



## Fall 2021 COVID-19 Guidelines

Aug. 20, 2021

Mid-Plains Community College (MPCC) is committed to providing quality educational opportunities that meet student's needs. Students benefit from in-person learning and MPCC is seeking to provide several options to include in-person formats that will promote success of our students. MPCC's COVID-19 Response Team has been reviewing local, state and national guidance to provide educational opportunities while navigating the unpredictability of multiple variants and less than desired vaccination rates. This team continues to meet weekly to review the local factors and discuss the best course of action when it comes to the risk of COVID-19 while trying to ensure that MPCC remains a safe learning environment.

This document contains information and guidelines as the college returns for the Fall 2021 semester. Necessary changes will be communicated via campus email, mpcc.edu, MPCC social media platforms and other local media outlets.

**These guidelines should be followed by all students, faculty, staff and visitors.**

**Individual Responsibilities** – Everyone who comes to MPCC should be respectful of varying opinions and decisions related to the pandemic and individual response measures. Everyone should be committed to ensuring the safety of those around them by following the guidance below. Currently, vaccination status is the privacy of the individual. If, at some point, this information becomes required by MPCC, only Human Resources and Student Services designees will be responsible for collecting this information.

**Vaccinations** – Following recommendations from local, state and federal medical experts, MPCC encourages eligible employees and students to get fully vaccinated and will promote vaccination clinics in our communities and on campus when possible. Vaccination is currently the leading public health prevention strategy to better manage the COVID-19 pandemic.

**COVID-19 Testing** - If you have been exposed or display any of the symptoms listed below under self-monitoring, staff and commuter students should contact their respective health department for testing availability. Students living in campus provided housing should contact Student Life on your respective campus for testing options. McCook – [obertb@mpcc.edu](mailto:obertb@mpcc.edu). North Platte – [beup@mpcc.edu](mailto:beup@mpcc.edu).

**Self-Monitoring** – If you show new symptoms of COVID-19, please stay home and consider being tested. These include:

- Fever 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



## **MPCC Area Health Departments**

**Imperial, McCook, or Ogallala: Southwest Public Health Department (308)345-4223**

<https://www.swhealth.ne.gov/wellnessandprevention/coronavirus/>

**North Platte: West Central District Health Department (308)696-1201**

<https://wcdhd.org/community/covid/>

**Broken Bow: Loup Basin Public Health Department (308)346-5795**

<https://www.lbphd.org/covid-19>

**Valentine: North Central Public Health Department (402)336-2406**

<https://ncdhdne.wordpress.com/>

**Social Distancing** – Although some classrooms and events will be scheduled at 100% capacity, when possible, maintain six-foot distance from others.

**Masks/Face coverings** – Masks that cover the nose and mouth, while optional, are recommended and supported at all MPCC campuses. Signs will be posted at entrances reminding employees and visitors. MPCC Faculty and staff may ask students and other staff to apply masks in classrooms and other meeting spaces. In these cases, compliance is expected and masks will be provided as needed. The Dean and Associate Dean of Student Life will assist with compliance if needed.

## **Practice Good Hygiene**

- Cough or sneeze into your arm.
- Avoid touching your eyes, nose, mouth or face.
- Regularly wash your hands using soap and warm water for at least 20 seconds.

**Cleaning and Disinfecting** – Enhanced cleaning of high traffic areas. Individuals may be asked to clean items used by the individual including classroom desk, chair, tools or lab equipment.

- Hand sanitizer will be available in all buildings. Individuals are encouraged to have their own personal sanitizer as well.
- Wipe down hard surfaces with disinfectant wipes, use disposable gloves if available.
- Cleaning supplies will be available in classrooms and residential areas.
- Clean any individual workspace, such as computer lab stations, when you are finished.
- Clean any public recreation items or gym equipment when finished using them.

**Dining and Water Fountains** – Fresh Ideas food service will implement serving restrictions as required by industry standards and local conditions. Water fountains will remain on at all MPCC locations. However, the use of bottle fillers and sinks is encouraged to prevent spread of the virus.

