Muhlenberg College is committed to supporting our students academically and personally when their daily experience becomes interrupted by the COVID-19 virus.

While we have staff available to assist you with individual needs and your faculty are prepared to work with you regarding your academic concerns, this guide is intended to serve as a quick resource for you before or during a necessary isolation or quarantine period.
**WHAT YOU NEED TO KNOW**

**Vaccination**

Vaccination continues to be the best mitigation strategy to protect against serious illness if one contracts COVID. For this reason, COVID vaccinations will continue to be required for students and employees. Students who need to submit or update their vaccination information should contact Health Services; employees should contact Human Resources.

We are aware that both Pfizer and Moderna are developing new COVID-19 vaccine boosters, targeting the prevalent Omicron strains of the virus. The new boosters are expected to roll out across the U.S. in September. We will continue to monitor any progress on the production of, availability of and eligibility for these boosters and notify the community so that those who wish to pursue additional precautionary protections may do so.

**Testing**

The current dominant variant is highly contagious and can spread quickly. Monitoring your health, getting tested when you experience symptoms (even if those symptoms are mild) and isolating if you receive a positive test result will be critical for minimizing the spread of COVID as we return to community living.

**Student Testing**

> **Pre-arrival Testing for Students:** The College does not require, but strongly recommends, that all students (except those who have tested positive within the past 90 days) be tested for COVID-19 as close to the time of departure for campus as possible (testing to occur no more than 3 days before their arrival to campus). Students who test positive must upload their test result (with name and test date included on the image) to their health portal and complete their isolation before returning to campus. Students who test negative should NOT report test results. Please do not return to campus if you are experiencing any symptoms, even if you have tested negative with an over-the-counter antigen test.

> **Symptomatic Testing:** Health Services will continue to provide testing for symptomatic students. Students are also strongly encouraged to bring their own supply of over-the-counter COVID tests for their personal use. If you are experiencing symptoms, immediately get tested and follow the appropriate isolation protocol if you test positive.

> **Reporting test results:** For students, regardless of where a student tests positive (at home, urgent care center, etc.) or where a student lives (on campus, off campus or commuter), all students who test positive for COVID must report their test result to Health Services. Employees must report their positive test result to Human Resources. Reporting your COVID case will be vital for ensuring everyone receives the necessary support services.

> As supplies last, over-the-counter COVID tests remain available at the Health Center and the Seegers Union information desk.

**Faculty & Staff Testing**

> As supplies last, over-the-counter COVID tests remain available through Human Resources (Mon-Fri 8:30 a.m.-4:30 p.m.). Free tests are also available through the U.S. Postal Service (up to 8 per household). [Click here to order your free tests](#). You may also purchase OTC COVID tests at local pharmacies, grocery stores and online stores.

> Weekly surveillance testing for faculty & staff who are not fully vaccinated is no longer necessary.

**Masking**

Muhlenberg remains a mask-supportive and mask-friendly community. Masks are OPTIONAL in most spaces for everyone who is asymptomatic, regardless of vaccination status. Everyone should feel completely free and comfortable to continue wearing a mask wherever they choose based on their own personal preference and informed by their personal level of risk. In addition, everyone should be mindful of others’ potential risk and comfort levels. In a mask-optional environment, we must be respectful of others’ personal decision to wear or to not wear a mask.

Our COVID masking gives faculty and staff discretion over the masking requirements within their own classroom and office spaces and students discretion to require masks in their private residence hall spaces. In addition, event sponsors have discretion over the masking requirement for their particular activity or event. Failure to abide by these more specific masking requirements in classrooms, private offices, residential spaces or at events that require masks is a violation of our COVID policy and will be addressed when reported to the Dean of Students Office or Human Resources.

Visitors to campus are required to adhere to the same policies in place for campus community members.

Masks (preferably KN95 or N95) will continue to be required for individuals with symptoms, a positive test or exposure to someone with COVID. Masks will also continue to be required in Health Services.
Student Isolation

Most residential students who test positive for COVID will remain in their assigned on-campus residence for the duration of their required isolation period, unless their roommate (or suitemate) indicates that they are at high risk for severe COVID symptoms. Students are best able to recover comfortably in their assigned rooms, and staying in place is appropriate for all but the small subset of students whose roommates may have a significantly elevated risk profile. In these cases, students may be relocated for the duration of the isolation period by contacting Health Services.

Students isolating in their residence will be required to follow CDC guidelines and practices that reduce exposure to their roommates and others. This includes wearing a high-quality and well-fitted mask (such as KN95). COVID-positive students may also choose to complete their isolation period elsewhere if they are able to travel by private vehicle.

While in isolation, students may order meals/groceries from food-delivery services or they may have roommates, housemates or suitemates take their ID to the dining hall and pick up a to-go meal to bring back to the residence hall. The College will not be offering meal-delivery services. If necessary, there will be a designated location where students can order online and pick up their meals on campus while remaining masked.

Faculty & Staff Isolation

As always, employees who do not feel well should not come to work. Employees with COVID symptoms should stay home, away from others, and take a COVID test. If the test is negative and symptoms persist, employees should stay home and test again in 24-48 hours. If a second test is negative, employees are encouraged to remain home while unwell, wear a facemask while symptoms persist and consult with a health care provider. If at any point your COVID test is positive, contact your health care provider to discuss available treatment options and contact Human Resources (484-664-3165 or hr@muhlenberg.edu).

