

Keeping Our Community Healthy Returning Student Tutorial

August 2020

Introduction

This is an extraordinary time that has necessitated extraordinary measures. Thank you for all that you are doing to keep our community healthy and safe. We look forward to the new academic year and providing exciting virtual and hybrid learning and community building opportunities.

To assist you with your transition back to campus, this tutorial shares key information and expectations that we must all follow as members of the Columbia community to prevent the spread of COVID-19 and keep our community healthy. These requirements reflect our shared commitment to community citizenship at Columbia, which is our shared responsibility to cultivating inclusion, student well-being and sexual respect. All of these are core community values.

This tutorial should take about 5–7 minutes to complete. At the end of the tutorial, you'll need to answer all questions as part of a review. Also, the resources named throughout this tutorial can be found on the [University's COVID-19 website](#). We also encourage you to review the [University Life website](#) for additional information regarding important student updates, virtual events, programs and resources.

Thank you for your care and support of our collective well-being.

Health and Safety

Your health and safety and that of all our community members are a top priority at Columbia. COVID-19 has brought new challenges for us to address and new opportunities to exercise our commitment to our collective well-being through our rigorous commitments to knowledge and research.

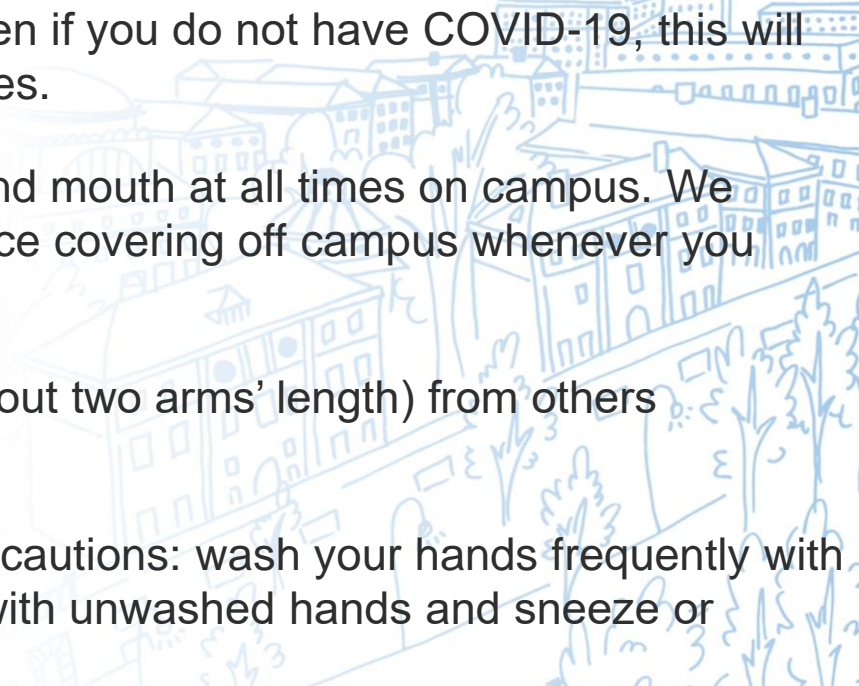
The policies and practices in this tutorial have been developed by Columbia's public health and medical experts, along with other national and global public health authorities. They are designed to protect you and those around you, and they are important for you to know whether or not you are physically on campus.

Our community's health ethos builds on these policies and practices, and each of us has a responsibility to contribute to it, in partnership with other students, faculty and staff.

This is about our values – how we look out for each other, including Columbia's staff and faculty and our neighbors in New York City and around the world. **Because there's one thing we know for sure: Our individual actions are important to our collective well-being.**

Keeping Our Community Healthy During COVID-19: Introduction

Here's what is required for everyone on Columbia's campuses and what we also strongly recommend for you off campus:

1. Stay home if you aren't feeling well. Even if you do not have COVID-19, this will help prevent the spread of other illnesses.
 2. Wear a face covering over your nose and mouth at all times on campus. We strongly encourage you to wear your face covering off campus whenever you cannot keep apart from others.
 3. Keep a physical distance of six feet (about two arms' length) from others whenever possible.
 4. Follow personal health and hygiene precautions: wash your hands frequently with soap and water, don't touch your face with unwashed hands and sneeze or cough into your elbow.
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Keeping Our Community Healthy During COVID-19: CDC Guidelines on Face Coverings

According to the U.S. Centers for Disease Control and Prevention (CDC), face coverings should:

- fit snugly but comfortably against the front and sides of the face, covering the nose and mouth.
- be secured in place with ties or ear loops.
- be more than one layer of fabric.
- allow you to breathe without excessive restriction.
- be washed regularly, if they are reusable, and machine dried. If your face covering is damaged or changes shape, get a new one.

