

# **COVID-19 HANDBOOK: A RESOURCE FOR SDSU PARENTS AND FAMILIES**



**SAN DIEGO STATE  
UNIVERSITY**

# Introduction

The California State University (CSU) system and San Diego State University (SDSU) are committed to keeping students safe and informed throughout the COVID-19 pandemic. Given the current data from San Diego County Health and Human Services and also Imperial County, it is likely that additional cases will occur within the SDSU community. The university has comprehensive measures to promote students' safety while providing necessary information and resources. Individual action and communication are integral parts of providing a safe environment for students and their families. You will receive regular updates on university policies, county regulations, and potential/confirmed COVID-19 cases within the community. This handbook outlines essential information regarding COVID-19 and the resources available through SDSU and our regional community.



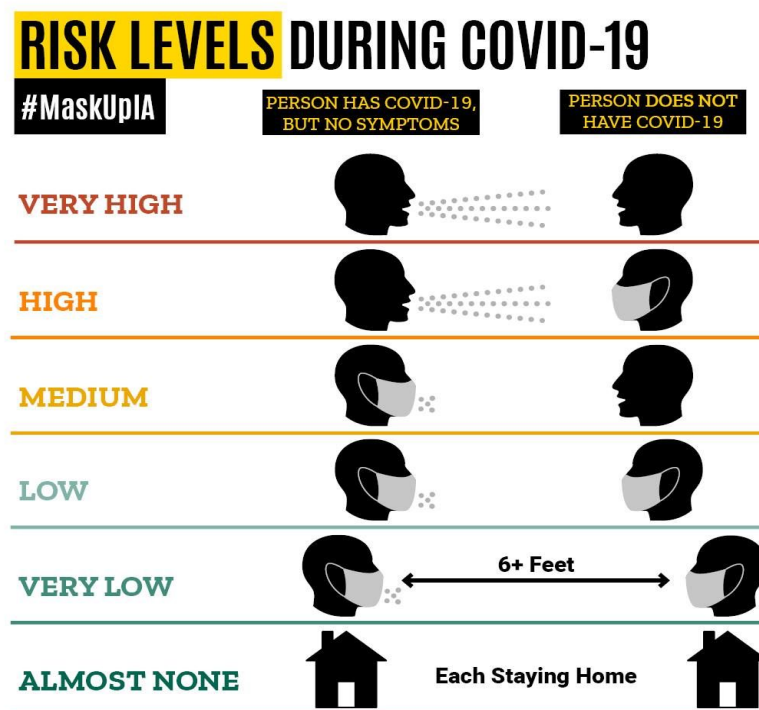
## What is COVID-19?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. There are many types of human coronaviruses, including some that commonly cause mild upper-respiratory tract illnesses. COVID-19 is caused by an infection with a novel coronavirus (called SARS-CoV-2). COVID-19 was first identified at the end of 2019. Someone who is infected with COVID-19 can spread the virus to others, whether or not they are displaying symptoms. Many people with COVID-19 are asymptomatic. Those who experience symptoms may notice them 2-14 days after exposure to the virus and they can range from mild to severe.

**The Centers for Disease Control and Prevention (CDC)** lists the following as reported symptoms of COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Students who experience **any of these symptoms must** stay home and monitor their health.



# Where can students get tested at SDSU?

Testing will be available for SDSU students through **Student Health Services**.

→ Students may also seek **testing at any San Diego County testing site** or through their medical provider.

→ As testing expands, we fully expect that there will be **one or more testing sites within walking distance for our students** from the start of the fall semester.

→ We know how important this information is for our students and families. **Students seeking testing now or in the fall can call Student Health Services at 619-594-4325 and will help connect with testing resources.** We will continue to provide updates on testing availability through the [COVID-19 website](#).

→ If students do not live in San Diego, encourage them to seek local information. Relevant testing information can be found on the county and/or state government websites.



# How do I talk to my student about COVID-19 testing?

*Students who experience any COVID-19 symptoms must stay home and monitor their health.*

Students should **not panic**, as they can utilize the resources above to get tested.

