

## Thomas College Health and Safety Plan

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## Overview

The health and safety of the entire Thomas College community continues to guide our decision-making process as the nation transitions into a phase where the availability of vaccines and therapeutics may diminish, but not eliminate, the risks to individuals from COVID-19. Mitigation measures, especially vaccines, keep our community safe and in-person. Therefore, we require all campus members to be fully vaccinated and strongly encourage up to date with their vaccines as possible. Thomas College demonstrates what is possible when a community unites behind a cause larger than any one member.

This Health and Safety Plan is designed to allow the College to provide a nearly normal experience while keeping our commitment to health and safety. The experience of the COVID-19 pandemic has demonstrated how unpredictable this aspect of public health can be. Therefore, Thomas College is committed to revisiting this plan and updating policies if necessary to keep the campus community safe.

Here are some highlights:

## VACCINATION POLICY

- **The College requires all in-person students, faculty, and staff to be fully vaccinated unless they have received an exemption.** Getting the COVID-19 vaccine is the single biggest risk mitigation step a community member can take. The College follows the CDC definitions of fully vaccinated, meaning an individual has received all recommended doses in their primary series of COVID-19 vaccines (currently, two shots for Moderna and Pfizer, one shot for J&J). Should the CDC change their definition of fully vaccinated, the College will update their policy accordingly.
- **The CDC currently recommends boosters for all eligible individuals, and the College encourages all members to be up to date on their recommended doses.** Per the CDC, up to date means a person has received all recommended doses in their primary series COVID-19 vaccine **and** any recommended booster doses when eligible.
- **Medical and religious exemptions** to the vaccination policy will be available for students, faculty and staff. For more information on exemptions, faculty and staff should contact Human Resources and students should contact the Health Center.
- **Student-athletes** will continue to follow NCAA, conference and College rules as directed by the Athletic Department.

## Terrier Pledge

All Thomas College community members are asked to sign a Terrier Pledge as our collective commitment to maintain a safe, productive, and fun environment. New members to our community can sign the current Pledge available through their MyThomas account.

The Thomas College community is a caring, supportive, and resilient one. Each of us must be leaders and accept and embrace the call to service that will protect everyone in our community. Our dedication and determination will create the safest possible space in which we all can live, learn, and work together.

**As an informed and vital member of the Thomas College community, I agree and commit to protect myself, protect my family, protect my friends, and protect the entire Thomas College community in the following ways:**

- As an **individual**, I pledge to:
  - Take personal responsibility for my own safety and well-being
  - Self-screen daily for COVID-19 symptoms
  - Stay at home if I do not feel well
  - Participate in all current and future campus health and safety mitigation efforts
  - Practice good hygiene, including frequent hand washing and sanitizing
- As a caring and responsible **member of this community**, I pledge to:
  - Respect and support the choices of our diverse community members
  - Realize and respect everyone has their own unique path to mental and physical recovery from the stress and strain caused by the pandemic
  - Respect and honor personal requests for me to mask when in close personal contact with individuals who may have health challenges
  - Help to keep community shared spaces sanitary and clean

- Regularly monitor campus communications for updates
- Show leadership and kindness in the service to our community

## Health and Safety

### Vaccination Policy

**All in-person students, faculty, and staff are required to be fully vaccinated against COVID-19.** Getting the COVID-19 vaccine is the single biggest risk mitigation step a community member can take.

As currently defined by the CDC, someone is considered “**fully vaccinated**” two weeks after receiving the second Pfizer or Moderna shot, or two weeks after receiving a single-dose Johnson & Johnson vaccine **AND** their vaccination(s) are on file with Thomas College. All others are considered unvaccinated. **Please note that the CDC currently recommends boosters for all eligible individuals. Please provide proof of your booster shot to the College.**

### Student Guidance

- All students who attend classes on campus must be fully vaccinated against COVID-19 **AND** have submitted their vaccination cards to the Health Center **BEFORE** you arrive on campus.
- The College will allow limited vaccine exemptions. Students, please contact the [Health Center](#) for more information.
- Fully online students generally will not be required to provide evidence of their vaccination status unless they will be regularly engaged with the on-campus community. That engagement may be as a resident student, or through participation in athletics, intramurals or similar activities that would bring them into regular contact with faculty, staff or students. For more information, please contact the Health Center.

### Faculty and Staff Guidance

- All faculty and staff must be fully vaccinated against COVID-19 **AND** have submitted their vaccination cards to Human Resources.
- The College will allow limited vaccine exemptions. Faculty and staff, please contact [Human Resources](#) for more information.

### How to Submit Proof of Vaccination for Students

Students should submit their vaccination record to the [Health Center](#) using one of the methods below. If submitting electronically, please conceal your date of birth:

- Scan and email the vaccination card.
- Take a photograph of your vaccination card using your smart phone and email.
- Deliver a photocopy of the vaccination card – call the Health Center before going over.
- Bring your original vaccination card and the College will make a copy – call the Health Center before going over.
- Upload a copy of the vaccination card via MyThomas and/or the New Student Day dashboard

### How to Submit Proof of Vaccination for Employees

Employees should submit their vaccination record to [Human Resources](#) using one of the methods below. If submitting electronically, please conceal your date of birth:

- Scan and email the vaccination card.
- Take a photograph of your vaccination card using your smart phone and email.
- Deliver a photocopy of the vaccination card.
- Bring your original vaccination card and the College will make a copy.

### Masks/Face Coverings

Masks will not be required indoors regardless of vaccination status effective July 1, 2022. Individuals may continue to mask according to their comfort level.