You can make your own or purchase them in a variety of colors and styles to fit your personality or occasion.

Keeping Our Community Healthy During COVID-19: Essential Prevention Hygiene

We have all heard a lot about the importance of frequent handwashing; coughing/sneezing into your elbow; sanitizing high-touch surfaces; avoiding touching your face with unwashed hands; waving instead of shaking hands and not sharing food or drink.

These truly make a difference, not only for your own health but also for the well-being of everyone you interact with. Many of these are habits that we form and may take a little practice to bring fully into our daily routine.

Keeping our community healthy is also being aware of our biases and stigmas, including as they relate to the pandemic. You can read about the importance of strengthening our campus community [here](#).

Working together, we can help stop the spread of COVID-19.

Keeping Our Community Healthy During COVID-19: Keeping Your Distance

Keeping your distance is essential for supporting the health and safety of everyone in our community, including our neighbors. And, if you're on campus, this is a requirement for everyone. This means:

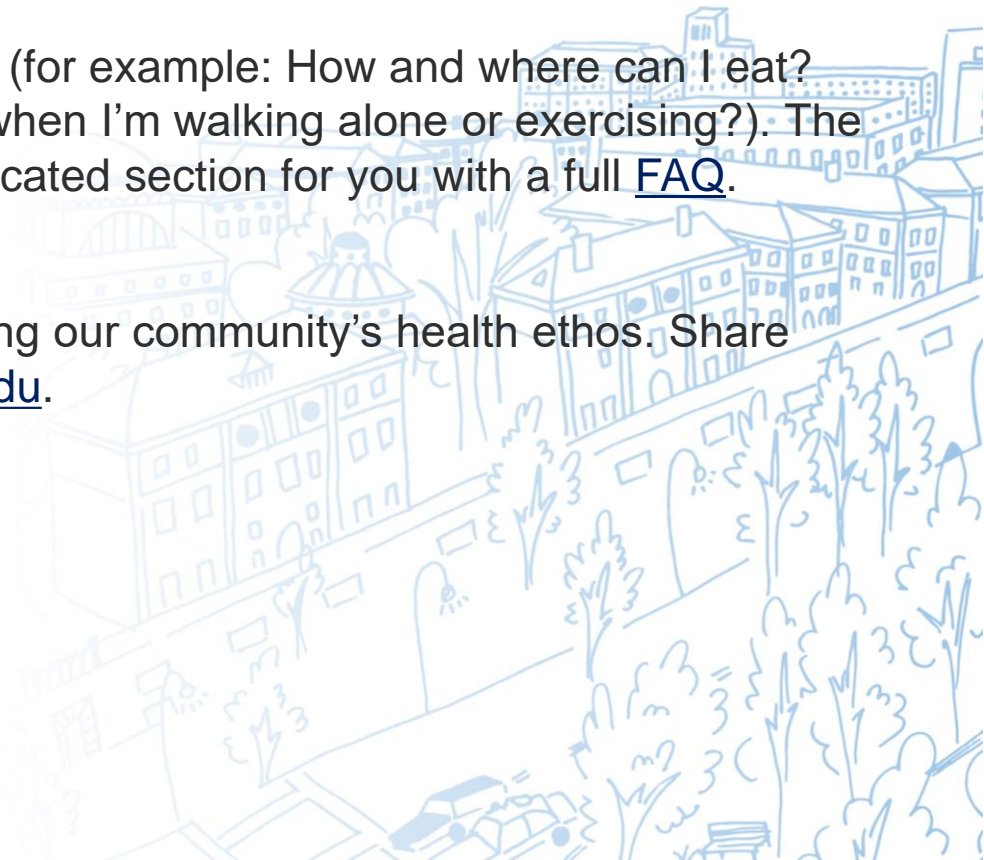
- Stay at least six feet (about two arms' length) from other people whenever possible
- Follow the signs on campus – they'll tell you how many people can be in a room, an elevator, a restroom and, in some places, which door to use and which direction to go in

Whether you're off campus some or all of the time this fall, we also strongly encourage you to stay out of crowded places and avoid mass gatherings. This is based on guidance from the CDC and Columbia's experts.

