



# Commitment to Shared Responsibility

*FALL 2022*

## **INTRODUCTION**

Choosing to be a member of the Sterling community means that each of us must be vigilant and persistent in protecting our own health, wellness, and each other, both on campus and in the greater community. By pledging my Commitment to Shared Responsibility, I will take responsibility for my own health, and the protection of others, and to help keep the Sterling community safe from the spread of COVID-19, monkeypox, and other infections as identified and instructed by the College.

I understand that COVID-19 and monkeypox protocols may continue to change as the world itself changes, and I will comply with all protocols as they evolve.

I understand that violations of the public health and safety protocols, including any future public health and safety directives from the College or other local, state, or federal officials, may result in my immediate removal from campus for the duration of the COVID-19 or public health crisis in addition to any sanctions assigned through the College's conduct policies and processes.

The Commitment to Shared Responsibility will be an addendum to our College's Policy of Dangerous and Disruptive Behavior. When behavior constitutes a serious disruption or danger to the living, working, or learning environment that the College seeks to create, the College may respond in a number of ways, from providing needed supplies and support to mediation, to separating the individual from the institution, if necessary.

I will take the necessary steps to protect myself and others, including the following:

## **PRE-CAMPUS ARRIVAL**

1. I understand that state-mandated public health guidelines and Sterling guidelines may continue to change as the COVID-19 pandemic continues to evolve globally, and I will follow these guidelines as they are communicated to me by Sterling's Student Life and Wellness team.
2. I will not come to campus if:



- I have any [COVID-19 symptoms](#) as defined by the CDC.
- I have tested positive for COVID-19 within the last 5 days.
- I have received a positive diagnosis for monkeypox within the last 4 weeks, or have any [symptoms of monkeypox](#).

### **POST-CAMPUS ARRIVAL - Testing, Contact Tracing, Health Monitoring**

I will comply with all COVID-19 and monkeypox protocols as directed by the College and/or local, state, or federal officials. **I understand that protocols may change as the pandemic situation itself changes, and I will comply with all protocols as they evolve.**

- I understand that, due to the public health emergency, COVID-19 test results will be shared with Sterling Wellness Center, the Vermont Department of Health, and other health-related agencies as necessary following strict HIPAA confidentiality guidelines.
- I will comply with all confidential contact tracing protocols as directed by the College, the Vermont Department of Health, or other local, state, or federal officials, including supplying the names and contact information of other individuals with whom I have been in recent, close contact to the contact tracer.
- I will monitor myself for COVID-19 and monkeypox symptoms at all times. In the event that I am sick with any illness, I will notify the Dean of Community. I will isolate in my dorm room (or in my off-campus residence, as applicable) until I receive further guidance from the Dean of Community or other appropriate health officials.

### **QUARANTINE AND ISOLATION**

- **If I experience any symptoms of illness**, or if I believe that I have been in **close contact** with someone who is positive for COVID-19 or monkeypox, regardless of my vaccination status, I will notify the Dean of Community. I will comply with all isolation, quarantine, and other procedures as directed by the College or other local, state, or federal officials, including requests to quarantine or isolate in my room or home to avoid exposing others, to undergo COVID-19 or monkeypox testing, and/or temporary transfer to isolation housing, and refraining from physical contact with others except to receive medical care.



- While in quarantine or isolation on campus, I will stay in my bedroom and will not leave that room for any reason except to use the bathroom or in case of a health or other emergency. When leaving my room to use the bathroom or in case of an emergency, I will wear a mask at all times (except for when personal grooming, shower, etc), and I will adhere to strict physical distancing requirements around others. I will have no visitors. I understand that meals will be delivered to me. When in quarantine or isolation, I will submit my daily symptom report directly to the Dean of Community.
- If I receive a positive COVID-19 or monkeypox test result at any time, I agree to follow all health directives from the College or other appropriate medical providers. I understand that I will be required to participate in contact tracing, symptom monitoring and reporting, and possible subsequent testing during the isolation period.
- If I receive a positive result for monkeypox, I will isolate for the [required](#) 2-4 weeks.