Thomas College reserves the right to change this policy and require mask/face coverings, regardless of vaccination status, if a situation/event warrants its use in the interest of community safety.

### Campus Testing Program

The College does not currently anticipate a schedule of regular, ongoing testing for COVID-19. However, the College reserves the right to require testing of members of the campus community, regardless of vaccination status, if a situation/event warrants its use in the interest of community safety, or to comply with any local, state, or federal guidance, or expectations of affiliated organizations such as the NCAA or any of the College's athletic conferences or competitors.

Any community member required to test may be required to have a signed consent form on record with the College.

### Positive Test Protocol

If you test positive for COVID-19, please follow Maine CDC protocol:

- [General Information](#)
- [What To Do If You Are Sick](#)

**You are required to report all positive COVID-19 tests to the College.** For employees, please provide a copy of the positive test result to Michelle Joler-Labbe in HR. For students, please provide a copy of the positive test result to Cheryl Daggett in the Health Center.

### Close Contact Protocol

If you are determined to be a close contact, faculty and staff must notify HR and students must notify the Health Center for further instructions.

Close contact means:

- Being within 6 feet of an infected person for a total of 15 cumulative minutes or more over 24 hours
- Providing care at home to someone who is sick with COVID-19
- Direct physical contact with an infectious person (ex: hugging/kissing)

- Sharing eating or drinking utensils
- Being exposed to respiratory droplets from an infectious person (ex: sneezing/coughing)

If you meet the above conditions for Close Contact, please follow Maine CDC protocol:

- <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/general-information.shtml>
- <https://www.maine.gov/dhhs/mecdc/infectious-disease/epi/airborne/coronavirus/general-information.shtml#sick>

**PLEASE NOTE:** All students (regardless of vaccination status) who are required to quarantine or isolate will need to make their own arrangements to do so off-campus. Limited exceptions will be coordinated as needed.

### Campus Access and Guest Policy

Thomas College reserves the right to restrict campus access, limit guests, require mask/face coverings for guests, regardless of their vaccination status, or take other mitigation measures if a situation/event warrants its use in the interest of community safety.

### Student Resources

#### **Athletics**

Thomas College will follow the requirements and expectations of affiliated organizations such as the NCAA or any of the College's athletic conferences or competitors related to health and safety, including travel and guest protocols. These guidelines may change in response to changes in community conditions or the policies of other schools or conferences. Any policies for student-athletes will be clearly communicated to the student body in as timely a manner as possible.

#### **Physical and Mental Health Services**

Thomas College is committed to delivering a continuity of care in a safe environment. The following policies apply to students seeking physical and mental health services.

##### *Health Center*

Students will have all options for services: walk-in, appointment, or telehealth. Students may walk in unless directed otherwise. In accordance with current guidelines for health facilities, all students will need to wear a mask when using the Health Center. All students should self-screen before arrival at the Health Center. If experiencing any COVID or upper respiratory symptoms, students should call health services **BEFORE** going to clinic.

##### *Counseling Services*

Individual counseling services are available to students using in person or telehealth counseling appointments. Students can call or email the counselor to schedule appointments. A private space will be reserved on campus for student telehealth counseling sessions. Please contact Carol Jollotta, LCSW

([carol.jollotta@thomas.edu](mailto:carol.jollotta@thomas.edu)) with questions.

## Student Activities

Thomas College is committed to offering a range of activities and events on and off campus that allow students to gather safely and enjoy themselves. Any safety guidelines specific to activities and events will be clearly communicated prior to the event.

## Dining

The Dining Center will return to normal capacity.

## Residential Life

Members of the Thomas College community and their guests are expected to follow these policies while in campus residences:

- **Daily Screenings:** Residents will continue to self-screen daily. If symptomatic, the resident should remain in their room and contact the Health Center immediately and follow any corresponding directions.
- **Residence Guests:** All overnight guests staying in residences must be fully vaccinated and registered with Safety and Security. In the interests of community safety, the College reserves the right to limit guest access in the residence halls if in its estimation circumstances warrant.
- **Residential Common Spaces:** All common spaces in the residences will remain at normal capacity.

## Noncompliance

Noncompliance with these health and safety policies places our community's health at risk and could substantially disrupt our operations. The entirety of this policy is considered mandatory. Individuals who do not abide by the policy will be subject to corrective and/or disciplinary action up to and including expulsion from school or termination of employment.

## Contact Information

- Housing and general questions please contact Lisa Desautels-Poliquin ([lisa.desautelspoliquin@thomas.edu](mailto:lisa.desautelspoliquin@thomas.edu))
- Athletic questions please contact Chris Parsons ([christoper.parsons@thomas.edu](mailto:christoper.parsons@thomas.edu))
- Student Activities questions please contact Jim Delorie ([james.delorie@thomas.edu](mailto:james.delorie@thomas.edu))
- Health Center questions please contact Cheryl Daggett ([cheryl.daggett@thomas.edu](mailto:cheryl.daggett@thomas.edu))
- Counseling questions please contact Carol Jollotta ([carol.jollotta@thomas.edu](mailto:carol.jollotta@thomas.edu))

## For More Information on COVID

If you are seeking more information, we recommend referring to sources considered credible and informed. This includes the following websites:

- [Center for Disease Control and Prevention \(CDC\)](https://www.cdc.gov/)

- [CDC COVID-19 Website](#)
- [CDC Travel Advisories](#)
- [U.S. State Department Smart Travel Program](#)
- [www.Get-Tested-COVID19.org](http://www.Get-Tested-COVID19.org)