

RETURN TO CAMPUS GUIDELINES

Important Information for Returning to Campus for Fall 2020



With classes resuming this Fall, we understand that there may be questions about what you can do to prepare yourself and stay safe when returning to campus.

Lamar University is here to support you and we are providing this information to ensure you can stay healthy and safe on campus.

Your Self-Care Kit

Be prepared with a self-care kit that contains:

- Digital thermometer (for daily use)
- Hand sanitizer (for times you can't wash)
- Alcohol wipes (for cleaning, as needed)
- Water bottle (stay hydrated!)
- Temperature and symptom log (see next page)

- Students should call the Student Health Center during business hours or their primary care physician.
- Athletes should contact the Athletic Training staff.
- Faculty/Staff should contact their primary care physician.

Support is a Call or Click Away

Your health and well-being are important to us. We are here to assist you.

STUDENT RESOURCES

Student Health Center

- Medical, Counseling, & Health Education Services
- Mon-Fri, 8:00am-5:00pm
- 409-880-8466
- 857 East Virginia, Beaumont, TX 77705

FACULTY & STAFF RESOURCES

Employee Assistance Program (EAP)

- lamar.edu/faculty-staff/human-resources
- www.4eap.com
- Crisis Counselors available 24/7 by calling 1-800-324-4327

What to Watch for

Symptoms related to COVID-19 include:

- Fever (new or worsening >100.4 °F)
- Cough
- Shortness of breath
- Sore throat

In more severe cases, infection can cause pneumonia and other complications, especially for older individuals and those with other health conditions.

Monitoring Your Symptoms

Please take your temperature daily and record your symptoms on the health log located on the next page.

If you develop symptoms or need medical help:

If you Need to Quarantine

To the extent possible, remain at home for the 14-day period.

- Do not go out, except when recommended by a medical professional to seek care.
- Do not use public transportation.
- Maintain distance from others.
- Do not permit non-essential visitors to come to your residence.

If you need immediate treatment of very serious or critical conditions while on campus, call 7777.

If you decide to go to the emergency department on your own, if possible, call the ER prior to your arrival so they can be prepared to potentially isolate you when you arrive.

Adapted from UT Health Austin (05/2020)

GET UPDATES ON CORONAVIRUS (COVID-19):

lamar.edu/coronavirus



DIVISION OF STUDENT ENGAGEMENT

LAMAR UNIVERSITY

Student Health Center

Medical and Counseling Services

PUBLIC HEALTH TERMINOLOGY

BASED ON CDC TERMINOLOGY

SYMPTOMS OF COVID-19

New or worsening fever >100.4°F AND cough, shortness of breath or sore throat

CLOSE CONTACT

a) being within approximately 6ft of a COVID-19 case for a prolonged period of time; close contact can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19 case; OR b) having direct contact with infection secretions of a COVID-19 case (e.g. being coughed on).

SOCIAL DISTANCE

Social distancing is a conscious effort to maintain distance between yourself and other people as a way to mitigate the spread of disease. This means avoiding public gatherings, bars, restaurants or other events, even if you are symptoms free. Stay at least 6ft from other people as often as possible. Take precautions if you cannot maintain that distance, such as using hand sanitizer and/or hand washing immediately after contact. Consider using curbside pick-up or delivery for essential items.

SELF-MONITOR

Please should monitor themselves for symptoms by taking their temperature twice a day and remaining alert for cough or difficulty breathing. If they feel feverish or develop measured fever, cough or difficulty breathing during the self-monitoring period, they should self-isolate, limit contact with others and seek advice by telephone from a health care provider to determine whether medical evaluation is needed.

SELF-QUARANTINE

Self-quarantine separates people who were exposed but do not have symptoms to see if they become symptomatic. A person can be contagious before symptoms begin, so this is critical to prevent spread.

SELF-ISOLATION

Self-isolation separates people with symptoms of COVID-19, with or without a positive test. Stay home and away from others who share your residence.

Adapted from UT Health Austin (05/2020)

Common Feelings

Everyone reacts differently to stressful situations that require changes or uncertainty. During this time you may experience a range of feelings, including:

- Anxiety, worry or fear related to your health status or that of others
- Anger or resentment at the inconvenience
- Worry about not having your things with you or not doing your usual routine
- Uncertainty or concern about how long you will have to remain in this situation
- Excitement to have some alone time for rest and catch up on reading
- Loneliness or feeling cut off
- Boredom and frustration
- Sadness or depression
- Symptoms of post-traumatic stress disorder

Please contact the Student Health Center or the Employee Assistance Program if you need immediate counseling care.

Daily Health Log

Record your temperature twice daily and note any symptoms or concerns.

DAY	DATE	AM TEMP (°F)	PM TEMP (°F)	SYMPTOMS
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

If your temperature is >100.4 °F or if you feel like you have a fever and you have a cough or shortness of breath, please call your healthcare provider. Students should call the SHC during business hours. Faculty/Staff should contact their primary care provider.

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