

## Saints Reunite

### Marymount University's Guide to 2020-21 Reopening

#### I. Executive Summary

To protect the health and well-being of its community members during the COVID-19 pandemic, Marymount University (Marymount) greatly reduced on-campus operations in March 2020. Marymount now prepares for student, staff, and faculty re-entry as it reopens its campus for the 2020-21 academic year. This document is presented to the State Council of Higher Education for Virginia (SCHEV) as a plan for re-entry, with a focus on five key areas:

Reopening. Marymount is committed to reopening in a safe and sustainable manner. Consistent with Virginia's phasing process, Marymount will stagger reentry to the campus to allow us to welcome students in August. Reopening will not occur until testing, tracing, healthcare resources, and quarantine/isolation capacity are sufficient; and personal protective equipment (PPE) is available in sustainable quantities for regional and university health care workers.

Repopulating. Repopulation of the campus relies on a variety of health and safety measures, including: a multi-layered awareness campaign and ongoing training about safe practices; physical distancing and mask wearing requirements; new regulations for large events; and increased cleaning and disinfectant procedures across campus. The needs of high-risk and special populations are addressed within these guidelines. Communication regarding repopulation of the campus and related considerations will be disseminated regularly both internally and externally as necessary.

Monitoring. Health conditions and infection spread will be monitored both by Student Health Services (SHS) and community members who will be educated via Marymount's awareness campaigns. Student symptomology will be addressed via back-to-campus COVID-19 screening, health appointments and consultations, surveillance of spread to predict and minimize infection, and testing/testing referrals.

Containing. Marymount will conduct contact tracing, oversee isolation/quarantine procedures, and correspond with local health officials to anticipate and prepare for potential campus outbreak. Marymount's goals for managing a potential outbreak are focused on caring for those infected, cleaning the campus facilities, and minimizing exposure through social distancing, PPE, and education.

Shutdown. If circumstances overwhelm the campus or Arlington County, even after activation of contingency plans, Marymount may receive a governmental order to dismiss or shutdown the university. Dismissal/shutdown will give special consideration to safety of all members of our community, and the approach will specifically address the needs of Marymount's residential population and high-risk individuals. Prompt communication through multiple media will alert the entire community about the dismissal/shutdown and implementation strategy.

Success of both reopening and shutdown measures will be dependent on informed, decisive attention to and action supporting the safety, health, and continued education of community members.

## **II. Introduction**

*Saints Reunite* represents Marymount University's approach for resuming in-person instruction and residential living in the 2020-21 academic year. In response to Governor Northam's request for plans to reopen institutions of higher education, this plan balances Marymount's primary concern for the safety of all campus community members with our mission to provide a vibrant on-campus learning and living environment for the students we serve.

In response to the spread of COVID-19 and as part of a comprehensive plan to reopen the university, a *Return to Campus Task Force* (Appendix A) developed detailed plans for enabling students and employees to return to campus for the 2020-21 academic year. Task Force decisions were informed by guidance from the Centers for Disease Control and Prevention (CDC), Forward Virginia Reopening Blueprint, Arlington County Public Health Division (ACPHD), and the Occupational Safety and Health Administration (OSHA), as well a host of other governing bodies and professional organizations outlined in Appendix B.

From those working plans, *Saints Reunite* was crafted using the following forward-looking assumptions: (1) the commencement on June 5 of Phase II of Virginia reopening with subsequent progression to Phase III, and (2) Virginia maintaining a status of Phase II or III by mid-July, to allow for planning and preparation of reopening for the 2020-21 academic year. With these assumptions and acknowledging that details that contained herein are subject to evolving rules and guidance issued by the CDC, ACPHD, and other governmental authorities, the following is offered for consideration.

## **III. About Marymount**

Marymount is a comprehensive Catholic university, guided by the traditions of the Religious of the Sacred Heart of Mary, that emphasizes intellectual curiosity, service to others, and a global perspective. Marymount offers bachelor's, master's, and doctoral degrees in a wide range of disciplines and currently enrolls over 2,100 undergraduates and over 1,200 graduates representing approximately 44 states and 76 countries. Marymount operates from three locations, and the plan addresses all 3 campuses.