Encourage students to disclose to those that they're in contact with if they are experiencing any symptoms or have tested positive for COVID-19. You can prompt this conversation by regularly asking how they feel and inquiring if they have come in contact with an individual who has tested positive for COVID-19.

We cannot stress enough how important it is to support students who have tested positive for COVID-19.

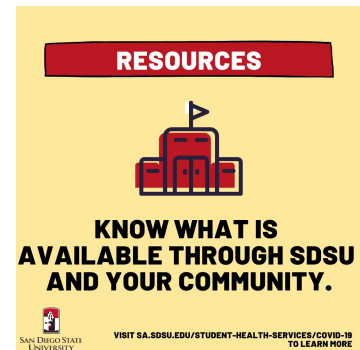
If your student begins to feel unwell during the two week period prior to or after arrival on campus, please encourage them to seek medical care. [Student Health Services](#) can be reached at 619-594-4325 (weekdays) or 858-225-3105 (evenings and weekends).

**Students who are experiencing symptoms or have spent a prolonged amount of time with an infected individual should seek out testing.**



# How do I support my student if they test positive or they have a positive exposure?

*Receiving a positive diagnosis can create concerns and questions. Stay in contact with your student and support them by knowing and reminding them of the guidelines and policies of the university. Help connect your students to resources wherever possible.*



*The section below outlines the process for reporting exposure to someone with COVID-19 or a positive COVID-19 test and the protocol for self-isolation and self-quarantine:*

**Reporting** - The university is requesting that individuals who are exposed to someone with COVID-19 or who have tested positive for the virus complete the [COVID-19 Reporting Form for SDSU and Auxiliary Faculty, Staff, and Students](#). If needed, a designee may fill out this form. This form will allow the university to provide support and resources and monitor the incidence of cases occurring in the community.

**Self-Isolation** - If a student tests positive for COVID-19, they must practice self-isolation. Self-isolation entails staying in their room for at least ten days from the time they experienced COVID-19 symptoms or from the day of their test if they never displayed symptoms. Their

medical provider should instruct them on exactly how long they need to stay isolated. Students should stay away from others during their isolation period to prevent any chance of spreading the virus. For students living on campus, SDSU has a plan in place for those who need to self-isolate. This includes designated isolation areas on campus that students can relocate to.

**Self-Quarantine** - Students with prolonged exposure to COVID-19 positive individuals will need to practice self-quarantine. Students should avoid being in close proximity to others for at least two weeks after their last contact with the individual who tested positive for COVID-19. Also, remind students to



take the usual safety precautions such as washing their hands, avoiding touching their face, and not sharing personal items or materials with others. Students should regularly monitor their symptoms while in quarantine. These measures are critical in ensuring their

safety as well as the safety of others. Students will be notified by the university if they have had prolonged exposure to a student, faculty, or staff member who tested positive.

**Students should not break self-isolation or self-quarantine with the exception of leaving for essential reasons, such as going to see a doctor, picking up groceries, or picking up medication from a pharmacy.**



Students **should not attend in-person classes, labs, or activities during self-isolation or self-quarantine** as per the public health recommended procedures. If students express to you they are experiencing challenges with instructors, please assist them in advocating for themselves as they may need your support to navigate the situation. If needed, students should reach out to their associate dean for further support. Contact information for each associate dean can be found on the individual College webpages.

The Vice President for Student Affairs and Campus Diversity's Office has a process to assist students in notifying their instructors when they will have an extended absence from campus.



**For students that have been required to quarantine or isolate by a university official, a letter will automatically be sent to the student's instructors, assistant dean and the Provost.**

**Students who are required to quarantine/isolate but have not been in communication with a university official should:**

→ Send an email to [vpasfrontdesk@sdsu.edu](mailto:vpasfrontdesk@sdsu.edu) to notify the university and to initiate the process for letters to be sent to their instructors, assistant dean and the Provost. Medical documentation may be required prior to the letter being issued.



