

COVID-19 Preparedness Plan for College Program Policy

The Minnesota Department of Health (MDH), in alignment with Centers for Disease Control and Prevention (CDC), is transitioning to living with and managing COVID-19 like we do other infectious diseases while remaining ready to respond to outbreaks or surges that might arise. COVID-19 is still very much a part of our lives, yet we now have more tools available to manage this disease and help prevent severe illnesses and deaths such as vaccination, testing, and medications.

Part of this transition is an update and consolidation of our MICC COVID-19 Preparedness Plan for the College Program; you can access this current plan and previous plans on our [COVID-19 webpage](#). This updated plan will now support us in continuing to hold-in person education in alignment with ongoing recommendations from MDH and CDC.

All MICC staff and participants are responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our program settings and workspaces, requiring full cooperation among staff and participants served. Only through this cooperative effort can we establish and maintain the safety and health within our MICC community. Empowering participants that we support to remain safe and healthy is of utmost importance in achieving that mission and teaching our participants the skills they need to achieve their independence.

MICC staff are vital in delivering our mission, and we are serious about helping to keep our participants and staff community safe and healthy. Our plan follows the CDC and MDH guidelines and federal Occupational Safety and Health Administration (OSHA) standards related to COVID-19.

Supervisors and all staff are responsible for implementing and complying with all aspects of this College Preparedness Plan. They have the full support of the MICC Leadership team in enforcing the provisions of this policy.

1.00 Participant Break Travel Precautions

1.11 During the first two weeks of returning to campus from a break, all participants will receive COVID-19 symptom checks during their assigned weekly advisory session. If participants have any concerns about symptoms, they should immediately reach out to their advisor or any available MICC staff.

1.12 MICC Program Leadership will monitor and reference the [Minnesota Department of Health](#) and the [CDC travel guidelines](#).

2.00 Participants Exhibiting Possible COVID-19 Symptoms

2.10 Participants will be educated on how to self-monitor and will also have weekly wellness check-ins with their assigned advisor for the following common signs and symptoms of COVID-19: Fever of 100.4 or higher; new and persistent dry cough; difficulty breathing (unable to hold breath for 20-30 seconds); unusual fatigue. Reference [Minnesota Department of Health](#) for the most updated symptom list.

2.11 When any of these symptoms are present, the participant must notify MICC staff immediately. They will be asked to return to their assigned participant housing to minimize exposure to other participants. When to get tested:

<https://www.health.state.mn.us/diseases/coronavirus/materials/testrecs.pdf>

2.12 If a participant needs to get COVID-19 testing, an MICC staff member will support the participant in taking a test. If an at home test is inconclusive or positive a family member or local emergency contact will need to pick up their participant as soon as possible. MICC will follow the most up-to-date guidelines on how long a participant must remain away from campus before returning to support the community's safety. Exact days and times will be communicated to you via the participant's advisor. See the attached reference for various periods based on if an individual is vaccinated or not vaccinated. [Testing Recommendations](#)

2.13 The roommates of a participant who are displaying COVID-19 symptoms will be supported in monitoring symptoms daily. Roommates will not be able to temporarily move to a different apartment. However, if they share a bedroom with someone showing symptoms, they will be provided with options for sleeping elsewhere within that same apartment.

2.14 Participants who are quarantining at home will be able to engage with classroom materials through Google Classroom or materials provided by their instructors.

2.15 Participants will be supported by immediately calling 911 if emergency warning signs of COVID-19 are present: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to stay awake, bluish lips or face.

2.16 MDH has primary responsibility for the overall monitoring of Minnesota residents who may be exposed to COVID-19 are responsible for informing MICC of steps they expect us to implement.

3.00 Notification of Possible Exposure to COVID-19

3.10 If a participant has a positive COVID-19 test result, the participant or staff supporting the participant should notify the Director of College Programs and/or the Executive Director.

3.12 When a participant tests positive for COVID-19 MICC will provide close contact notification to the roommates and their families. Advisors will also support roommates with symptom monitoring and education on the current MDH and CDC best practices for testing and masking

post a close contact exposure. The notification will protect the confidentiality of the individual who has contracted the COVID-19 virus, according to the standards of the federal Health Insurance Portability and Accountability Act (HIPAA).