## **IV. Public Health Conditions and Considerations for Reopening Marymount**

Marymount is committed to reopening in a safe and sustainable manner. The university will be consistent with all phasing requirements mandated by the state. Precautions have been taken to address the school's identity as a residential campus in a suburban setting with the understanding that the COVID-19 pandemic is inherently unpredictable. Therefore, new information and guidance provided by the CDC and the Forward Virginia Blueprint are continuously being taken into consideration as plans are formed and, potentially, modified.

## **V. Repopulating Marymount**

COVID-19 Task Force. Marymount initially organized a COVID-19 Task Force in January 2020 to monitor the pandemic's impact on the campus community and make recommendations for further action. Following guidelines from the CDC, governing bodies, and professional associations, the Task Force established the plan for campus closing and the subsequent transition to distance learning in March. In

April, it began exploring possible reopening scenarios and those working documents became the foundation for *Saints Reunite*. Moving forward, the Task Force will continue to guide implementation of *Saints Reunite* and ensure decisions remain coherent with changing circumstances and guidelines.

Collaboration with Local Health Officials. Marymount's Director of SHS serves as the institutional point of contact for liaising with Arlington County Public Health Department (ACPHD) and other public health departments. Any questions or concerns that students, faculty or staff may have regarding public health matters should be communicated to the Director of SHS who will then triage with public health contacts accordingly. Additionally, Marymount's Assistant Vice President for Campus Safety and Security is the institutional point of contact for liaising with the Arlington County Police Department (ACPD) as well as other area first responders.

Marymount's Director of SHS, Jennifer Gagnon, MSN, CPNP, FNP-C, works directly with Kim Brunette, MPH, Environmental Health Supervisor for ACPHD to safely reopen campus in the fall of 2020. Under Ms. Brunette's guidance, the University has planned, developed, and executed a number of mitigation strategies to date with other strategies ongoing. Ms. Brunette continues to be available to Marymount at [kbrunette@arlington.va.us](mailto:kbrunette@arlington.va.us) and 703-228-5599. SHS has additionally been in consultation with epidemiologist Dr. Reuben K. Varghese, Health Director and Division Chief, ACPHD at [reuben.varghese@vdh.virginia.gov](mailto:reuben.varghese@vdh.virginia.gov) and 703-228-5200 and with Renie Joie Penna-Coultenye, MS, BSN, RN, Quality Assurance/Nurse Manager, ACPHD, at 703-228-5659.

Student Return and Departure. All Marymount students will be encouraged to monitor temperature and overall health a week before returning to campus. Additionally, education of all students about new SAFE SAINT initiative (Appendix C), which highlights health behaviors such as social distancing, hand hygiene and mask wearing, will start prior to arrival on campus. Residential students will be required to submit responses to a screening survey before receiving permission to move into their residential space. Responses of concern will trigger follow up from Marymount's SHS. Move-in and move-out for residential students will be staggered to allow for adequate social distancing and to reduce overall density. Student Athletes will experience a staggered return and reintroduction to their sports. Marymount students arriving from abroad are mandated to quarantine for 14 days.

Student Training. A New Student Orientation (NSO) will brief new families on healthy campus guidelines as well as the SAFE SAINT campaign. All Marymount students will receive instruction about health-preserving strategies and responding to sickness through short videos created by SHS and Student Counseling Services (SCS). These videos will orient student leaders and other students arriving early to campus, new students attending the virtual NSO, and students who need a reminder of key concepts. The videos will also be accessible to parents and the general public through Marymount's website.

As previously mentioned, the SAFE SAINT campaign will be launched and used for training and education purposes campus wide. A new Mask Ambassador program aims to inspire community accountability for compliance with Marymount's Required Mask Policy.

Marymount student leaders (student government, club leaders, community advisors, etc.) will receive specific training on safe practices and be expected to appropriately model safe behavior and practices.

Physical Distancing. Marymount will address physical distancing in classrooms and learning environments through four distinct modes of instruction delivery.

- 1) **Face to face delivery** will maintain social distancing by creating more space between students in each room as well as increasing the number of sections offered to reduce classroom density.
- 2) **Hybrid delivery** (in person and synchronous online) with rotation between the two will also allow for social distancing and reduced density, as well as enable those who are unable to come to campus to attend sessions remotely.
- 3) **Remote delivery** will allow all students to participate from a distance at the same time.
- 4) **Online delivery** will allow all students to participate from a distance at their convenience.

