

Dealing with COVID-19

The following are general guidelines for students related to exposure, quarantine, and their return to class procedures for all affected by COVID-19. Students should notify the Office of the Dean of Students (DOS) if they have been exposed, tested positive, or are subject to quarantine due to the virus.

College administration continues to collaborate with the Frederick County Health Department to process latest information related to COVID-19 virus transmission, contact tracing, and our FCC response.

This document will be updated as needed.

If you have symptoms associated with COVID-19 or have been in close contact* with someone who has COVID-19:

- **DO NOT** come to the main campus or the Monroe Center
- report this to the Office of the Dean of Students (301-846-2469 or jhaynes@frederick.edu or lhildebrand@frederick.edu)
- consult your doctor or state public health agency regarding next steps to take
- quarantine at home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19

* Close contact, as defined by the Frederick County Health Department, means:

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with someone who has COVID-19
- You shared eating or drinking utensils with someone who has COVID-19
- Someone who has COVID-19 sneezed, coughed, or somehow got respiratory droplets on you

Under Quarantine, you should:

- **NOT** come to the main campus or the Monroe Center
- continue to attend classes remotely if you are able and feel well enough to perform
- inform your faculty if you will miss class(es)
- follow your doctor's advice regarding the length of quarantine and the need for testing
- consult with the Office of the Dean of Students before resuming your studies online or on the main campus or the Monroe Center

Return to Class Guidance (Physical Presence on Site)

As a general rule, students should wait to receive their test results and obtain a clearance from a healthcare provider or state agency before returning to the main campus or Monroe Center.

In absence of guidance from a healthcare provider, or in instances where tests do not come back within 14 days, FCC will follow the CDC guidelines:

- Students in quarantine, who **have not** exhibited symptoms of COVID-19 may return to the main campus or Monroe Center after 14 days
- Students who **have** exhibited symptoms of COVID-19 may return to the main campus or Monroe Center once they have been symptom-free for 10 days. Symptom-free is defined as fever-free without the use of fever-reducing medications and no respiratory symptoms (i.e. coughing, shortness of breath, etc.)
- Students should contact their faculty to discuss options for a plan to complete work missed

Communication Plan

Upon notification that a student has a confirmed COVID-19 diagnosis, the Office of the Dean of Students will work with the student to ensure they may safely return to the class environment when appropriate. The Office of the DOS will also work with the student to identify other students with whom they have had direct contact with while they were on the main campus or Monroe Center, as well as the last day the student was on the main campus or Monroe Center. The Dean of Students, or designee, will notify those identified students in writing:

- that they may have been in contact with a student who has a confirmed COVID-19 diagnosis,
- the last day the impacted student was physically on an FCC site
- the recommendation to contact their healthcare provider if they begin experiencing symptoms. No identifying information will be shared in this communication in accordance with the confidentiality and privacy provisions of FERPA, the Americans for Disabilities Act (ADA), and College policy.

The College will notify our designated point of contact at the Frederick County Health Department.

Notification and Questions

For notification of cases, questions regarding COVID-related absences and clarification of guidelines, please contact the the Office of the Dean of Students (301-846-2469 or jhaynes@frederick.edu).