

## RETURN TO CLASS GUIDELINES – STUDENTS

Frostburg State University (FSU) is committed to the health, safety, and well-being of our students, faculty, and staff. The University has implemented plans to mitigate and reduce the public and personal health risks of COVID-19 to the campus community and is following local, state, and national guidance from the Allegany County Health Department, University System of Maryland (USM), State of Maryland, and the Centers for Disease Control and Prevention (CDC).

Understanding that during a viral pandemic there are inherent risks associated with returning to class, it is important that students understand the requirements and expectations when planning to be on campus. The following guidelines should be adhered to each class day:

### 1. Preventative Measures – [Social Compact Acknowledgment](#)

- Stay home when sick or having any viral symptoms, having cared for someone who has COVID-19 within the past two weeks, or having a close-quarter exposure within six feet for a sustained period of more than 10 minutes of someone whom you have reason to believe has COVID-19.
- Wash your hands with soap and water for at least 20 seconds multiple times per day and/or use hand sanitizer when unable to wash your hands.
- Adhere to physical or social distancing recommendations for keeping six feet away from others.
- Practice appropriate respiratory etiquette by fully covering coughs or sneezes in your shoulder/bicep area or with a clean tissue.
- Wear a cloth or medical facemask when indoors in the presence of others or during outdoor activities where physical or social distancing is not possible.
- Adhere to social distancing capacity guidelines for facilities, events, and gatherings.
- Limit travel for essential purposes and avoid crowded transmission hotspots or super-spreader events.
- Follow guidelines established by FSU, USM, the State of Maryland, and federal recommendations from the CDC.

### 2. Daily COVID Check-In / Symptom Monitoring Requirement

- Must [conduct symptom monitoring](#) every day before attending class or coming to campus.
- Answer the [Self-Monitoring Questionnaire](#) for symptoms of COVID-19.
- Review and submit.
- Be prepared to display your Check-In badge each class and campus event.

### 3. Contact Brady Health Center or Healthcare Provider to Assess Symptoms

- Experiencing symptoms of COVID-19.
- Having cared for someone who is ill or diagnosed with COVID-19 during the last two weeks.
- Having had any COVID symptoms during the last two weeks.
- Having had close-quarter exposure within six feet for a sustained period of more than 10 minutes of someone whom you have reason to believe has COVID-19.
  - DO NOT come to campus or leave your residence hall room without calling [Brady Health Center](#) at 301-687-4310 during normal business hours
  - Self-quarantine while waiting/seeking guidance from the [Brady Health Center](#) or your healthcare provider and until cleared to return to class.

**4. Student advises faculty or staff member they are ill or not feeling well**

- Refer student to [Brady Health Services](#), primary healthcare provider, [Urgent Care](#), or [UPMC-Western Maryland](#) (for serious illness or injury).
- Advise student if they will miss class to contact [Student Affairs](#) to provide verification email to instructors. If student diagnosis or treatment is initiated by [Brady Health Center](#), their staff will notify [Student Affairs](#).
- Student Affairs will notify faculty members and support offices of the student's absence, specifying a period of time, if known, and indicate the student is responsible for communicating with instructors regarding their academic work. The student will be copied on this correspondence.
- The above process will be the same if the student is in quarantine or isolation from COVID-19. Faculty or staff will not be notified of any specific medical condition unless the student specifically shares this information directly with them.
- If the student is a student-athlete experiencing a sports-related injury or condition reported to the [Athletic Training](#) staff, the Assistant Director of Athletics for Student Development will be responsible for making notifications to instructors and copying student on the correspondence.
- All decisions regarding excused absences and academic work are at the discretion of the professor.

**5. Return to Class Guidelines**

- Students who have been identified as being out of class for medical reasons by [Student Affairs](#) are required to provide return-to-class documentation from the [Brady Health Center](#) or a medical provider (including documentation from COVID-19).
- Documentation from returning from a COVID-related absence should be uploaded onto the self-monitoring [CHECK-IN](#) portal
- Documentation from returning for other medical absences should be emailed to [bradyhealth@frostburg.edu](mailto:bradyhealth@frostburg.edu) or faxed to Brady Health at 301-687-3178.
- Upon review by our nursing staff, [Brady Health Center](#) will notify [Student Affairs](#) of the student's clearance to return to class.
- As with any excused absence due to a medical condition, Student Affairs will notify faculty members and support offices of the student's return-to-class status and copy the student on the correspondence.
- The above process will be the same if the student is returning from quarantine or isolation from COVID-19.
- If the student is a student-athlete under the care of [FSU Athletic Training](#), the Assistant Director of Athletics for Student Development will be responsible for making notifications to instructors and copying the student on the correspondence.
- All documentation will be maintained confidentially in the appropriate department ([Brady Health Center](#), [Student Affairs](#), or [Athletics](#)).