

## Institute of Technology Salem Campus COVID-19 Plan

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**Updated April 3, 2023**

***Change Effective Immediately***

The Oregon Health Authority (OHA) and the Center for Disease Control (CDC) recently announced changes related to COVID-19.

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### Face Coverings

As of April 3, 2023, the Oregon Health Authority does not have masking requirements for any settings. **Therefore, IOT will discontinue the required use of face coverings in all lab classrooms during any lab or clinical course.**

You can read the announcement [here](#).

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### IOT will continue to promote health and safety by:

1. Continuing to be guided by federal, state and local health authority guidelines and recommendations, including guidance for specific sectors or programs;
2. Supporting the continued use of masks by all that wish to do so;
3. Continuing to update the IOT community on public health conditions related to the pandemic and associated measures of response.

### What you can do to support your personal health and safety:

1. OHA highly recommends that people who are at higher-risk, including if you are vaccinated, immunocompromised, have underlying health conditions, are 65 or older, or live with someone in one of these categories, continue to wear a well-fitting mask to help protect yourself and others, particular while in indoor public settings and higher-density outdoor locations;
2. Respect others' personal choice to wear a mask;
3. Stay home if you are not feeling well or are experiencing any [COVID-19 symptoms](#). Get tested for COVID-19 if you exhibit viral symptoms;
4. Stay informed on the status of the pandemic and public and personal health measures.

As always, IOT will be ready to adjust its measures and operations when doing so could yield improved outcomes. Thank you for your vigilance and commitment to our shared public health.

Sincerely,  
Kaylee Vickers  
Campus President

## Timeline

*May 26, 2020*

- Institute of Technology will reopen for business; lobby will be open. Admissions and Financial Aid will resume in-person appointments.
- IOT Staff and Faculty will be invited to resume working from campus to finish out the current module and/or term. This time will also be used to prepare for the return of students. Current 4<sup>th</sup> term PN students (scheduled to complete their program on May 28, 2020) will continue skills work and/or ATI work on campus in small controlled groups (as outlined by [HECC](#)).

*June 1, 2020*

- Professional Medical Assistant (PMA) and Medical Office Administration Billing and Coding (MOABC) students will begin and/or resume their program online.
- Select staff and faculty will be invited to return to the campus (if applicable, individuals will be notified by the Campus President, Human Resources and/or their Supervisor).

*June 8, 2020*

- Practical Nursing (PN) students will begin and/or resume their program online.

*June 15, 2020*

- It was anticipated that students would return to campus however an announcing was made mid-day indicating that a new/updated Executive Order would be released. All on-campus instruction (outside of 4<sup>th</sup> term) was cancelled pending additional information regarding the order.

*June 22, 2020*

- Per [Executive Order 20-28](#) (an update to [Executive Order 20-17](#)), students will return to campus and resume classes with a modified schedule; schedules are outlined in this plan and will be communicated via email. Modified schedules previously shared with students will be executed – as they will allow for at least one on-campus day, with the remaining of the coursework remaining online to accommodate skills lab availability, social distancing and the transition back to campus.

*September 14, 2020*

- Institute of Technology is not defined as a business but as a private college. As such, the College has decided to implement additional requirements as recommended by the [Oregon Health Authority](#) and the Higher Education Coordinating Commission (HECC). These requirements will apply to all staff, faculty, students, and visitors to the campus.

*October 19, 2020*

- Per revised [Oregon Health Authority](#) guidance, individuals are required to wear face coverings in all private and public workspaces, including classrooms, offices, meeting rooms and workspaces, unless someone is alone in the
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space. It also requires people to wear face coverings in outdoor and indoor markets, street fairs, private career schools and public and private colleges and universities. Additionally, the guidance also recommends wearing a face covering such as a mask instead of a face shield, except where a face shield is needed to communicate with someone who is deaf or hearing impaired.

*October 22, 2020*

- Communicable Disease Management Plan for the College has been updated to indicate the following: Any confirmed case of a student, staff or faculty member will be reported by the college to the Marion County Health Department.

*November 16, 2020*

- All students will be required to complete a COVID-19 questionnaire prior to class commencement.
- All employees will be required to subject to an Exposure Risk Assessment per OSHA.

*December 7, 2020 to June 29, 2021*

- All guests (including students w/ scheduled appointments) will be required to complete a COVID-19 questionnaire upon arrival.
- The campus will close (as applicable) to the public (does not include classes or appointments w/ students) in compliance with county risk levels.

*June 30, 2021*

- Physical distancing and occupancy limits are no longer required on-campus.
- Full vaccinated employees and students, and those with acquired immunity, are no longer required to wear masks in most settings, consistent with OHA guidance.
- Students working in externships, clinical settings, and campus laboratories designed as a practice setting (similar to those performed in the healthcare field) will follow mask protocol for those settings (i.e. if demonstrating a blood pressure, practicing bedside care, practicing injections, etc. masks are required).