Plans for physical distancing outside the classroom will follow CDC guidelines. Remote participation will be added as an option to all on-site co-curricular programming, and virtual programming will continue to occur as needed. All study rooms, lounges and residential laundry spaces will be limited to predetermined social distancing numbers. A new Marymount Visitor Tracking process will monitor visitors to campus. Partitions will adequately separate customer-facing employees from customers.

Marymount's contract employees will be required to follow Marymount health and hygiene guidelines as well as guidance from the CDC, OSHA, and other governing and professional associations. Specifically, contract employees will be expected to socially distance, wear masks and other appropriate PPE, stay home if they are ill, abide by hand hygiene and other safety instructions, and to monitor overall health.

Marymount will launch engineering controls for food services campus-wide. Extended hours will be offered in the main dining area to accommodate social distancing requirements. Density will be reduced in seating areas and call ahead seating as well as remote ordering will be implemented. Any "all you can eat" and self-service functions have been, and will continue to be, suspended. All food will be packed "to go" and campus convenience stores will provide expanded offerings and extended hours. Enhanced cleaning of all dining spaces between meal periods will begin.

Hygiene and cleaning. Marymount has established a cleaning and disinfecting protocol that includes enhanced and frequent cleaning of highly touched surfaces (light switches, bathrooms, kitchens, common areas, handrails, doorknobs, elevators, campus shuttles, etc.) as well as wiping down of tables, counters, chairs between groups of users in the dining hall, classrooms, labs, clinic waiting areas, etc. These protocols are guided by CDC, OSHA and ACPHD guidelines. Marymount also ensures the proper training for janitorial/housekeeping staff according to CDC and OSHA guidelines including protocols for responding to positive COVID-19 cases. Only cleaning products approved by the Environmental Protection Agency (EPA) will be used to ensure a properly disinfected environment and a process has been established for monitoring inventory and maintenance of supplies. Finally, PPE, sanitizers, wipes, cleaning products, hand soap for faculty, staff and students will be purchased and distributed accordingly.

Marymount will expand the number of hand sanitizer dispensers to include all elevator lobbies, lounges, building entrances and common areas. Partitions will adequately separate customer-facing employees from customers.

Student Housing. Given the variety in residential facility type (apartments, junior suites, and traditional residence hall), Marymount's plans for maintaining safe and secure student housing are contingent upon facility type as well as the CDC's guidance for group housing. In apartments and junior suites, housekeeping staff will clean bathrooms weekly at minimum. Cleaning supplies and instructions will be provided for residents for day-to-day upkeep. All traditional style residential rooms will be converted to single spaces and students will be assigned a shower stall, sink and toilet for their use. Bathrooms in these traditional style buildings will be cleaned hourly during peak usage times. Sanitizer wipes and soap will be provided in each bathroom.

Face coverings must be worn in residential common areas and when answering the room door. Students will be assigned a time slot for laundry room usage. No guests will be allowed in private spaces, and common area occupancy limits will be determined by CDC guidelines.

Marymount Community Assistants (CAs) will be trained on appropriate health practices and will serve as role models for other Marymount residential students. SAFE SAINT signage will be placed throughout the residential facilities as well as on the back of every residential room door.

Protection of High-Risk Individuals. Marymount will protect those considered by the CDC to be in a high-risk population. Caregivers have also been identified as a high-risk population per the university protocols. Caregivers are defined as parents with school age children and/or a caregiver of elderly parents or a spouse or family member who is ill with COVID-19 or who has a serious underlying medical condition. The Office of Human Resources is the office of contact for Marymount employees in need of accommodation and the Office of Student Accessibility is the office of contact for Marymount students in need of accommodation. A variety of scenarios are available for employees in need of accommodation which include but are not limited to remote work, alternating schedule, staggered reporting/departing, etc. The university has also established a policy for individuals returning to work or study following illness.

Supervisors will be trained to communicate with and accommodate employees with special needs, such as rotating between campus and telework, and using Family Medical Leave Act (FMLA).

International Students. Marymount's Office of International Student Services has developed a plan for international students to safely return to campus, which includes frequent communication and a mandatory 14-day quarantine upon returning to the United States. International students returning from abroad will either quarantine in their place of residence (either on campus or off). International students will participate in the virtual NSO program alongside domestic students. In addition to precautions taken for international students return to campus, all Marymount study abroad programs have been suspended until guidance from appropriate authorities deem it safe to continue.