**If students are exposed to or infected with COVID-19, they may be allowed to return to their permanent home depending on the location of their address.**

The U.S. Centers for Disease Control and Prevention (CDC) requires self-isolation and therefore, travel is not advised. If you live within driving distance and would be able to pick up your student, this would be acceptable as exposure would be limited. We should note that if a student has COVID-19 and is moved into the family home, the student would be required to isolate there and all household contacts would be required to quarantine for a set period of time, as per CDC guidelines.





## When should I talk to my student about practicing health precautions while living away from home and/or attending on-site classes?

Speak with your student about health precautions as often as you are comfortable with before they move to or return to campus or if they are staying home with you. You want to increase the chance that they will remember and practice the simple steps involved.



With the exception of international students coming from outside the U.S., **quarantine will not be required for domestic students prior to arrival at SDSU**. To limit exposure within the SDSU community, there are recommendations of actions to take prior to arriving at school. These recommendations are being sent out to all students who will be moving onto campus.

**During the two weeks prior to arrival at SDSU, the following is recommended:**

- Limiting non-essential time out of their residence. Students should try to stay home as much as possible and reduce contact with non-household members.
- Avoiding all non-essential travel, especially international travel.
- Avoiding social gatherings and events. If students must attend an event, they should wear a facial covering and practice physical distancing.
- Being diligent in washing hands and using hand sanitizer when soap and water are not available.
- Practicing physical distancing and maintaining six (6) feet from others.
- Monitoring their health and well-being. Watching for signs and symptoms of COVID-19, including fever, cough, headache, or fatigue.

**When it is time to travel to SDSU, review [travel guidelines from the CDC](#) on steps your student can take to protect themselves from COVID-19 during their trip.**

SDSU Students are not required to get tested for COVID-19 upon arrival to campus. They can, however, request testing through Student Health Services.

Students may also utilize the resources outlined in this handbook to get testing through the County. Once on campus, everyone in the community will be expected to comply with SDSU's health and wellness guidelines, which include the following:

- Washing hands
- Wearing masks or facial coverings (this is a new SDSU requirement, adopted for Fall 2020 for all students and employees who will be on campus)
- Practicing physical distancing
- Staying home when sick and seeking health care as needed
- Telling staff when diagnosed with COVID-19 or exposed to someone who has it
- Refraining from hosting and attending gatherings on or off-campus, this includes gatherings in someone's house/apartment or any inside gathering that is not essential. On-campus guests will not be permitted into the residential communities until it is safe to do so per County Public Health guidance.



These measures may be updated throughout the academic year based on evolving public health guidance. The most updated information will be available on the university's COVID-19 website at [sdsu.edu/covid19](https://sdsu.edu/covid19).

**Students can purchase the following Personal Protective Equipment (PPE) at Aztec Markets and the SDSU Bookstore:**

- PPE Kits (sanitizer, wipes, face coverings)
- Hand Sanitizer
- Sanitizing Wipes
- Face Coverings
- Face Shields
- Gator Buff Face Coverings
- Disposable Gloves
- No-contact key tags



**Remind students that reducing their risk reduces the community's risk, thereby slowing the spread of COVID-19.**



It is important to remember that when students choose to spend time with friends, intimate partners, or acquaintances, they take on **increased risk**.

They **not only expose themselves** to that individual but also anyone who that individual has been exposed to recently.

Students should avoid exposure to sick individuals and individuals who are currently in isolation due to testing positive for COVID-19.

**The university** will be taking precautions as well, as preventing the spread of COVID-19 is viewed as a shared responsibility.

**Some of the precautions the university will be taking are as follows:**

- Cleaning protocols have increased. Professional staff will clean classrooms and campus spaces after each class or the use of the space.
  - In the residential communities, all public areas will be cleaned twice per day (i.e. common area restrooms, lounges, study rooms, and lobbies). There will also be additional cleanings to high touch surfaces such as elevator buttons and doorknobs.

- Hand sanitizer dispensers will be placed all over campus and throughout the on campus residential communities.
- Signage will be posted everywhere, reminding students of the health guidelines.
- Resources and support for students who are ill or who need to quarantine will be provided.