Keeping Our Community Healthy During COVID-19: Keeping Your Distance (con't)

You might have questions about all of this (for example: How and where can I eat? Should I keep my face covering on even when I'm walking alone or exercising?). The [University's COVID-19 website](#) has a dedicated section for you with a full [FAQ](#). Please check it out!

You might also have ideas for strengthening our community's health ethos. Share them with us at universitylife@columbia.edu.



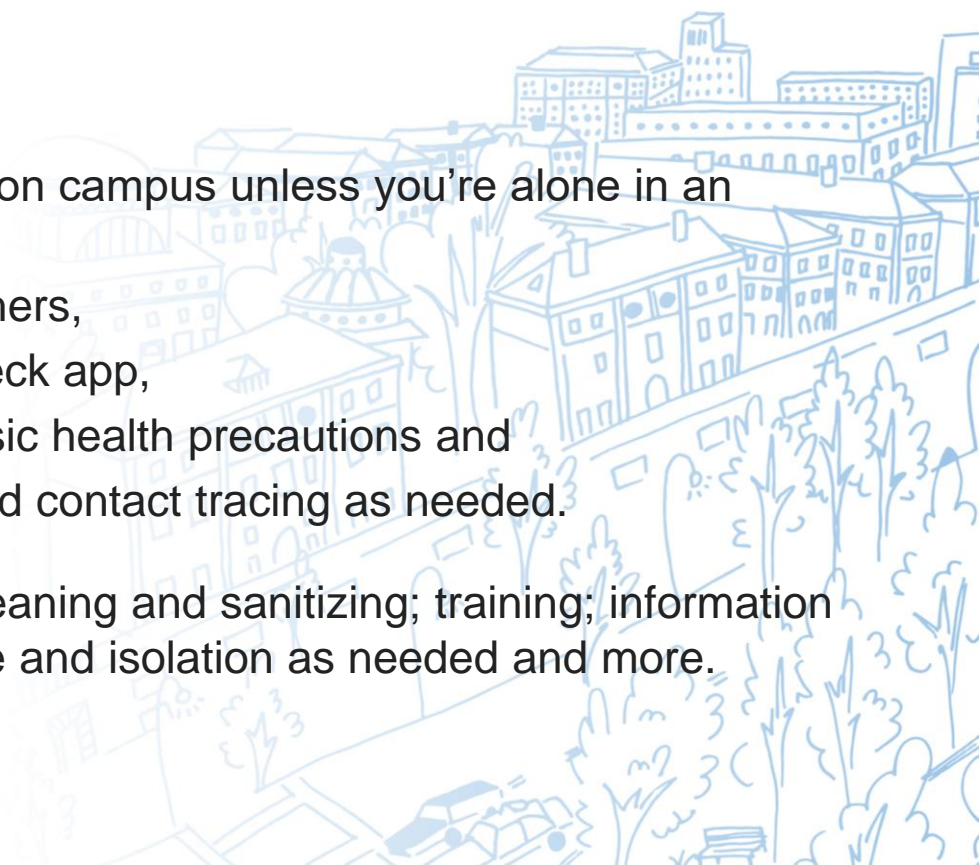
Columbia Community Health Compact

Everyone who comes to campus this year – students, faculty and staff – will sign the Columbia Community Health Compact. This Compact includes our individual commitments to the University’s enhanced campus health policy and the University’s commitments to all of us.

This includes your commitment to:

- wearing a face covering at all times on campus unless you’re alone in an enclosed room with the door closed,
- keeping a physical distance from others,
- completing a daily symptom self-check app,
- following signage, guidance and basic health precautions and
- participating in COVID-19 testing and contact tracing as needed.