Student-Athletes. In coordination with the Atlantic East Conference and in accordance with the NCAA Core Principles for Resocialization, Marymount Athletics will take a staggered approach to reintroducing student-athletes to their sport. All student-athletes will be required to undergo a medical examination and screening with a physician prior to their participation in athletics. Other precautions will be implemented as recommended by CDC guidelines and athletics specific organizations.

### Communication/Collaboration with Local Health Officials and Other Community Stakeholders.

Collaboration and communication with community stakeholders is integral to *Saints Reunite*. The university has created and provided multiple townhalls, guidebooks, video sites, and materials to help faculty, staff, and students. In addition, emails will update the campus community about important developments on an as-needed basis.

Marymount has created a web hub (<https://www.marymount.edu/Student-Life/Health-Wellness/COVID-19-Information>) to serve as a central location for vital communications to students and their families, faculty, staff, campus visitors, alumni, and the local community. The website is the community's source for latest communications, clear guidance, policies, and commonly requested information.

Marymount's Plan outlines the policies and procedures for safe reopening and college operations. Signage has been created and posted to provide health and safety information; social distancing and mask policies; as well as protocols for specific areas on campus such as the health center and athletic center. Signage will be both physical and digital across campus.

A regularly-updated Frequently Asked Questions (FAQs) section is available on the web hub. In addition, the campus community will be notified by email on important updates. Social media will also be used to communicate campus reopening information and guidance, including policies such as face covering requirements, health and safety practices, and campus operations.

Marymount has also established a plan for close communication between its community partner for COVID-19 testing, Qwest Diagnostics, as well as for guidance and contact tracing capacity through ACPHD.

Marymount has made deliberate decisions regarding visitors on campus and interactions with the surrounding community. Visitors and neighbors are not allowed on campus on an ad hoc basis. Virtual and in person community service will be offered with attention paid to the health and safety of the community. The university is responsive to the concerns of neighbors and will continue working with the local community during this time.

Face Coverings. Masks or protective face coverings must be worn on campus especially when within six feet of others. A formal policy has been created that includes provisions for enforcement, which will be distributed to all members of the campus community. Appropriate accommodations will be made for those unable to wear a mask. A Mask Ambassador program will help build a culture of compliance to the mask policy. Masks will be available at multiple locations (bookstore, campus safety, student living, vending machines, etc.) for anyone who needs one.

Protocols for ensuring a safe work environment for employees in need of additional PPE (janitorial staff, housekeeping, mail delivery, athletic trainers, student health staff, etc.) are in place as recommended by the CDC and other governing organizations.

Student Health Services. SHS at Marymount will operate with appropriate medical-grade PPE for all SHS staff. Although treating COVID-19 cases is part of the duty of SHS, staff will continue to provide the full range of services to the Marymount community during the 2020-21 academic year. SHS will also

continue to collaborate with the mental health counselors in Student Counseling Services (SCS). The waiting area shared by SHS and SCS has been redesigned to allow for social distancing and virtual appointments will continue to be available.

Enhanced cleaning practices will be in place as will new signage promoting healthy behaviors. SHS will continue to operate appropriate patient screening procedures according to CDC and American College Health Association (ACHA).

Large Events. Marymount will comply with the Commonwealth's Key Measures as outlined in the Forward Virginia Blueprint with respect to gatherings, and any event allowed to go forward will be registered through Marymount's event management software (Engage) which will allow for internal advising for safety.

Communication. Routine communication will be sent to key campus stakeholders (students, faculty, staff, parents, trustees, alumni, etc.) to share prioritization of the health and safety of the campus community. Irregular communication for immediate distribution may be sent related to the following: death(s) in the community, protests on campus, response to rumors, response to harassment due to infection status/ethnicity/race/nation of origin/location of recent travel, reversion to telework and online classes, etc. Detailed instructions on the operationalizing of *Saints Reunite* will be sent to constituents to include specific information about returning to work and/or classes.

The public-viewable COVID-19 information page will continue to be updated on the Marymount website with relevant information. Campus-wide text alerts and push notification will be used as needed.

Education and Training. Training will be provided campus-wide on healthy back to campus practices, which include: (1) social distancing and masks, (2) the Mask Ambassador program, (3) temperature taking and symptom awareness, (4) hand hygiene, (5) contact tracing cooperation, (6) cough/sneeze etiquette, (7) general health, (8) disinfecting of spaces, (9) enhanced precautions around high-risk populations, and (10) CDC guidelines for quarantine and self-isolation. Additional training will be provided to all employees on personnel related topics related to safe business resumption.