**Rather than focus on what students can't do, take the time to highlight and encourage activities students can do while on campus.**

Physically distanced activities include **distanced sports** (tennis, golf, etc), **spending time at outdoor parks** and spaces on campus, and **going for a walk, run, or bike ride** with others. We know that they may experience peer pressure to attend indoor events, larger events, or events where they would be close to others. You should stress that there are alternative ways to spend time with friends that keep them at a lower risk. See the graphic at the end of this document for examples of low risk, moderate risk, and high risk activities.



Participating in only low risk activities will allow San Diego's COVID-19 numbers to fall, allowing students to return to more moderate and high risk activities sooner.

San Diego State University is committed to **implementing a robust co-curricular experience** for students.

As such, students, faculty, staff, and administrators have collaborated to develop the SDS2U co-curricular model. The purpose is to engage students no matter where they are located.

SDS2U features three strategic priorities:

- Community building
- Co-curricular engagement, and
- Learning and academic support.



SDS2U programming will feature a series of themed weeks with activities from campus departments and collaborative programming initiatives throughout the Fall 2020 term. Examples of these activities include student organization involvement, leadership training, Aztec Nights events, One SDSU Community programming, workshops, peer mentoring, and more!

More information on the SDS2U model and campus events can be found on the Office of Student Life & Leadership's [website](#) and by visiting SDSU's Presence portal at [sdsu.presence.io](https://sdsu.presence.io).



## How Can I Receive COVID-19 Updates?

The university will continue to send out updates regarding COVID-19 and SDSU Flex, the university's Fall 2020 plan. These updates will be sent via email to you and your student. Your student will receive updates to their SDSU email address, and are encouraged to check their university email regularly.



Parents can register for the SDSU parent email distribution list by clicking [here](#). If you are a member of the Aztec Parents Association, you will automatically receive these emails. Please contact New Student and Parent Programs ([aztecpa@sdsu.edu](mailto:aztecpa@sdsu.edu)) if you have any questions about your membership.

### **In addition to email notifications, you and your student can register for SDSU Alert.**

This emergency alert system sends out SMS texts in the event of a campus-wide emergency or health and safety concern.

- Your student can register through their [SDSU WebPortal account](#).
- Parents and family members can register by clicking [here](#).

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The [California Public Health Order](#) provides an opportunity to receive updates from Governor Newsom and the State Public Health Officer.

- This document includes updates on what businesses are open and what policies are in



place, such as physical distancing and required face coverings in public establishments.

*Please note that the State Public Health Officer may issue new orders as the situation changes.*

**We also encourage you to view the [San Diego County Public Health Order](#) for updates specific to the county.**

\*Please note that all counties do not have the same restrictions in place.

**You and your student can apply to receive text updates from San Diego County by texting “COSD COVID19” to 468-311. If you would like COVID updates from Imperial County, you can sign up for email updates [here](#).**

→ The messages provide updates directly from the county with links to their articles. It is important to stay informed on what’s happening in the county in order to reduce the spread of COVID-19.

## **Your Support Makes a Difference**

You can play a significant role in reducing the stigma surrounding COVID-19. **Talk to your student regularly** about following guidelines, checking for public health updates, and seeking COVID-19 testing when experiencing symptoms. You may receive some resistance from your student, but **these conversations are imperative.**

These difficult, yet necessary, conversations are essential in maintaining the health of our community and expediting our transition back to in-person classes.

It is our goal to reduce fear for our student population and support the community as we adhere to state, county, and community guidelines. SDSU is here to support you and your student.

The [SDSU COVID-19 website](#) outlines many of the COVID-19 related resources mentioned in this handbook as well as the frequently asked questions from parents, students, and staff. You can contact SDSU with any COVID-19 related questions or concerns by emailing [covid19inquiries@sdsu.edu](mailto:covid19inquiries@sdsu.edu). The university's [SDSU Flex site](#) has information about the university's Fall 2020 plans and offerings.

