

PROCEDURES DURING COVID-19

The Phi Sigma Sigma National Housing Corporation (NHC) is working hard to care for our members who are exposed to or test positive for COVID-19. We are implementing procedures that follow guidance from industry experts and local and state health departments.

Residents must remember that taking steps to reduce the risk of contracting COVID-19 is the shared responsibility of every collegian living in the facility.

SUPPLIES AVAILABLE IN ALL CHAPTER FACILITIES

The following supplies are being made available in all NHC facilities:

- Disposable face masks
- KN95 face masks
- Face shields
- Disposable gloves
- No-contact thermometers
- Cleaning supplies/sanitizer

KNOWN EXPOSURE/CLOSE CONTACT DEFINITION

The CDC defines close contact as:

- You were within six feet of someone for at least 15 minutes who has COVID-19.
- You provided care to someone who has COVID-19.
- You had direct physical contact with a person who has COVID-19 (touched, hugged or kissed them).
- You shared eating or drinking utensils with a person who has COVID-19.
- A person who has COVID-19 sneezed, coughed or got respiratory droplets on you.

INDIVIDUAL ISOLATION FOR POSITIVE COVID-19 TEST

A resident who tests positive for COVID-19 will be isolated immediately.

- The resident must stay in her room/the designated quarantine room. She may only come out to use the designated restroom.
- When leaving her room to go to the restroom, the resident must wear a KN95 mask and face shield.
- The resident may be contacted by the university and/or local health department and is expected to comply with related requests.
- Isolation period: 10 calendar days after positive test results or 14 calendar days after last known exposure.

INDIVIDUAL QUARANTINE FOR KNOWN EXPOSURE

A resident who has had known exposure to someone with COVID-19 will be required to quarantine. If the resident has previously tested positive for COVID-19 and recovered, the resident may seek an exemption from facility quarantine at prepare@phisigmastigma.org. While the resident is waiting for a decision on her exemption request, the resident is required to quarantine.

House Expectations



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- The resident is expected to remain in her room as much as possible. Time outside her room should be limited to using the restroom, getting meals and getting fresh air. The resident is not permitted to be within six feet of any person.
- The resident is required to wear a mask any time she is out of her room.
- The resident is expected to clean bathroom areas (e.g., sink, toilet, door handles, etc.) before and after use.
- The resident may only go outside for fresh air and must stay on the facility's property. When outside, the resident is not permitted to be within six feet of any person. Any resident who leaves the facility property will NOT be allowed to return to the facility for the duration of the quarantine period.
- The resident may be contacted by the university and/or local health department and is expected to comply with related requests.
- Quarantine period: 14 calendar days after last known exposure.
- Even if a member tests negative for COVID-19 during the quarantine period, she must still comply with quarantine rules for the full 14 days.

FACILITY QUARANTINE

If any resident tests positive for COVID-19, it is highly likely that ALL residents of the facility have been exposed and, therefore, all facility residents will be required to quarantine. If a resident has previously tested positive for COVID-19 and recovered, the resident may seek an exemption from facility quarantine at prepare@phisigmasigma.org. While the resident is waiting for a decision on her exemption request, the resident is required to quarantine.

- Daily cleaning service will be discontinued.
- Residents will be expected to clean bathroom areas (e.g., sink, toilet, door handles, etc.) before and after use.
- If a facility has a meal plan, meals will continue to be provided. If there is no meal plan, the NHC will provide support to coordinate meals.
- Residents are expected to maintain social distancing and wear masks throughout the facility.
- Residents are expected to stay in the facility and may only go outside for fresh air and must stay on the facility's property. When outside, residents are not permitted to be within six feet of any person. Any resident who leaves the facility property will NOT be allowed to return to the facility for the duration of the quarantine period.
- Residents may be contacted by the university and/or local health department and are expected to comply with related requests.
- Quarantine period: 14 calendar days after last known exposure.
- Even if a member tests negative for COVID-19 during a facility quarantine, she must still comply with quarantine rules for the full 14 days.

House Expectations



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FREQUENTLY ASKED QUESTIONS

Q: What is the difference between isolation and quarantine?

A: You ISOLATE after a positive test. The isolation period is 10 calendar days from the positive test. You QUARANTINE after a known exposure or close contact with a person who has COVID-19. The quarantine period is 14 calendar days after the last known exposure.

Q: I was in close contact with someone with COVID-19. I feel okay or my COVID-19 test is negative. Do I need to quarantine?

A: Even if you test negative for COVID-19 or feel healthy, you are required to quarantine since symptoms may appear 2 to 14 days after exposure to the virus. The NHC (prepare@phisigmasigma.org) and the chapter's house director or house manager must be notified as soon as possible after a resident in an NHC facility learns of known exposure to COVID-19 or close contact with someone with COVID-19.

Q: I was exposed and am on day eight of my 14-day quarantine period. I was exposed again today. Can I just finish my 14 days and be done with quarantine?

A: No. Each time you are exposed, your quarantine period starts again.

Q: How can a member be tested for COVID-19?

A: Members are encouraged to follow the guidance of their primary care physician, campus health care center or local/state health department regarding testing.

Q: What do I do if I test positive?

A: The NHC (prepare@phisigmasigma.org) and the chapter's house director or house manager must be notified as soon as possible after a resident in an NHC facility tests positive. Refer to the quarantine procedures for additional details.

Q: Can I go to my parent's house to quarantine?

A: Yes, however, if the NHC facility is under quarantine, you may not access the NHC facility until the facility is no longer under quarantine.

Additional questions can be directed to prepare@phisigmasigma.org.

As sorority women, Phi Sigma Sigma members are leaders in the campus community. Others will be looking to us and we must do the right thing, even when it is hard and inconvenient.