*August 13, 2021*

- Face coverings will now be required in all public indoor settings at Institute of Technology.
- For purposes of this face covering requirement, “public indoor settings” at IOT include indoor environments in which are owned and/or controlled by IOT (a private college), or are open to the public in which guests may frequent.
- Public indoor settings include classrooms, front desks, and offices with frequent engagement with IOT community members or the public.
- Public indoor settings do not include IOT workspaces (e.g., offices or cubicles) and spaces that do not have high frequency or recurring visitations by the public.
- IOT will continue to require face coverings at all times for all unvaccinated faculty, staff, and students.

*August 16, 2021*

- Updated COVID-19 Plan to align with OAR 333-019-1025.
- Face coverings will now be required in all indoor settings as Institute of Technology as outlined on the first page of this document for staff, faculty, students and visitors.

*January 7, 2022*

- Created separate Student/Visitor and Staff/Faculty COVID-19 plans.
- Updated Staff/Faculty COVID-19 Plan to align with OSHA and the COVID-19 Emergency Temporary Standard (ETS).

*January 13, 2022*

- The US Supreme Court blocked the implementation of the OSHA regulation for testing or vaccination for employees of businesses of 100 employees or more.
- Updated Staff/Faculty COVID-19 Plan to align with the Oregon Health Authority and CDC.

*March 7, 2022*

- Updated COVID-19 Plan to align with Oregon Health Authority and announcement on Mask Requirements (updated March 1, 2022).

*August 24, 2022*

- Updated COVID-19 Plan to align with updated Isolation and Precaution guidance as provided by the Oregon Health Authority and the CDC.

*April 3, 2023*

- Updated COVID-19 plan to align with updated masking guidance.

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## **Campus Signage**

There are a number of signs providing useful information about campus requirements for self-assessing symptoms, required lab practices, and the location of cleaning/disinfecting products and hand sanitizer.

## **Self-Screening**

Using the signs posted on the front door, everyone must continue to self-screen prior to campus entry.

## **Personal Protection Equipment (PPE)**

Anyone can request a mask from the front desk. Upon request, a one-time use disposable mask will be provided by the College.

- **Facial Coverings** – Per the most recent [Oregon Health Authority](#) guidance, masks are no longer required for any setting.

- **Gloves** – Gloves are required when participating in a lab/clinical setting. In such a setting, gloves will be supplied by the College.

## Safe Campus Practices

Please note that while on campus other safe campus practices will be enforced.

- **Cleaning/Disinfecting** - Sanitizing wipes and cleaning supplies will be available in each classroom, allowing for work station wipe down after each use. Following the conclusion of each class, IOT staff and faculty will clean each classroom. The building is also routinely cleaned and sanitized each evening.
- **Handwashing/Hand Sanitizer** – Restroom soap dispensers have been restocked with antibacterial soap. Please use them often. Additional hand sanitizing stations have been added around the campus.

## Vaccinations

Institute of Technology does not require staff/faculty to be vaccinated. However, IOT may inquire about the vaccination status of staff/faculty when evaluating an individual's isolation/quarantine requirements OR evaluating their ability to perform clinical rounding in the Practical Nursing program.

For information regarding vaccination requirements for clinical rounding, exemptions and/or acceptable forms of Proof of Vaccination, please refer to the HR Department or Campus President.

## Symptoms of Illness

Center for Disease Control (CDC) writes: People with COVID-19 have a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. Possible symptoms 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

**This list does not include all possible symptoms.** Symptoms may change with new COVID-19 variants and vary depending on vaccination status. CDC will continue to update this [list](#) as they learn more about COVID-19.

## COVID-19 Symptom, Quarantine, and Isolation Guidelines

Requirements and recommendations for IOT are based on isolation and quarantine guidance provided by the [Center for Disease Control](#) (CDC), [Oregon Health Authority](#) (OHA) and OSHA. In specific circumstances, quarantine requirements for staff/faculty may be changed at the direction of these agencies.

The CDC has created a tool to help you determine if you need to isolate or take other steps to prevent spreading COVID-19: [Isolation and Exposure Calculator](#).

## What to do if you were EXPOSED to COVID-19?

If you have tested positive or are showing symptoms of COVID-19, isolate immediately.

If you were exposed to the virus that causes COVID-19 or have been told by a healthcare provider or public authority that you were exposed, below are steps that you should take, regardless of your vaccination status or if you have had a previous infection.

### After Being Exposed to COVID-19



START PRECAUTIONS

**Immediately**

Wear a [mask](#) as soon as you find out you were exposed

Start counting from Day 1

- Day 0 is the day of your last exposure to someone with COVID-19
- Day 1 is the first full day after your last exposure



CONTINUE PRECAUTIONS

**10 Full Days**

You can still develop COVID-19 up to 10 days after you have been exposed

- **TAKE PRECAUTIONS**

- Wear a high-quality mask or respirator (e.g., N95) any time you are around others inside your home or indoors in public.
- Do not go places where you are unable to wear a mask.
- Take extra precautions if you will be around people who are more likely to get very sick from COVID-19.