The University is committed to rigorous cleaning and sanitizing; training; information sharing; support for testing and quarantine and isolation as needed and more.



Columbia Community Health Compact (con't)

If you're on campus, you'll also receive two reusable Columbia face coverings to show your Columbia spirit and your commitment to the Compact.

As President Bollinger has expressed, the Compact *reflects the extraordinary degree to which we are dependent on each other to remain healthy and to be together in person as a University community.*

This won't always be easy, but it is so important. Thank you for partnering with us to keep our community healthy.



COVID-19 Testing on Campus

As a part of the Compact, everyone – including all students – who comes to campus this fall will have a mandatory COVID-19 test on campus.

This is one important part of keeping our community healthy. Another part of reducing transmission is diagnostic testing, through our Columbia University Testing Program.

The on-campus testing requirement applies to everyone. Even if you've had a COVID-19 or antibody test before coming to campus, you'll need to have a new test when you arrive.

If you are coming to campus this fall, you'll receive more detailed information about testing, including Columbia's approach to ongoing testing.

And whether you are on or off campus this fall, the [University's COVID-19 website](#) is an excellent place for you to learn about COVID-19 transmission, testing, research and more.

Resources for You

While these have been extraordinarily difficult times, you have shown thoughtfulness and care navigating through these challenges. The University continues to be here to support you, and we encourage you to make use of the following resources whenever you may need them.

Easy-Access Medical and Mental Health Contact Information

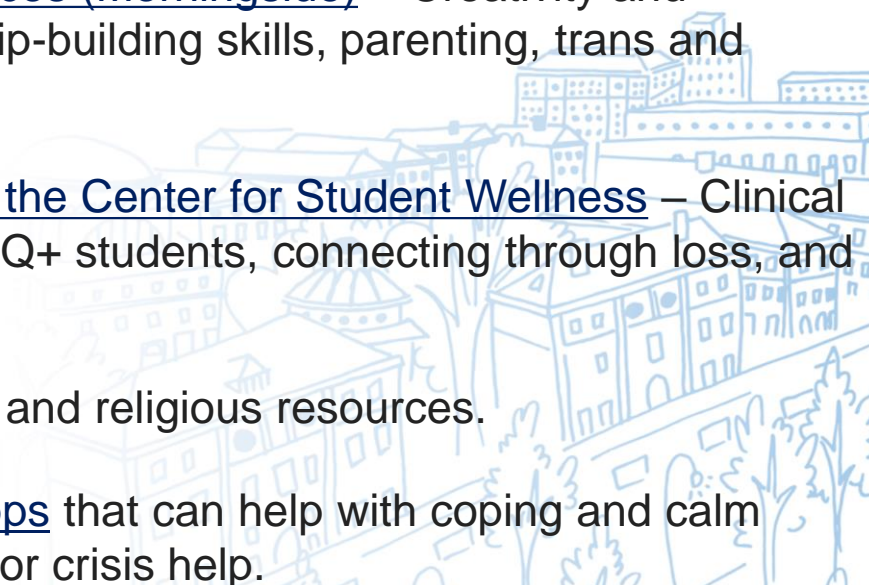
- To reach a medical professional, call 212-854-7426 (Morningside) or 212-305-3400 (CUIMC).
- To reach a mental health professional, call 212-854-2878 (Morningside) or 212-305-3400 (CUIMC).

Information About COVID-19

- [Columbia's COVID-19 website](#) provides updates, information and resources for the Columbia community.
- [University Life's Student Resources on COVID-19](#) with information on virtual events and activities, resources and volunteer opportunities.

Resources for You (con't)

Virtual Support Groups and Workshops – Counseling, Student Wellness and Religious Life

- [Counseling and Psychological Services \(Morningside\)](#) – Creativity and resilience, body positivity, relationship-building skills, parenting, trans and queer self space, and much more.
 - [CUIMC Mental Health Services and the Center for Student Wellness](#) – Clinical work in the age of COVID-19, LGBTQ+ students, connecting through loss, and much more.
 - [Religious Life](#) – Spiritual counseling and religious resources.
 - Columbia Health lists [free mobile apps](#) that can help with coping and calm and [national hotlines](#) and text lines for crisis help.
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Questions (Please Review All 4 Questions)

What are Columbia's recommendations to prevent the spread of COVID-19?