In addition to contacting HR, employees who test positive must isolate (regardless of vaccination status) and adhere to the following:

» Days 0-5: The employee must stay home from work and isolate. Day 0 is the onset of symptoms or test date if no symptoms.

» On Day 8: The employee may return to work if symptoms are resolving and the employee remains fever free for 24 hours without the use of fever reducing medicine. If symptoms are not improving and/or fever is still present, the employee should continue to stay home until 24 hours after their fever stops without fever reducing medicine and symptoms have improved.

» Upon return to work and through Day 10: Employees must wear a well-fitting mask, such as KN95, at all times (except while actively eating/drinking) for a full 10 days after their test date or onset of symptoms. Employees must also utilize to-go dining if eating on campus for a full 10 days after their test date or onset of symptoms and should not eat in social settings with other people.

Contact Tracing

With the rapid transmission of COVID, timeliness of close-contact notification is important. The College will provide guidance directly to COVID-positive individuals and instruct them how to notify close contacts as soon as possible. By sharing with COVID-positive individuals how they can notify close contacts, this process can occur immediately after receiving a positive test result. Human Resources remains available to assist faculty and staff with contact tracing, as needed.

Campus Communication

Because the College is not conducting surveillance testing, we will no longer publish a community dashboard. The College will continue to internally track reported cases of COVID and will notify the community if we experience a significant increase of cases during the semester.

Our response team will meet regularly to monitor campus and local indicators and, as appropriate, make protocol recommendations to senior staff. If there is a significant spike on campus, we will adjust protocols accordingly. Similarly, we may reintroduce additional risk-mitigation strategies in response to higher community levels of COVID-19 in Lehigh County. All changes will be communicated in a timely manner to the College community.

Other Public Health Risks

The College is also closely monitoring the development of monkeypox cases in the U.S. and around the world. Although this infectious disease was recently declared a global health emergency by the World Health Organization and a national health emergency by the United States, monkeypox is still relatively uncommon and does not spread as easily or quickly as contagious respiratory illnesses like COVID-19 or the flu. Unlike COVID-19, monkeypox is spread mainly through very close personal contact, including sexual intimacy. Learn more about monkeypox and prevention methods on the CDC website.

At this time, the risk to the greater campus community remains low. Nevertheless, the College is prepared for the possibility of monkeypox cases on campus. We will continue to keep our community informed on this and other potential public health risks. Please review information about the College’s monkeypox response and protocols.
**MAINTAIN YOUR HEALTH**

**Best Health Practices**

As we come together as a residential learning community for the beginning of a new academic year, it is important that we all remain vigilant about best health practices to avoid getting sick and spreading infection to others. Here are a few quick tips:

- Get your COVID-19 booster if eligible and stay up-to-date with vaccinations as they become available and you are eligible.

- Students should get tested before your return to campus this fall semester.

- Monitor yourself for symptoms. Isolate yourself and test if you are ill or experiencing symptoms.

- Wear a mask following close contact with a COVID-positive individual.

- Use a rapid antigen test before and after attending large gatherings or traveling.

- Wash your hands regularly and take care of your mind and body (healthy diet and physical activity, adequate sleep). Make use of Muhlenberg’s health and wellness resources.

- Stay aware of the prevalence of illness in your social networks and take proper precautions.

**Important Contacts**

For specific questions, you may contact the following offices:

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<tr>
<th>Health Services</th>
<th>484-664-3199</th>
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<tr>
<td></td>
<td><a href="mailto:healthservices@muhlenberg.edu">healthservices@muhlenberg.edu</a></td>
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<tr>
<td>Counseling Services</td>
<td>484-664-3178</td>
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<td></td>
<td><a href="mailto:counselingservices@muhlenberg.edu">counselingservices@muhlenberg.edu</a></td>
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<tr>
<td>Dean of Students</td>
<td>484-664-3182</td>
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<td></td>
<td><a href="mailto:deans@muhlenberg.edu">deans@muhlenberg.edu</a></td>
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<tr>
<td>Office of the Provost</td>
<td>484-664-3134</td>
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<td><a href="mailto:provosts_office@muhlenberg.edu">provosts_office@muhlenberg.edu</a></td>
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<td>Housing &amp; Residence Life</td>
<td>484-664-3180</td>
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<td><a href="mailto:housing@muhlenberg.edu">housing@muhlenberg.edu</a></td>
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<td>Human Resources</td>
<td>484-664-3165</td>
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<td><a href="mailto:hr@muhlenberg.edu">hr@muhlenberg.edu</a></td>
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<td>Global Education</td>
<td>484-664-3479</td>
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<td><a href="mailto:studyabroad@muhlenberg.edu">studyabroad@muhlenberg.edu</a></td>
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<td>International Student Support</td>
<td>484-664-3448</td>
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<td><a href="mailto:oiss@muhlenberg.edu">oiss@muhlenberg.edu</a></td>
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<td>Campus Safety</td>
<td>484-664-3112</td>
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