close contact within anyone who has been diagnosed with or who is under investigation for COVID-19?

YES NO

Social distancing should be adhered to as much as possible by maintaining a six foot radius from other people. Limit touching or handling items touched or handled by numerous other people. Cloth face coverings are encouraged for students who require close contact (less than six feet) with employees or other students.

Hand hygiene should be performed frequently throughout the day. Soap and water is available

in numerous locations and hands should be washed for a minimum of 20 seconds. Alcohol-based hand sanitizers are available throughout campus and should be used frequently. If hands are visibly dirty, soap and water must be used versus hand sanitizer. Hand shaking or unnecessary bodily contact is discouraged.