From Mesabi Range College COVID-19 Notice
Mesabi Range College holds as paramount the health, safety and welfare of every member of its community. Mesabi Range College, however, cannot guarantee a COVID-19-free environment. Unfortunately, the risk of COVID-19 exposure exists in all public places where people are present. Mesabi Range College is taking all recommended steps to mitigate this risk, but we cannot categorically guarantee you will not get sick. Minimizing the risk of COVID-19 infections (or any other spread of disease) at Mesabi Range College is a shared responsibility.

How the Virus Is Spread
The virus that causes COVID-19 is a respiratory disease. The virus is expelled in droplets from an infected person when they cough, sneeze, sing, etc. The droplets can stay in the air for a few seconds before settling to the ground or surface. The trajectory of the droplets is usually within 6 feet.

Infection happens primarily when the droplets land on a person or get to a person’s mucous membranes (eyes, nose, and mouth). Infection is less common, but possible, when droplets are picked up from surfaces by hands and transferred to eyes, nose, and mouth via unwashed hands. Droplets will naturally die on surfaces within hours to days. (Minnesota Office of Higher Education “On and Off Campus Housing for COVID-19 in Higher Education” Information reviewed by the Minnesota Department of Health.)

Isolation or Quarantine?

**ISOLATION** is the separation of someone who is ill with (or has tested positive for) COVID-19, from the people who are not sick. Individuals must isolate until at least

- ✓ 10 days have passed since symptoms first appeared AND
- ✓ 24 hours with no fever without fever-reducing medication AND
- ✓ Symptoms have improved.

Isolation could last longer than 10 days if symptoms persist.

**QUARANTINE** is the separation of someone who has been exposed to a COVID-positive individual from those who are not sick or exposed in case the exposed person becomes sick or tests positive for COVID019. Individuals should quarantine for 14 days.
Scenarios: What Should You Do?

1. Roommate/partner/spouse/child is sick with symptoms consistent with COVID-19.

Under these conditions, you should encourage your roommate/partner/spouse/child to get tested. You should all self-quarantine until results are returned.

At this time, Essentia Health is not testing asymptomatic people unless they are part of a high risk group. You could try to get tested at Essentia, but there is no guarantee you would get one.

It would be best to call ahead to find out if they would test you. Essentia Health - 218-305-0201

2. You notice in yourself 1) a new or worsening cough, 2) new or worsening shortness of breath, 3) a fever/temperature of 100 degrees Fahrenheit or above, 4) chills, headache, sore throat, muscle pain, loss of taste or smell.

Under these conditions, you should go to Essentia Health- Virginia to be tested. Once tested, you need to quarantine yourself until you get the results of your test.

If you test positive for COVID-19, you should self-isolate until 1) at least 10 days have passed since symptoms first appeared, 2) 24 hours have passed with no fever, without fever-reducing medication, AND 3) symptoms have improved.

Housing residents should contact Jon (218) 410-0974. He will help you relocate to isolation.

Then, contact your advisor. Your advisor will contact your instructors. As you are able, continue to check into your courses and complete course work so that you won’t be too far behind when you can return to campus.

3. You learn that a classmate of yours has tested positive for COVID.

Contact your advisor to see if conditions require you to quarantine.

Continue to monitor and self-assess your health.

COVID-19 Symptoms:
- New or worsening cough
- New or worsening shortness of breath
- Fever/temperature of 100 degrees Fahrenheit or above
- Two or more of the following symptoms:
  - Chills
  - Headache
  - Sore throat
  - Muscle pain
  - Loss of taste or smell
  - Fatigue
  - Congestion
  - Nausea
  - Vomiting
  - Diarrhea
4. **Roommate/partner/spouse/child** shares that a friend of his/hers with whom he/she has been in contact has tested positive for COVID-19.

If the contact with the COVID-positive person was for more than 15 minutes and within 6 feet, you should quarantine for 14 days and monitor yourself for the symptoms listed above.

If symptoms develop, seek testing.

### Planning for Isolation or Quarantine

1. **Is testing an option?**

   At this time, Essentia Health-Virginia is testing only those individuals reporting symptoms consistent with the COVID-19 virus.

2. **(Housing residents) Is going home an option?**

   Public transportation for anyone with COVID-19 symptoms or a positive COVID-19 test is prohibited. If you live within a three-hour drive from campus and someone can come to get you from housing, that would be our first recommendation.

3. **(Housing residents) What do I do if I can’t get home?**

   If you are unable to isolate at home, we have set aside 2 units for isolation.

   Resident should contact Jon (218-410-0974). Jon will begin preparations to move the student to isolation.

   Resident should contact his/her advisor.

   Resident will be moved to an isolation unit.

   Roommates will be notified and provided information on how to quarantine and for how long.

   Roommates will contact their advisor.

4. **Who should you notify?**

   1. Your doctor – (Housing residents) DRL (Jon) at 218-410-0974
   2. Family
   3. Advisor
   4. Instructors
5. (Housing residents) What do you need to have ready to go into isolation?

During the time a resident is isolating or under quarantine, the DRL will be available to run errands for food, soap, etc. It is for this reason, we recommend residents purchase a pre-paid credit care to cover those expenses.

In addition to that, we recommend you prepare a “Go Bag” with some essential items:
- Any prescription medications
- Self-care medications (fever/pain reducers, lozenges for sore throats, cough medication, etc.)
- Digital thermometer
- Comfortable clothes
- Hygiene supplies: shampoo, soap, toothbrush, toothpaste, toilet paper, feminine products, etc.
- Phone charger
- Face coverings
- Food: snacks, water, etc.

See MRC Housing webpage for link to “Isolation Go Bag Suggestions” for the complete list.

All students, be sure to keep in touch with your advisor and instructors as you are able. If you are quarantined, you will be expected to keep up with your courses and work assigned during that time.