4.00 Handwashing and Sanitary Practices

4.10 Staff and participants will wash their hands for at least 20 seconds with soap and water frequently throughout the day, especially before mealtimes, after using the toilet, and before/after touching shared objects.

4.11 Hand sanitizer stations and disinfectant spray are available throughout campus.

4.12 MICC staff will support participants that need additional prompts or personalized support plans for proper washing hands or use of hand sanitizers.

5.00 Face Masks and Respiratory Etiquette

5.10 If staff are fully vaccinated, masks are optional while indoors on MICC's campus. If staff are unvaccinated, they are recommended to wear a mask indoors to support safety. MICC is following guidance from MDH on the most up to date masking practices.

5.11 If participants are fully vaccinated, masks are optional while indoors on MICC's campus. If participants are unvaccinated, they are recommended to wear a mask indoors to support safety. Currently, the MDH and the CDC recommend anyone who is not fully vaccinated, including children, continue to wear well-fitted facemasks indoors in businesses, public settings, and when around people from other households, as well as outdoors when social distancing cannot be maintained.

5.12 MICC recommends participants and staff to wear masks while in MICC vehicles, due to close contact exposure that can occur during travel.

5.13 Participants are asked to bring and to have masks available if needed. They are encouraged to try different mask options to find one that is comfortable. If a participant is unable to wear a face mask despite trying various strategies, they may request accommodation and work with their advisor to develop an alternative safety plan.

5.14 Participants and staff must comply with local laws and rules about mask-wearing in public spaces.

6.00 Guest Policy

6.10 Guests are allowed to visit campus and must adhere to MICC's guest guidelines and current mask protocols. We are asking guests do not enter participant apartments.

7.00 Transportation & Off-Campus Activities

7.10 MICC staff will follow updates and guidelines from Metro Transit to support participant travel. [MetroTransit Guidelines](#)

7.11 The Social Engagement Program team will proactively follow updates from MDH and CDC guidelines when developing plans for off-campus social activities.

8.00 Individualized Support Services

8.10 Advisors will support participants in developing healthy routines and coping skills for managing COVID-19 related lifestyle changes. In addition, advisors will closely monitor the need for external social, emotional, or mental health supports.

8.11 When possible, meetings with participants and families to determine individual support plans will occur virtually to support social distancing, including Annual Individual Plan and Risk Assessment meetings.

9.00 Careers Curriculum and Services Delivery

9.10 Careers Instructors and Job Developers will obtain the safety protocols for practicum and employment sites to educate participants and support them in meeting safety standards. Participants will be required to follow the employer's or organization's COVID-19 plan and vaccination requirements.

9.11 Careers Instructors and Job Developers will follow MetroTransit updates to support participants who use buses for practicum or employment.

9.12 If a practicum site is temporarily closed, participants will participate in classroom activities or volunteering. Backup materials can include additional training certificates, research projects, etc. Backup activities will be counted towards practicum hours required.

9.13 Job Developers would assist participants in informing supervisor if the individual tested positive for COVID-19. Job Developers will support the participant in following the return-to-work guidelines outlined by the employer.

10.00 Communication, Education, and Training

10.10 The College Preparedness Plan is available to participants, families, and guardians. As further additions or edits need to occur, the updated document will be provided to participants, families, and staff.

10.11 Necessary training will be ongoing and will occur as staff and participants return to campus. Supervisors will monitor the effectiveness of implementation, and training will be updated as necessary.

10.12 In College apartments and throughout college shared spaces, handwashing visuals and CDC hygiene posters will be displayed, along with posters on COVID-19 symptoms and steps to be taken if symptoms occur.

10.13 Participants should not directly enforce these guidelines with other participants. However, they are encouraged to share concerns with staff members.

10.14 To ensure participant preparation for fall reentry, participants will be provided with a COVID-19 Assumption of Risk, Waiver and Release of Liability agreement to review with their families to sign.

Certified by:

Amy Gudmestad, *MICC Executive Director*