## **HYGIENE BEST PRACTICES**

- I will frequently and thoroughly maintain hygiene by regular hand washing, at least 20 seconds, with soap and warm water or using hand sanitizer when soap and water are not available.
- I will at all times avoid touching my face with my hands.
- I will not share utensils, glasses, pens or pencils, laptops, keyboards, microphones, toothbrushes, bedsheets, towels, or other similar personal products.
- I will monitor myself for sores and pustules.
- I will avoid skin-to-skin contact with any person showing symptoms of monkeypox.
- I will responsibly dispose of any sanitizing or disinfecting wipes and related materials.
- I will cover my mouth and nose with tissues or use the inside of my elbow when I cough or sneeze. I will throw all tissues in the trash and immediately wash my hands with soap and water or use hand sanitizer.
- I will keep my residential space clean and will clean shared spaces and surfaces before and after use (e.g., bathrooms, classroom tables and desks, and study spaces). I will use cleaning supplies provided by the College to clean shared spaces.
- **I will mask and/or stay home if I am unwell.**



## **UPDATED COMMUNITY HEALTH POLICY COVID-19 and Monkeypox Fall 2022, updated August 14, 2022**

### **Vaccines and Boosters**

Sterling strongly recommends all eligible community members become and remain [up-to-date](#) with all COVID-19 vaccines and boosters. Sterling also recommends all eligible community members obtain vaccination against monkeypox, as vaccines are made available.

### **Masking and Distancing and Self Monitoring**

Sterling will remain a mask friendly campus and members of our community are encouraged to continue using masks as a tool to prevent COVID-19. As we have previously, Sterling will continue to provide Kn95 masks for community members this semester. All community members are encouraged to self-assess for risk tolerance, and should be prepared to wear a mask when requested.

To assist in detection and management, the College has engaged a strategy of providing rapid antigen Covid-19 home tests to enable testing at the first sign of symptoms and for potential close contacts.

- All members of the Sterling community shall self-monitor for [symptoms consistent with COVID-19](#) at all times, and notify the Dean of Community (VT) or the Director of Student Life and Operations (KY) if they experience any sickness. All Sterling students reporting symptoms will quarantine in their dorm room (or in off-campus residence, as applicable) until receiving further guidance from the Dean of Community or other appropriate health officials.
- All members of the Sterling Community shall self-monitor for [symptoms consistent with monkeypox](#) at all times, and notify the Dean of Community (VT) or the Director of Student Life and Operations (KY) if they experience any sickness. All Sterling students reporting symptoms will isolate in their dorm room (or in off-campus residence, as applicable) until receiving further guidance from the Dean of Community or other appropriate health officials.



- All members of the Sterling community are encouraged to mask and physically distance while indoors in off-campus public places, such as the grocery store, or at off-campus gatherings.
- **Any employee may request that masks be worn in their office, classroom, lab, van, or other indoor or enclosed working space. All community members should remain prepared to wear a mask when requested.**

## **Symptoms and Positive Tests**

### **ANYONE who tests positive for COVID-19:**

- **Anyone, regardless of vaccination status, who tests positive for COVID, must isolate for 5 days starting at the date of the positive test. If symptoms develop, the isolation period may be extended.** Isolation can end on Day 6, if:
  - you have two negative antigen tests performed at least 24 hours apart beginning no earlier than day 4, AND,
  - symptoms have improved and you feel better, or you never had symptoms, AND,
  - you have had no fever for at least 24 hours without the use of medicine that reduces fevers, AND,
  - you wear a mask around others through day 10.

### **ANYONE with COVID-19 symptoms:**

- Any person regardless of vaccination status, who experiences symptoms consistent with COVID-19 should stay in their room or home if off-campus, self-quarantine, and contact the Dean of Community (VT) or Director of Student Life and Operations (KY), who will determine whether they should be tested with a rapid antigen test, PCR or LAMP test, or both.
- If tested, symptomatic residential students must stay in quarantine in their room with meals delivered until test results are obtained.
- If tested, symptomatic employees and commuter students must stay off campus until test results are obtained.

### **ANYONE who shows symptoms of or tests positive for monkeypox:**



- Any person who shows symptoms of or tests positive for monkeypox, will isolate for the [required](#) 2-4 weeks. This may result in a medical withdrawal, medical incomplete, and/or a move off campus.

## **Exposure, with no symptoms**

### **People with NO COVID-LIKE SYMPTOMS following exposure to someone with suspected or confirmed COVID-19:**

- Community members who have come into [close contact](#) with someone with COVID-19 should self-monitor closely for 14 days post-exposure for the development of any symptoms, and report symptoms immediately to the Dean of Community (VT) or Director of Student Life and Operations (KY). **Avoid being around people who are high-risk.**

### **People with NO MONKEYPOX-LIKE SYMPTOMS following exposure to someone with suspected or confirmed MONKEYPOX:**

- Community members who have come into [close contact](#) with someone with monkeypox should self-monitor closely for 21 days post-exposure for the development of any symptoms, and report symptoms immediately to the Dean of Community (VT) or Director of Student Life and Operations (KY). **Avoid being around people who are high-risk.**

Please be in touch with any questions. As always, THANK YOU for your care and consideration as we continue to navigate this world together.

In community and to our good health,  
Favor