

Campus Safety

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MITIGATING COVID-19 TRANSMISSION

Changes Outlined in Bronze

Get Vaccinated - COVID-19 Vaccine Information

Everyone aged 6 years and older are recommended, not required, to receive an updated Pfizer-BioNTech or Moderna COVID-19 vaccine to be up to date.

People 12 years and older who are unable or choose not to get an updated Pfizer-BioNTech or Moderna COVID-19 vaccine can consider obtaining a Novavax vaccine as an option.

COVID-19 vaccine recommendations will be updated by the CDC as needed.

People that are up to date on vaccinations for COVID-19 does not exempt you from adhering to guidance set forth by this or other CCSNH or NHTI policy documents.

For information on vaccines and dosage recommendations please see the following:

- [Getting COVID-19 vaccinated in New Hampshire](#)
- [Stay Up to Date with COVID-19 Vaccines | CDC](#)
- **Other CCSNH/NHTI COVID-19 policies**

COVID-19 Mitigation Measures

No single intervention will stop the spread of COVID-19, as infection or transmission of COVID-19 can occur vaccinated or unvaccinated even if they have no or few symptoms. Implementing multiple layers of mitigation measures in conjunction with high vaccination rate will be most effective at reducing COVID-19 spread.

Below is a list of available Non Pharmaceutical Interventions (NPI) that when are used in conjunction can reduce, but not eliminate COVID-19 spread. **The increase in NPI's used reduces transmission risk.**

The determination of when the implementation of various NPI's will be employed or withdrawn is based on conditions as determined through monitoring of local county increase/decrease in hospitalizations, deaths, wastewater monitoring, or at the direction of the CDC and or New Hampshire State and local health officials.

List of Non-Pharmaceutical Interventions (NPI)

COVID-19 Symptom Self-Monitoring /Screening

Monitor yourself daily for COVID-19 symptoms. If you have any of the listed symptoms of COVID-19, regardless if you are fully vaccinated or not, you must follow the COVID-19 reporting procedures. Many of these symptoms are consistent with other respiratory illnesses and the only way to determine if you have COVID-19 or not is through testing.

This list is not inclusive of all COVID-19 symptoms, but are the most common symptoms of COVID-19. Any of these symptoms are most likely to occur between 2-14 days from COVID-19 exposure.

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| • Fever or chills | • New loss of taste or smell |
| • Cough | • Sore throat |
| • Shortness of breath or difficulty breathing | • Congestion or runny nose |
| • Fatigue | • Nausea or vomiting |
| • Muscle or body aches | • Diarrhea |
| • Headache | |

Symptom and risk factor screening will be done in certain limited circumstances and by only specific staff:

- **Dental Clinic patients** as required for infection control protocols per CDC guidelines. This will be accomplished by Dental Clinic staff or students
- For persons identified as symptomatic with COVID-19 on campus and needing to be isolated from others. This will be

done by either Health Services and responding Campus Safety staff.

Wearing Masks of Face Masks/Coverings

The purpose of face masks/face coverings is to provide some protection to the person wearing the facemask, and prevent the spread of COVID-19 from the person wearing the facemask to others. This is most effective when done universally.

The wearing of facemasks is currently optional, except for the following situation:

- Once completing exclusion/isolation period up to day ten (10)
- For ten (10) days post exposure to a COVID-19 positive person

Masks **should not** be worn by:

- Children younger than 2 years' old
- Anyone who has trouble/difficulty breathing
- Anyone who is unconscious, incapacitated, or otherwise unable to remove the mask without assistance

The key to increased face mask/face covering effectiveness relies on universal, correct and consistent use. See the [Use Masks to Slow the Spread of COVID-19 \(cdc.gov\)](#) for more information on the correct usage of facemasks.

Physical Distancing

NHTI is currently conducting full in person classroom learning and activity environments and physical distancing is not be achievable in all spaces

As an option, to avoid this possible exposure, you may want to avoid crowded areas, or keep distance between yourself and others.

Physical distancing is especially important for [people who are at higher risk](#) for severe illness from COVID-19.

Ventilation

In conjunction with, or as an alternative to areas where social distancing is difficult increase ventilation to rooms/areas by bringing fresh air into and removing indoor air from a classroom. Understanding the efficiency of ventilation requires assessment of existing HVAC systems.

- Most buildings have HVAC systems that can mechanically replace indoor air in classrooms/other areas.
- Air filtration has been improved with iWave systems and replacement of air filters.
- Higher risk areas have had some increased air purification through air purifiers units.
- Where HVAC is unavailable/or to increase a rooms airflow:
 - Open windows to the room. Even partially opened windows can bring in beneficial air flow. Do this if safe to do so and weather permits. Ensure you close windows when leaving for the day
 - Place a fan in one of the windows to pull inside air to the outside.

Cohorting

Can establish cohorts/groups and avoid mixing of groups to limit number of people who may come in contact with each other.

Cohorting is more important when physical distance cannot or is difficult to maintain. Some examples where cohorting can be used: Athletic teams, labs where there are lab partners, programs where students have to work directly with each other in close contact, etc.

When there is substantial transmission or case cluster(s) outbreaks cohorting in smaller group sizes should be used. Group sizes ideally should be 10 persons or fewer.

Eliminate/limit the sharing of items. If items must be shared disinfect in between use.

Hand Hygiene and Respiratory Etiquette

Frequently wash hands with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

It's especially important to wash or sanitize one's hands:

- Before eating or preparing food, or touching your face

- After using the restroom, leaving a public place, blowing your nose, coughing, or sneezing, handling your mask, caring for someone sick, touching animals or pets

Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.

- Throw used tissues in the trash.
- Immediately wash your hands with soap or use hand sanitizer.

Cleaning and Disinfection

Cleaning, disinfection and other sanitation guidelines are contained in the cleaning, disinfection and sanitation for COVID-19 shall be based on current CDC guidelines: [When and How to Clean and Disinfect a Facility | Water, Sanitation, and Environmentally Related Hygiene | CDC](#)

Campus Community Expectations and Other Information

Everyone has a role to play in slowing the spread and protecting themselves, their family, and their community. There is the expectation that employees and students practice any public health measures that may be required while on campus.

For additional information on how COVID-19 is spread, how to protect yourself and other information please [click here](#) to access the information on the CDC website.

Failure to adhere to the required mitigation protocols outlined in this document may result in disciplinary actions through CCSNH employee workplace policies, or the NHTI Student Code of Conduct for students.

If you should have additional questions please contact the NHTI Campus Safety Department at [NHTI Campus Safety](#)

Information contained in this document was obtained from the U.S. Center for Disease Control and Preventions (CDC) and the New Hampshire Department of Health and Human Services (NHDHHS) websites.

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