- A. Stay at home if you feel unwell
- B. Wear a face covering in public
- C. Stay at least six feet away from others
- D. All of the above



Correct Answer

What are Columbia's recommendations to prevent the spread of COVID-19?

- A. Stay at home if you feel unwell
- B. Wear a face covering in public
- C. Stay at least six feet away from others
- D. **All of the above** (D is correct – all of these are required to be on campus.)



Question 2


What is required of all students, faculty and staff as part of the Columbia Community Health Compact whenever they are on campus (inside buildings and outdoors)?

- A. Wear a face covering at all times on campus unless you're alone in an enclosed room with the door closed
- B. Keep a physical distance from others
- C. Complete a daily symptom self-check app
- D. Follow signage, guidance and basic health precautions
- E. Participate in COVID-19 testing and contact tracing as needed
- F. All of the above



Correct Answer

What is required of all students, faculty and staff as part of the Columbia Community Health Compact whenever they are on campus (inside buildings and outdoors)?

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Question 3

Will Columbia accept COVID-19 test results from an off-campus provider to meet Columbia's mandatory COVID-19 testing requirement?

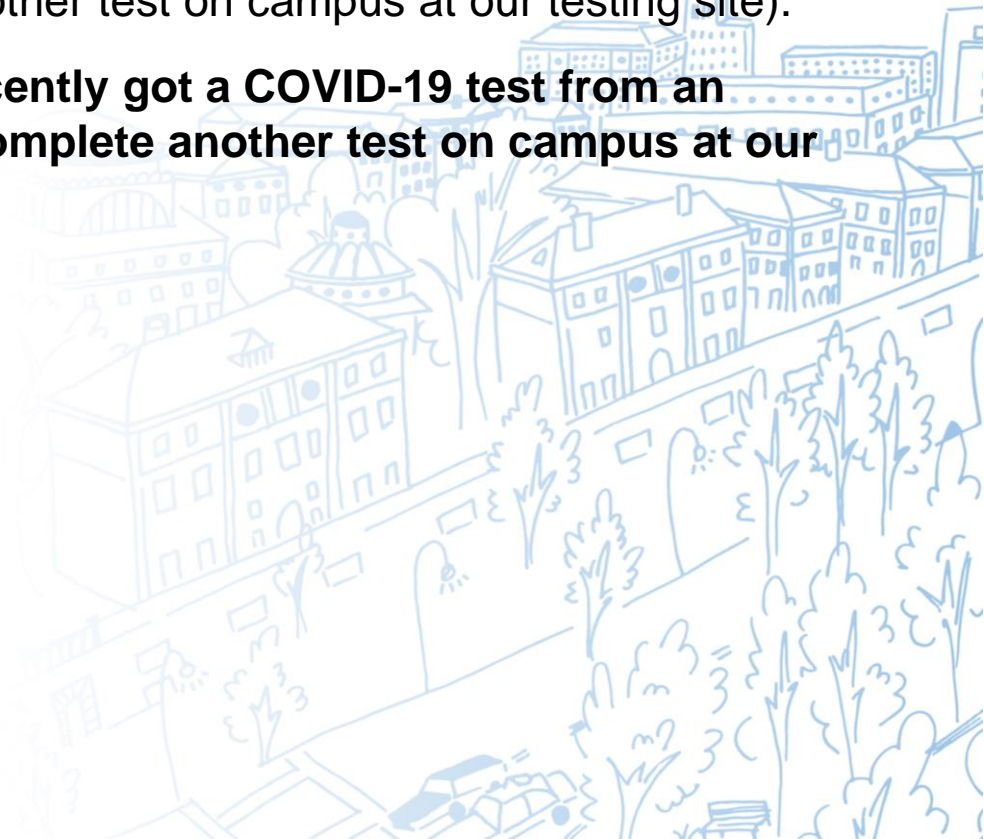
- A. True
- B. False



Correct Answer

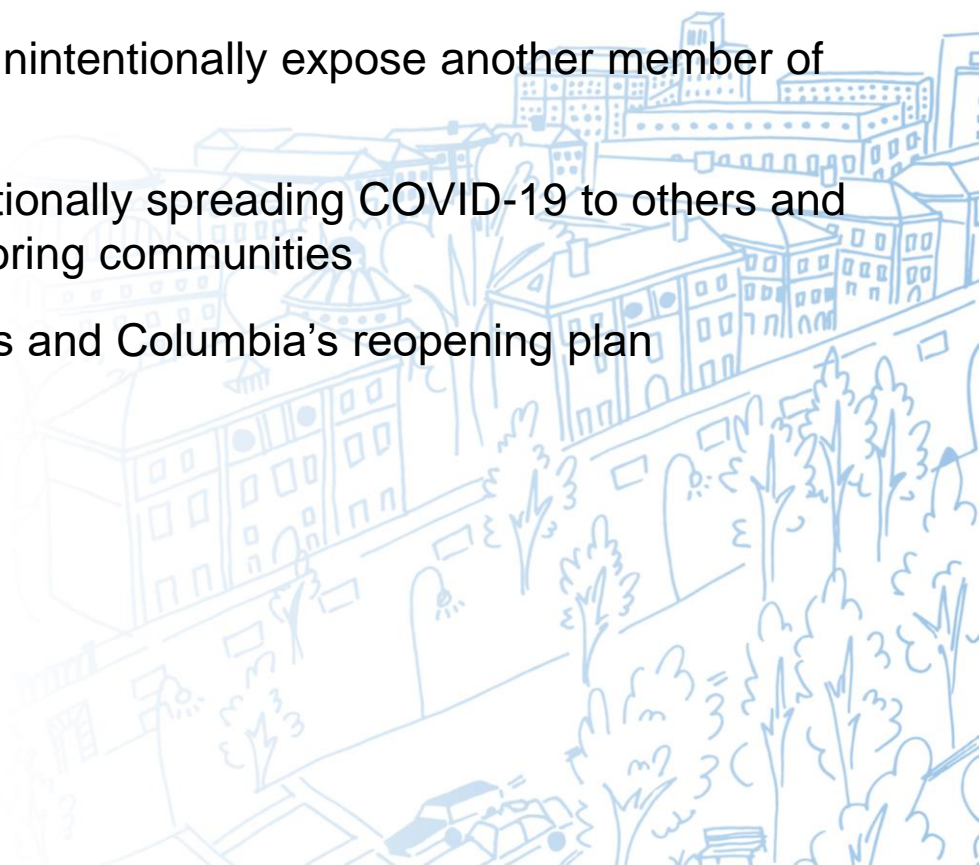
Will Columbia accept COVID-19 test results from an off-campus provider to meet Columbia's mandatory COVID-19 testing requirement?

- A. True (Incorrect. Even if you recently got a COVID-19 test from an external provider, you must complete another test on campus at our testing site).
- B. **False** (Correct. Even if you recently got a COVID-19 test from an external provider, you must complete another test on campus at our testing site).



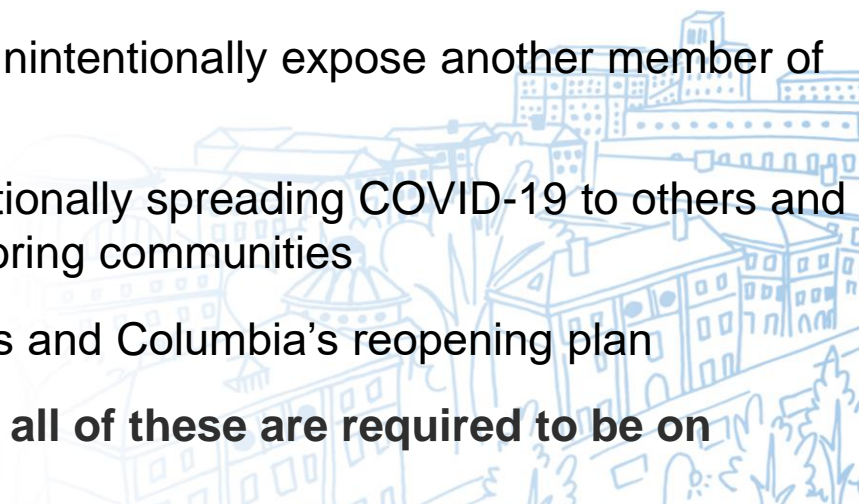
Question 4

Why is it so important to work together to follow the Columbia Community Health Compact?

