



*Make a Plan. Keep Informed.*

# COVID-19 COMPACT

for Students  
Returning to Campus

Although things are getting better, the global COVID-19 Pandemic has NOT been eradicated. Public health officials at all levels have recommended actions designed to keep our campus and community healthy, reduce exposure to COVID-19 and slow the virus' spread. **Please review and acknowledge our current campus COVID-19 Guidelines at <https://elearning.tamui.edu>**

These Guidelines provide steps to prevent COVID-19, instructions for what you should do if you have or suspect COVID-19 exposure, and suggestions to help you create a return to campus plan that protects your health and that of all Dustdevils. You should base the details of your plan on your needs, daily routine and personal circumstances.

## DEFINITIONS

**CDC** - Centers for Disease Control and Prevention.

**Face-covering** - cloth face-covering, surgical mask, etc. which helps slow the spread of COVID-19 by covering mouth and nose.

**Physical** - (Social) distancing - keeping your distance from other people outside of your home, especially if you or they are not wearing a face covering.

**Quarantine** - separating and restricting movement of individuals who might have been exposed to a COVID-19 positive individual. It is not necessary to quarantine if you have been **fully** vaccinated.

**Self-isolation** - separation and restricting movement of COVID-19 positive individuals.

**Fully vaccinated** - Two (2) weeks after an individual's second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or two (2) weeks after a single dose vaccine, such as the Johnson & Johnson's Janssen vaccine or other COVID-19 vaccines authorized for emergency use by the World Health Organization (e.g. AstraZeneca/Oxford).

STAY INFORMED AND IN TOUCH

TAMIU will officially communicate with students through their TAMIU Dusty email account. It is your responsibility to check your official Dusty email account for University-related communications on a frequent and consistent basis.

Sign up for DustyALRT at <https://dustyalrt.tamui.edu/welcome.aspx>

DustyALRT is universal notification system that allows students, faculty and staff to be notified via text message or email in the event of a campus emergency or closure.

The University recommends:

- Check your Dusty email at least once per day.
- Visit the resources available for you at:

<https://www.tamui.edu/coronavirus/>

TAMIU Social Media @txamui



# CREATE A PLAN OF ACTION

You should begin making a plan now prior to coming to campus. Waiting until you (or someone you know) have been exposed to or contracted COVID-19 can add to uneasiness and stress. Discuss your plan with family, roommates, and friends. If you change your plan, make sure to communicate the change with everyone. **Print this page and fill in the blanks.**

## Emergency Contact List

Create an emergency contact list of family, friends, health care providers, faculty, advisors, employers, and other community resources. Update your emergency contact on the Student Portal through [UCONNECT.tamui.edu](https://UCONNECT.tamui.edu) if changes are necessary.

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## Preferred Health Care Provider

Know how to contact your preferred health care provider. Student Health Services (SHS) is available for testing and treatment. If a private health care provider is preferred, have health insurance information readily available. Those living on campus, see the information for students living on campus.

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## Place to Quarantine

Determine where you will self-isolate to separate yourself from others should you be exposed to a COVID-19 positive individual. It is recommended that you should stay in a specific room or area and use a separate bathroom (if available). This is only necessary if you are not **fully** vaccinated.

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## Place to Self-Isolate

Determine where you will self-isolate to separate yourself from others should you test positive for COVID-19. It is recommended that you should stay in a specific room or area and use a separate bathroom (if available).

## Students living on campus

- Those testing positive for COVID-19 may complete their self-isolation at an off-campus location or at a permanent residence.
- If self-isolation off-campus or at permanent residence is not feasible (or poses a higher risk), please coordinate with Residence Life staff about isolation options.
- Residents must have updated emergency contact information with the Housing Office
- Update your emergency contact on the Student Portal through [UCONNECT.tamui.edu](https://UCONNECT.tamui.edu)

## Students living off campus

- Determine where you will self-isolate
- If you stay in your residence, Read <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

## Name(s) of those who can help.

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## Prepare a COVID-19 Kit

(see page 3)

# COVID-19 KIT:



## Things to pack and do prior to arriving on campus

### 3-7 reusable/washable face coverings

While face masks are no longer required on campus, they are still recommended, especially for unvaccinated individuals. Within certain areas of campus such as Student Health Services, you may be asked to wear a face mask if you are presenting any concerning symptoms that may be associated with a contagious condition.