**COVID-19 Positive or Exposed** – If you have tested positive for COVID-19 or display any of the symptoms, please follow the instructions below. You may be contacted by college officials and/or local area health department contact tracers if you have come into contact with a confirmed COVID-19 positive case.



- For MPCC staff, please contact Human Resources (HR) and your supervisor immediately. Supervisors will work with Human Resources on return to work protocols. HR will initiate COVID-19 response processes including contacting the Director of Physical Resources to initiate additional cleaning/sanitation processes.
- For MPCC students, please inform Student Life on your respective campus in addition to your faculty member(s). McCook – [obertb@mpcc.edu](mailto:obertb@mpcc.edu). North Platte – [beup@mpcc.edu](mailto:beup@mpcc.edu). Student life, in coordination with the respective local health department, will determine the return to class date. It is the expectation that students initiate communication with their instructors to stay current on their coursework.

**Travel and Social Behavior** – Travel between campuses and attendance at conferences or events are allowable following federal public transportation restrictions that may be in place at that time. Athletic teams will follow NJCAA guidance and protocols.

**Counseling Services** – Counseling services are free and confidential for all MPCC students. Counseling can assist in managing stress, anxiety, depression, etc. Students may visit <http://www.mpcc.edu/student-experience/counseling-services.php> for more information.

**For McCook, Imperial, and Ogallala**

***McCook Counseling Services***

1205 East Third Street  
Student Life Office, McMillen Hall  
[308-345-8189](tel:308-345-8189)

**HOURS:** 8:00 am – 12:00 pm - Walk-ins are welcome, schedule by appointment is preferred.  
[308-345-8109](tel:308-345-8109)

**Crisis After Hours:**  
[308-362-7560](tel:308-362-7560)

**For North Platte, Broken Bow, and Valentine**

***North Platte Counseling Services***

601 West State Farm Road  
Rm 109 McDonald-Belton  
[308-535-3722](tel:308-535-3722)

**HOURS:** Monday through Thursday 8:00 am – 12:00 pm  
[308-221-6452](tel:308-221-6452)

**Crisis After Hours:**  
[605-430-1138](tel:605-430-1138)



**Protocols may continue to change over the semester due to changes in local, state or national guidance. Necessary changes will be communicated via campus email, mpcc.edu, MPCC social media platforms and other local media outlets.**

**Resources:**

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Nebraska DHHS: <https://dhhs.ne.gov/Pages/Coronavirus.aspx>



# COVID POSITIVE HOW TO ISOLATE

## NO VISITORS

### STAY HOME

**Until** at least 10 days after your symptoms first appeared...

**AND** you have been fever-free for 1 full day (without fever-reducing medicine)...

**AND** all your other symptoms are better.

### NO SHARING

Do *not* share towels, silverware, cups, bowls, or plates with anyone else in your home.

### WASH YOUR HANDS OFTEN

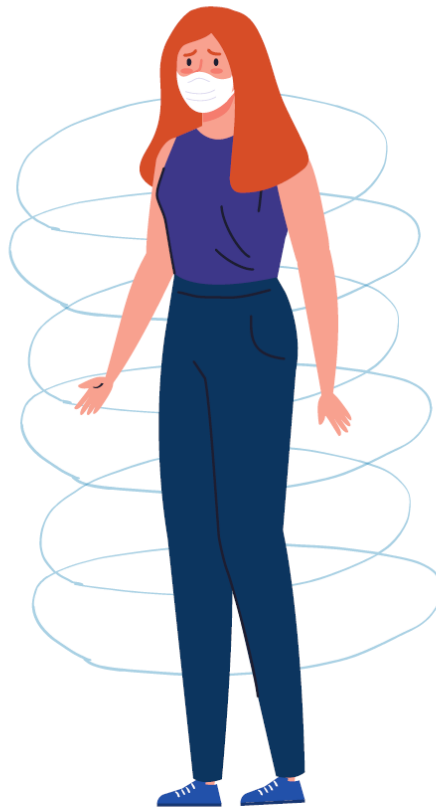
With soap and water, for 20 seconds each time you wash them.

### WEAR A MASK

Over your mouth and nose.

Even at home if you live with other people.