- A. To minimize your risk of COVID-19 exposure
 - B. To reduce the chance you may unintentionally expose another member of our community to COVID-19
 - C. To minimize the risk of unintentionally spreading COVID-19 to others and negatively impacting our neighboring communities
 - D. To maintain University operations and Columbia's reopening plan
 - E. All of the above
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Correct Answer

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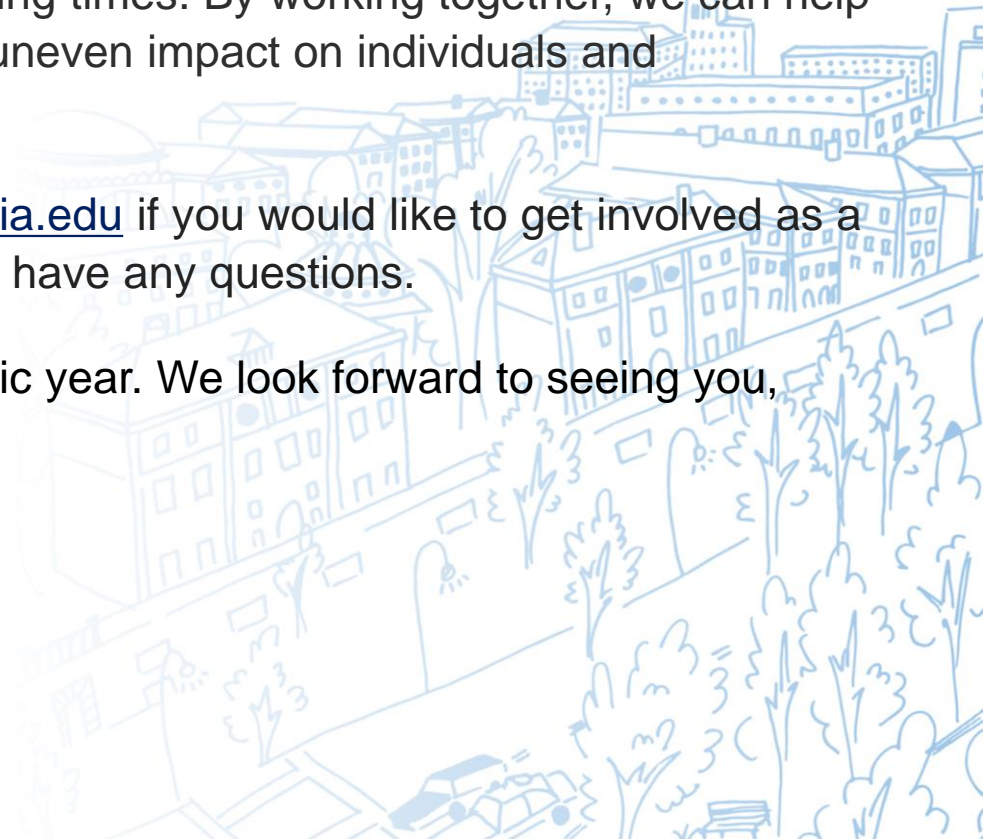
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 - E. **All of the above** (E is correct – all of these are required to be on campus.)
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Thank You for Completing the Tutorial

You have completed the Columbia Keeping Our Community Healthy Tutorial. Thank you for your commitment to taking the needed precautions to care for yourself, as well as your friends, classmates, professors, essential staff and our community neighbors. We realize these are challenging times. By working together, we can help prevent the spread of COVID-19 and its uneven impact on individuals and communities.

Please email us at universitylife@columbia.edu if you would like to get involved as a student ambassador in this work or if you have any questions.

Again, welcome back to the new academic year. We look forward to seeing you, whether in person or online.



Thank You