Regarding anti-stigma education, the communication plan referenced above will address issues of stigma and how to combat it. Additionally, to protect the identity of anyone isolating or quarantining, these rooms on campus will be physically separated from the mainstream residential spaces and the area will be marked for authorized personnel only. The campus will respond immediately to reports of harassment related to COVID-19 (as we do to all other forms of harassment) and will take appropriate corrective action. Information on positive diagnosis and contact tracing will not be shared with the campus community except in accordance with ACPHD health regulations.

## **VI. Monitoring Health Conditions to Detect Infection at Marymount**

Health Screening and Monitoring. To maintain a healthy community, Marymount will encourage students, faculty, and staff to monitor their health each day. Routine temperature checks and self-evaluations on physical well-being will help each individual assess whether it is safe to come to campus.

As technology related to advanced screening evolves (software, applications, etc.), Marymount will continue to explore best practices as well as collaborate with area institutions to maximize resources.

Disease Surveillance. Surveillance, as defined by the CDC, is the ongoing, systematic collection, analysis, and interpretation of health-related data essential to planning, implementation, and evaluation of public health practice. Marymount will use multiple sources of data to create an updated picture of COVID-19's spread and its effects on the campus community, thus informing the University's effective response to support the health and safety of students, faculty, staff, and campus visitors.

Marymount uses the Mediat EHR system for student health centers as a primary tool for campus community surveillance. Mediat currently services Marymount SHS for delivery of medical services and tracking of health forms and immunizations. Marymount has expanded Mediat's usage to include all faculty and staff for COVID-19 screening and health management. Mediat serves as the source for daily health screens for students and for tracking of testing results. Hobson's Starfish aids in tracking student attendance of class and StarRez aids in tracking student assignments and housing occupancy.

Through these electronic systems, as well as daily communications between Student Health Well-being and Student Living about status of cases and quarantine, SHS is able to track spread of COVID-19 on campus, including: number of quarantined campus community members; faculty, staff, and student absenteeism; level of operational functioning with the University; identified campus outbreaks of COVID-19 on campus, and COVID-19 prevalence data in Arlington County and the Commonwealth of Virginia.

The Task Force will systematically analyze multiple COVID-19 health and safety related data, in consultation with ACPHD, to direct the mitigation factors and thresholds for change in delivery of academic and support services on campus, as well as change to remote operations.

Testing. At this time, the Virginia Department of Health has stated that campus wide testing is not recommended for persons arriving or departing campus. If anyone in the campus community feels symptomatic or has confirmation of COVID-19 exposure, the individual will be evaluated virtually by SHS and testing will be ordered if deemed appropriate. The individual may also be referred for outside testing. The SHS Director at Marymount will be in close contact with the local health department to collaborate care and contact tracing.

## **VII. Containment to Prevent Spread of the Disease at Marymount**

Contact Tracing. Marymount, in partnership with ACPHD and following CDC guidelines, currently conducts manual contact tracing for students, staff and faculty once a diagnosis has been determined. Appropriate steps to mitigate the spread are taken. A case manager from SHS is in daily contact with diagnosed students to monitor symptoms. Employees are referred to their primary care physician for follow-up and treatment. Moving forward, opportunities for utilizing technology to enhance the contact tracing process will be explored.

Quarantining and Isolating. If a student knows they have been exposed to COVID-19 or tests positive for COVID-19, immediate measures to remove the person from contact with others will begin. Quarantine will be used for those who were exposed to the disease; isolation will be used for those who have symptoms of the disease. Marymount is holding back 5% of its residential rooms with private bathrooms to use for quarantining and isolating. Contingency plans are in place with local hotels. Students will be

assigned designated spaces with basic needs being provided for by staff members. Employees will isolate and quarantine at their own residences.

Campus Outbreak Management. The plan for managing an outbreak includes caring for those infected, conducting contact tracing, maintaining campus operations and cleaning/safety protocols, and minimizing exposure through social distancing, PPE, and continued good hygiene practices. Appropriate communication through multiple media will inform stakeholders, and the SHS Director will correspond with ACPHD as needed.