If you tested positive or have symptoms of COVID-19, you must isolate.



## CLEAN ALL "HIGH TOUCH" SURFACES EVERYDAY

Clean things you and your family touch a lot: like counters, tabletops, doorknobs, sink faucet handles, toilets handles, phones, keyboards, tablets, and bedside tables.

## COVER YOUR COUGHS & SNEEZES.

Cover your mouth and nose with a tissue when you cough or sneeze.

Throw used tissues in a lined trash can; immediately wash your hands.

## STAY AWAY FROM PEOPLE YOU LIVE WITH

Stay in a separate part of your home as much as possible.

Use a different bathroom if you can.

[www.nalhd.org](http://www.nalhd.org)

**NALHD**  
Nebraska Association of  
Local Health Directors



## COVID EXPOSED & NOT VACCINATED

# HOW TO QUARANTINE

If you have been within **6 feet** of someone with COVID-19 for a total of **15 minutes** or more on any day that they may have been infectious, you should quarantine.

### PROTECT OTHERS

Especially if you live with someone who is not vaccinated OR is at high risk of severe disease...

### WEAR A MASK

**WATCH YOUR DISTANCE**  
← (6 Feet) →

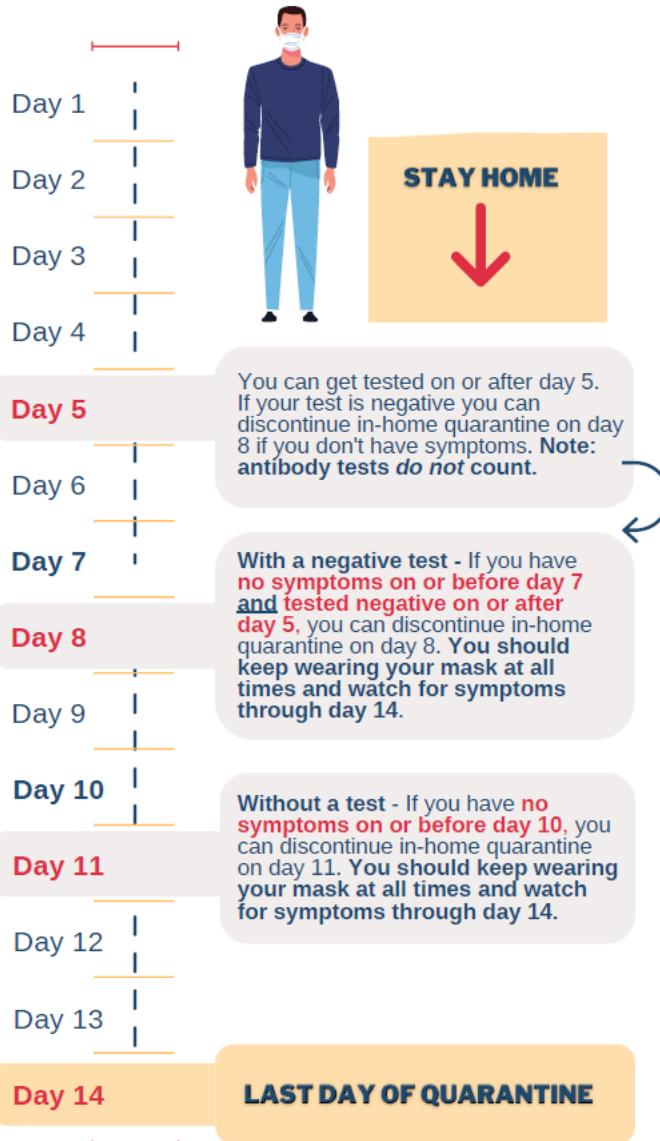
### WASH YOUR HANDS OFTEN

### WATCH YOURSELF FOR SYMPTOMS OF COVID-19

- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### If you have COVID-19 symptoms

Isolate and call your doctor or local health department.



**IF YOU ARE COVID EXPOSED AND FULLY VACCINATED, WATCH FOR SYMPTOMS FOR 14 DAYS.**

You are fully vaccinated 14 days after your final vaccine dose.

