



**Thomas College Health and Safety Plan
Fall 2023 – Spring 2024**

Contents

Overview 2

Terrier Expectations 2

Health and Safety 3

 Vaccinations 3

 Masks/Face Coverings 3

 Campus Testing Program 3

 Positive Test Protocol 3

 Close Contact Protocol 3

 Campus Access and Guest Policy 4

 Student Resources 4

 Residential Life 5

Noncompliance 5

Contact Information 5

For More Information on COVID 5



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. Therefore, we encourage all campus members to be fully vaccinated.

This Health and Safety Plan is designed to allow the College to provide an on-campus college 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:

VACCINATIONS

- **The College encourages all in-person students, faculty, and staff to be fully vaccinated.** Getting the COVID-19 vaccine is the single biggest risk mitigation step a community member can take.

The CDC 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.

- **Student-athletes** will continue to follow NCAA, conference and College rules as directed by the Athletic Department.

Terrier Expectations

- All Thomas College community members share a collective responsibility to maintain a safe, productive, and fun environment. **Individual responsibility:**
 - 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

- 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
- Show leadership and kindness in the service to our community



Health and Safety

Vaccinations

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

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 have 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 notify 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>
- [COVID-19: FAQ \(maine.gov\)](#)

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 guidelines 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. 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) with questions.

Residential Life

- **Daily Screenings:** Residents who are symptomatic for COVID19 should remain in their room and contact the Health Center immediately and follow any corresponding directions.

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

- General questions please contact Lisa Desautels-Poliquin (lisa.desautelspoliquin@thomas.edu)
- Athletic questions please contact Chris Parsons (christoper.parsons@thomas.edu)
- Housing and Student Activities questions please contact Jim Delorie (james.delorie@thomas.edu)
- Health Center questions please contact Cheryl Daggett (cheryl.daggett@thomas.edu)
- Counseling questions please contact Carol Jollotta (counselor@thomas.edu)
- Employee questions please contact Michelle Joler-Labbe (michelle.jolerlabbe@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 \(CDC\)](#)
- [CDC COVID-19 Website](#)
- [CDC Travel Advisories](#)
- [U.S. State Department Smart Travel Program](#)