### Hand sanitizer that contains at least 60% alcohol ([CDC Guidance](#))

**Thermometer** (do not share your thermometer with anyone).

**Cleaning products** ([CDC Guidance](#))

**Copies of health insurance cards** (if applicable)

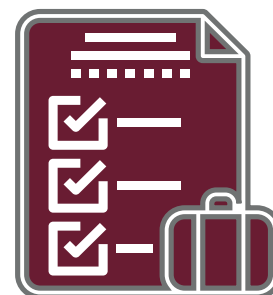
**Prescription medications and over the counter medication**

**Mobile device or laptop** (including headphones with a microphone) to continue your classes should you have to quarantine or self-isolate. Students needing financial assistance should apply for financial aid by completing and submitting the Free Application for Federal Student Aid at [www.fafsa.gov](http://www.fafsa.gov) and contact [Financialaid@tamiu.edu](mailto:Financialaid@tamiu.edu).

**Please review and acknowledge our current campus COVID-19 guidelines at**  
<http://elearning.tamiu.edu>

**Update your emergency contact through** [UCONNECT.tamiu.edu](http://UCONNECT.tamiu.edu).  
(Login and click on the My Information icon)

**Your COVID-19 Vaccination Card can be your ticket to some great incentives and prizes.**  
Find out more at: <https://go.tamiu.edu/beachamp>



## MENTAL HEALTH & COPING During COVID-19

The outbreak of COVID-19, has been stressful for many people and communities. Fear and anxiety about a disease can be overwhelming and cause a host of emotional responses including feelings and thoughts you may have during and after social distancing and/or self-isolation. Counseling and Disability Services [www.tamiu.edu/counseling](http://www.tamiu.edu/counseling) suggests ways to care for your mental health during these experiences and provides resources for more help.

To make an appointment call 956.326.2230 or email [counseling@tamiu.edu](mailto:counseling@tamiu.edu)

## FIGHTING XENOPHOBIA Racism

COVID-19 has brought a great deal of uncertainty to our lives, along with potential for misinformation that can be harmful or destructive to our campus and communities. This resource provides proactive strategies that reinforce that “hate is not a Dustdevil value.”

We hope that you will work to intervene on discriminatory behaviors, online comments, and acts on social media. Keep in mind the Dustdevil values of Respect, Integrity, Service and Excellence (RISE).

For resources go to:  
<https://www.tamiu.edu/counseling/resources.shtml>

TAO <https://www.tamiu.edu/counseling/therapy-assistance-online.shtml>

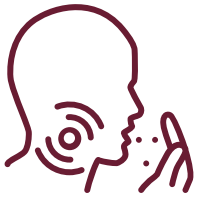
# PRACTICE PREVENTIVE ACTIONS

on and off campus



- Get vaccinated for COVID-19!
- Stay home when you are sick, regardless of symptoms, except to get medical care.
- Continue to practice everyday preventive actions (hand-washing, physical distancing, wear reusable/washable or disposable face-coverings, etc.)
- Respect physical distancing on campus and off. Continue to keep your distance from others especially if you or they aren't wearing a face covering. Wearing a face covering is **not** a substitute for physical distancing.
- If you are considering traveling internationally, please visit our [International Travel site](#) for additional guidance and requirements.
- Understand the risk of attending large gatherings. The more people an individual interacts with at a gathering and the longer that interaction lasts, the higher the potential risk of becoming infected with and spreading COVID-19.
- All members of the University community may be selected randomly and required to test for COVID-19 on campus with consequences for non-compliance. In addition, testing may be required for some TAMIU in-person activities, classes, events or programs.
- Limit unnecessary travel.
- Maintain cleanliness of shared spaces and common surfaces at home, work, and on campus.  
[Tips for living in shared spaces](#)
- Do not share personal items (food, vape pens, water bottles, etc.)
- Review the City of Laredo COVID-19 website (<https://www.cityoflaredo.com/coronavirus/>) to stay informed about the local situation.
- Take care of your emotional health. Physical distancing doesn't mean social isolation.
- Connect with friends and family remotely when possible.
- Get your seasonal flu shot. Be on the lookout for the Student Health Services' Flu Shot Campaign.

## WHAT TO DO IF YOU ARE FEELING ILL



1. If you have symptoms such as **COUGH, FEVER, LOSS OF TASTE OR SMELL** or other respiratory problems, contact your primary doctor before going to the emergency room. They need to be able to serve those with the most critical needs first.



4. All students are required to self report to the TAMU System portal at [go.tamtu.edu/covidcontacts](https://go.tamtu.edu/covidcontacts)



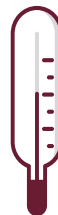
2. **CALL** your healthcare provider prior to showing up at the clinic for evaluation. This will allow healthcare providers to prepare for your visit and give you appropriate instructions regarding your care. **DO NOT** show up at the clinic without an appointment.