- **WATCH FOR SYMPTOMS**

- Fever (100.4°F or greater)
- Cough



- Shortness of breath
  - Other COVID-19 symptoms
- **IF YOU DEVELOP SYMPTOMS**
  - Isolate immediately
  - Get tested
  - Stay home until you know the result

If you test result is positive, follow the isolation recommendations.



GET TESTED

**Day 6**

Get tested at least 5 full days after your last exposure

Test even if you don't develop symptoms.

If you already had COVID-19 within the past 90 days, see [specific testing recommendations](#).



IF YOU TEST

**Negative**

Continue taking precautions through  
day 10

- Wear a high-quality mask when around others at home and indoors in public

You can still develop COVID-19 up to 10 days after you have been exposed.



IF YOU TEST

**Positive**

[Isolate immediately](#)

## Steps to Take When Sick with COVID-19



Stay home and separate from others



Improve ventilation (air flow) at home to help prevent COVID-19 from spreading to other people



Monitor symptoms and follow healthcare provider instructions

Rest, drink fluids, and use over-the-counter medicines for fever.



Practice every day hygiene and cleaning and avoid sharing personal household items

- [Wash your hands](#) often.
- Cover [coughs and sneezes](#).



Wear a high-quality mask or respirator when around other people

Wear a mask with the best fit, protection, and comfort.

## Isolation and Precautions for People with COVID-19

If you have COVID-19, you can spread the virus to others. There are precautions that you can take to prevent spreading to others; isolation, masking, and avoiding contact with people who are at high risk of getting very sick. Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19.

These recommendations do not change based on COVID-19 Community Levels. If you have COVID-19, you should speak to your healthcare provider.

This information is intended for IOT Staff, Faculty, and Students but does not replace and guidance/direction provided by your healthcare provider and/or any federal, state, local, territorial, or tribal health safety laws, rules, and regulations.



### Isolation

If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home.**



You are **likely most infectious during these first 5 days.**

- **Wear a high-quality mask** if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask.
- Do not travel.
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your symptoms. If you have an emergency warning sign (like trouble breathing) seek emergency medical care immediately.



## Ending Isolation

**End isolation based on how serious your COVID-19 symptoms were.** Loss of taste and smell may persist for weeks or months after recover and need not delay the end of isolation.

### If you had no symptoms

You may end isolation after day 5.

### If you had symptoms and:

#### Your symptoms are improving

You may end isolation after day 5 if:

- You are fever-free for 24 hours (without the use of fever-reducing medication).

#### Your symptoms are not improving

Continue to isolate until:

- You are fever-free for 24 hours (without the use of fever-reducing medication).
- Your symptoms are improving.<sup>1</sup>

### If you had symptoms and had:

#### Moderate illness (you experienced shortness of breath or had difficulty breathing)

You need to isolate through day 10.

#### Severe illness (you were hospitalized) or have a weakened immune system

- You need to isolate through day 10.
- Consult your doctor before ending isolation.
- Ending isolation without a viral test may not be an option for you.

If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.

Regardless of when you end isolation until at least day 11:

- Avoid being around people who are more likely to get very sick from COVID-19.
- Remember to wear a high-quality mask when indoors around others at home and in public.
- Do not go places where you are unable to wear a mask until you are able to discounting masking (see below).



## Removing Your Mask

**After you have ended isolation, when you are feeling better** (no fever without the use of fever-reducing medications and symptoms improving),

- Wear your mask through day 10.

**OR**

- If you have access to antigen tests, you should consider using them. With two sequential negative tests 48-hours apart, you may remove your mask sooner than day 10.

Note: If your antigen tests are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests at least 48 hours apart until you have two sequential negative results. This may mean you need to continue wearing a mask and testing beyond day 10.

**After you have ended isolation, if your COVID-19 symptoms recur or worsen, restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.**

## Notification Requirements

Regardless of vaccination status, IOT Staff, Faculty, and Students must notify IOT if they have COVID-19 and/or if they are suspected to have COVID-19 but do not have test results yet.

## Responsibilities

Regardless of vaccination status, IOT Staff, Faculty, and Students isolate from others when they have COVID-19.

## Notification Procedures

In partnership with the local public health authorities, Institute of Technology will notify any student, faculty, staff member, and/or visitor deemed to be impacted by new case(s) of COVID-19. Cases in students, faculty, staff, and/or visitors will also be reported to the local public health authority, which for IOT is the Marion County Health Department. Upon notification the College will provide individuals the appropriate resources to make an informed decision regarding next steps.

Any communications with the Marion County Health Department will be navigated by the Campus President and/or HR Coordinator/Executive Assistant.

## **Questions?**

We understand that through this transition there are likely to be questions. We encourage you to reach out to the HR Department and/or the Campus President should you have any questions regarding your options as an employee, available resources to assist during this time, etc. We can all be reached by phone at (503) 363.9001 or by email as outlined below:

**Tyler Andrews**, HR Coordinator/Executive Assistant – [tandrews@iot.edu](mailto:tandrews@iot.edu)

**Kaylee Vickers**, Campus President – [kvickers@iot.edu](mailto:kvickers@iot.edu)