## **VIII. Marymount Shutdown Considerations**

Criteria and Process for Dismissal/Shutdown. If circumstances overwhelm campus or Arlington County resources, even after triggering contingency plans to address a surge in cases, a governmental order may require Marymount to dismiss everyone from campus and/or shutdown the university. An additional role of the COVID-19 Task Force is to monitor campus compliance to COVID-19 related policies and protocols during this dismissal and/or shutdown and to ensure compliance oversight during implementation. The Task Force will make appropriate recommendations to the President and her Cabinet, who will make the final implementation decisions.

Closing Residence Hall Consideration. As Marymount is a residential campus, consideration will be given to the safest approach for addressing the needs of a residential population and will depend on the nature of the conditions and advice of the ACPHD.

Communication Plans. Routine communication regarding dismissal/shutdown will be provided to campus stakeholders through push notification texts, campus-wide emails, and website posts. The COVID-19 hotline will reactivate to offer advice and answer questions during this time.

## **IX. Assessing Success**

Marymount and its community are resilient, and confidence is high regarding reopening the campus for in-person classes given our planning activities, current guidance, and pending technological and medical innovation. *Saints Reunite* is a living document and leadership will respond with appropriate changes and revisions as needed. Marymount will measure success based on an overall respect for the safety and health of community members; support of each other during this crisis and an ability to offer continuous educational instruction and other programming as circumstances permit, whether in-person or online.

## Appendix A

### Marymount University: Return to Campus Taskforce

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## Appendix B

### Marymount University: Campus Reopening Reference List

#### *Federal/International*

- Centers for Disease Control and Prevention (CDC)
- Department of Homeland Security (DHS)
- Department of Labor (DOL)
- Department of Education (DOE)
- Equal Employment Opportunity Commission (EEOC)
- Environmental Protection Agency (EPA)
- Occupational Safety and Health Administration (OSHA)
- U.S. Department of State – Bureau of Consular Affairs
- United States Surgeon General
- World Health Organization (WHO)

#### *State/Local*

- Arlington County Public Health Division (ACPHD)
- Governor Northam communications
- Secretary of Education, Commonwealth of Virginia
- State of Virginia, Higher Education and Child Care
- Virginia Department of Health (VDH)

#### *Higher Education*

- American Council of Education (ACE)
- Association of College Health Administrators (ACHA)
- Association of International Educators (NAFSA)
- Council of Independent Colleges in Virginia (CICV)
- National Association of College & University Business Officers (NACUBO)
- National Association of College & University Attorneys (NACUA)
- National Athletic Trainer Association (NATA)
- National Collegiate Athletic Association (NCAA)
- Student Affairs Administrators in Higher Education (NASPA)
- University Risk Management & Insurance Association (URMIA)

#### *Private Resources*

- Arthur J. Gallagher and Co. (AJG) – Insurance Broker
- Helios HR Consulting
- Johnson Controls
- RCM&D – Insurance Broker
- Society of Human Resource Management (SHRM)

Appendix C  
Summary Infographic of Key Campus Measures for Keeping Saints Safe

# WHAT TO EXPECT WHEN YOU RETURN TO CAMPUS

## SAFE PRACTICE FOR ALL SAINTS



### Cleaning and Disinfection

- Disinfect shared equipment between uses.
- Utilize campus hand sanitizer stations frequently.



### Awareness and Individual Responsibility

- Adopt good hand hygiene (washing/sanitizer) cough/sneeze etiquette.
- Monitor overall health - take temperature regularly and if exhibiting symptoms.



### Decreased Density and Social Distancing

- "Take-out" meals from the dining areas.
- Use Zoom meetings for social distancing.



### Personal Protective Equipment

- Masks/face coverings are required in public, especially when within 6 ft of others.



### Careful Approach to Spaces

- Use stairs if possible to minimize touch of public buttons and to increase social distancing.
- Avoid using shared equipment like water fountains, soda or milk dispensers, coffee machines, microwaves, toasters/toaster ovens, refrigerators.



### Testing and Treatment

- Contact Student Health Services if you are exhibiting symptoms.
- Comply with requests for contact tracing.
- Anyone exhibiting symptoms or being exposed to someone testing positive for COVID-19 must self-isolate.

If you experience any of these symptoms please call SHS at 703-284-1610 for a preliminary evaluation.

• Fever or chills • Cough, sore throat, shortness of breath or difficulty breathing • Fatigue • Muscle or body aches • Headache • New loss of taste or smell • Congestion or runny nose • Nausea, vomiting, or diarrhea



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