5. Stay in contact with others by **PHONE** and **EMAIL**.



3. **GO TO** the Student Health Services website at [www.tamtu.edu/health](https://www.tamtu.edu/health) for information and services available on campus.

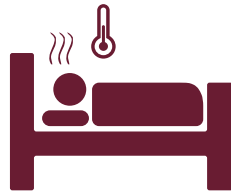


6. **MONITOR** your symptoms, self-isolate and follow your healthcare provider instructions.



# REMINDERS SHOULD YOU NEED TO SELF-ISOLATE OR QUARANTINE

If you are symptomatic or have been exposed to a person with COVID-19, you may need to quarantine. Please call your healthcare provider for instructions before returning to campus.



Contact Student Health Services at [www.tamui.edu/health](http://www.tamui.edu/health) or call 956.326.2235

**CONTACT YOUR EMPLOYER**  
(if applicable).



CALL the individual(s) who can help with getting you food and other supplies.

COMPLETE and submit the [COVID-19 Report Form](#)

Be prepared to speak with TAMU emergency response team who will be assisting with contact tracing.

QUARENTINING AND SELF ISOLATING DON'T MEAN SOCIAL ISOLATION. Stay connected with family and friends remotely.

Utilize personal or TAMU resources like Webex and Google Hangouts for meeting with your faculty, advisors, University programming, student organizations, or talking to friends and family.



CONTACT YOUR FACULTY and the University. Let them know via email that you are going to miss class due to the impact the Pandemic is having on your life and/or due to illness hindering your ability to get your assignment(s) completed.

## ADDITIONAL RESOURCES

[Academic Advisors](#)

[Counseling & Disability Services](#)

[Student Health Services](#)

[TAMU Housing and Residence Life](#)

[Student Success](#)

**HAVE YOUR COVID-19 KIT HANDY!**

Find more information and updates from Texas A&M International University online at [COVID-19 Response Center](#).

# GUIDELINES FOR STUDENTS REPORTING COVID-19

I AM A STUDENT AND...

I am a close\* or household contact of someone who tested positive for COVID-19

I have symptoms and may have COVID -19 but have not been tested.

I have tested positive for COVID-19 or my test results are pending.

Notify COVID-19 Response Team via online form:  
[go.tamtu.edu/COVIDcontacts](https://go.tamtu.edu/COVIDcontacts)



COVID-19 Response Team will contact students to conduct contact tracing

**Off campus resident:** Must complete quarantine or isolation period as instructed by COVID-19 Response Team. If you have tested positive for COVID-19, no campus entry until cleared by Student Health Services.

**On campus resident:** Coordinate quarantine or isolation needs with the Office of Housing & Residence Life and remain there. If you have tested positive for COVID-19, no campus entry until cleared by Student Health Services.

Submit required documentation to:  
[studenthealth@tamtu.edu](mailto:studenthealth@tamtu.edu) before returning to campus

*CDC defines close contact as someone who has been in contact with a lab-confirmed positive person for a cumulative total of 15 minutes or more over a 24-hour period*

TOGETHER@TAMTU

# HELP PREVENT THE SPREAD OF COVID-19 AND OTHER RESPIRATORY ILLNESS

TAMIU.EDU/CORONAVIRUS • TOGETHER AT TAMIU

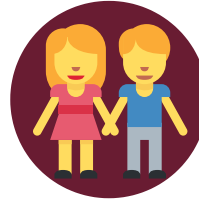
## PREVENT THE SPREAD!



Wash your hands often.



Do NOT touch your eyes, nose or mouth with unwashed hands.



Avoid close contact with people who are sick.



Clean and disinfect objects and surfaces.



Stay home from work or school if you have a fever or are not feeling well.



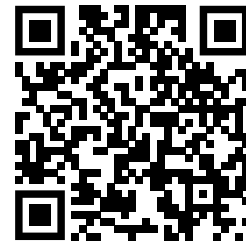
While face masks are no longer required on campus, they are still recommended.



Cover your cough and sneeze with a tissue, then throw the tissue in the trash.

## GET THE VACCINE & TEST!

If you are a member of the TAMIU community and you are interested in getting vaccinated or tested scan this QR Code for more information, or call Student Health Services at 956.326.2235.



## KNOW THE SYMPTOMS!

Symptoms may appear in as few as 2 days or approximately 2 weeks after exposure. Symptoms may include:



Fever



Cough



Difficulty breathing