

Allegany College of Maryland
COVID COMMAND TEAM

Covid-19 Concern, Self-Check (Students)

Students must conduct symptom monitoring checks every day before coming to campus. You must self-assess for Covid symptoms. Prior to coming to campus each day, complete your symptom monitoring. Per the Maryland Department of Health and Maryland State Department of Education:

If you have **one** symptom from this list, you may not be on campus:

- Fever of 100.4 or higher
- Difficulty breathing
- Cough
- Sore throat
- Severe Headache (esp. with fever)
- Diarrhea or vomiting
- New loss of taste/smell

You should promptly contact your doctor and/or get a Covid test.

Stay home; contact your supervisor; and report your illness to the designated College intake official.

For persons with chronic conditions such as asthma, the symptoms should represent a change from baseline (ie., is what you feel today different or worse?) Any person who has other, unlisted symptoms and who has concerns that the symptoms could be Covid-related should act accordingly and follow all precautions.

If you are experiencing COVID-19 symptoms, you are NOT cleared to be on campus. Stay home, contact your instructors, and report your illness to

- Cheryl Nelson (if Allied Health program – cnelson@allegany.edu),
- Tommie Reams (if student-athlete – treams@allegany.edu),
- Leah Pepple (if Bedford Campus student – lpepple@allegany.edu)
- Renee Conner (all other students – rconner@allegany.edu).

Then...

- (1) Monitor your email, answer any calls, and follow all directions.
- (2) You may need to quarantine until cleared by your doctor, public health official, or college official.

If you are feeling sick but don't meet the criteria above TODAY, stay home until you feel better and all symptoms are gone. See your doctor and monitor your symptoms for any changes or new/additional symptoms. If you get worse or meet the criteria above, then follow those directions.

Never come to campus if you do not feel well or if you have been exposed to Covid.

Remember that you MUST complete the attestation before attending each class or visiting campus offices/using College services.

Sample Attestation: By signing below, I attest that I am asymptomatic, have not tested positive for Covid, have not been exposed to anyone who has or is suspected to have COVID-19, and have complied with any travel/quarantine restrictions. If I have previously tested positive for Covid or been in quarantine, I have been cleared by a member of the Covid Command Team to be on campus.

Your attestation must be a true and accurate statement. Any false attestations could prompt disciplinary action. Coming to campus if you are sick or have been exposed to Covid could prompt disciplinary action.

****For the most up to date information on coronavirus symptoms, please visit:**
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>