



TEXAS SOUTHERN UNIVERSITY  
College of Pharmacy & Health Sciences  
COVID Prevention Center

2021-2022

# A SAFE RETURN TO TIGERLAND

HEALTHY CAMPUS GUIDE TO COVID-19

[www.tsu.edu/coronavirus](http://www.tsu.edu/coronavirus)

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# LETTER FROM TSU'S 13TH PRESIDENT

Dr. Lesia Crumpton-Young



Dear Tiger Family,

Texas Southern University is committed to transforming lives and preparing our students to achieve their goals, dreams and aspirations. To fulfill this pledge, we have made several improvements to health and safety protocols to manage the impact of COVID-19 on our Tiger community.

A new, comprehensive COVID Prevention Center – an initiative with the aim of increasing health security at Texas Southern University – has increased collaboration among campus units and expanded capacity. Through the Center, we will use evidence-based practices, public health guidance and increased surveillance to manage exposure and transmission on campus. Many of our recent efforts, while critical to decelerating the viral spread, have raised difficult questions about how to balance privacy with transparency and urgency with deliberation.



Statistics have shown that Black and Brown communities, as well as those citizens living in urban settings, have been hit the hardest and suffered the most during the COVID-19 pandemic.

Tools to end the pandemic are available and our decisions will be informed by science that indicates risk of infection is minimal when there is a collective commitment to public health guidance.

My goal remains to do everything I can to preserve the educational experience and well-being of our campus community. We will continue to work together and diligently monitor the situation to keep our TSU community safe and show that Tigers Care. We are #TSU Proud!

**Lesia Crumpton-Young**  
President

# ABOUT THE **COVID PREVENTION CENTER (CPC)**



TEXAS SOUTHERN UNIVERSITY  
College of Pharmacy & Health Sciences  
*COVID Prevention Center*

The COVID Prevention Center was formed at the direction of President Crumpton-Young, to coordinate all efforts to keep our campus safe during the COVID-19 pandemic.

The COVID Prevention Center (CPC) will take a five-pronged approach:

**Integration:** Coordination of all campus entities to streamline COVID-19 processes and increase response efficiency. CPC will ensure proper communication of policies and relevant updates to all external and internal stakeholders.

**Testing:** Coordination of campus wide testing at our on-campus Clinical Laboratory Improvement Amendments (CLIA) certified PCR laboratory. Integration of laboratory, testing site and electronic health records (EHR).

**Surveillance:** Coordination of contact tracers and oversight of COVID Hotline oversight. Monitoring, tracking, genomic sequencing and case management.

**Vaccination:** Overcoming vaccine hesitancy, eliminating barriers, increasing vaccination rates and providing vaccine opportunities.

**Education:** Streamlining policies and efforts to ensure education continuity for students. Providing education



## Our Mission

The TSU COVID Prevention Center is designed to increase health security at Texas Southern University. The Center, we will use evidence-based practices, public health guidance, and increased surveillance to minimize exposure and reduce COVID-19 transmission to maintain the standard of excellence at TSU.

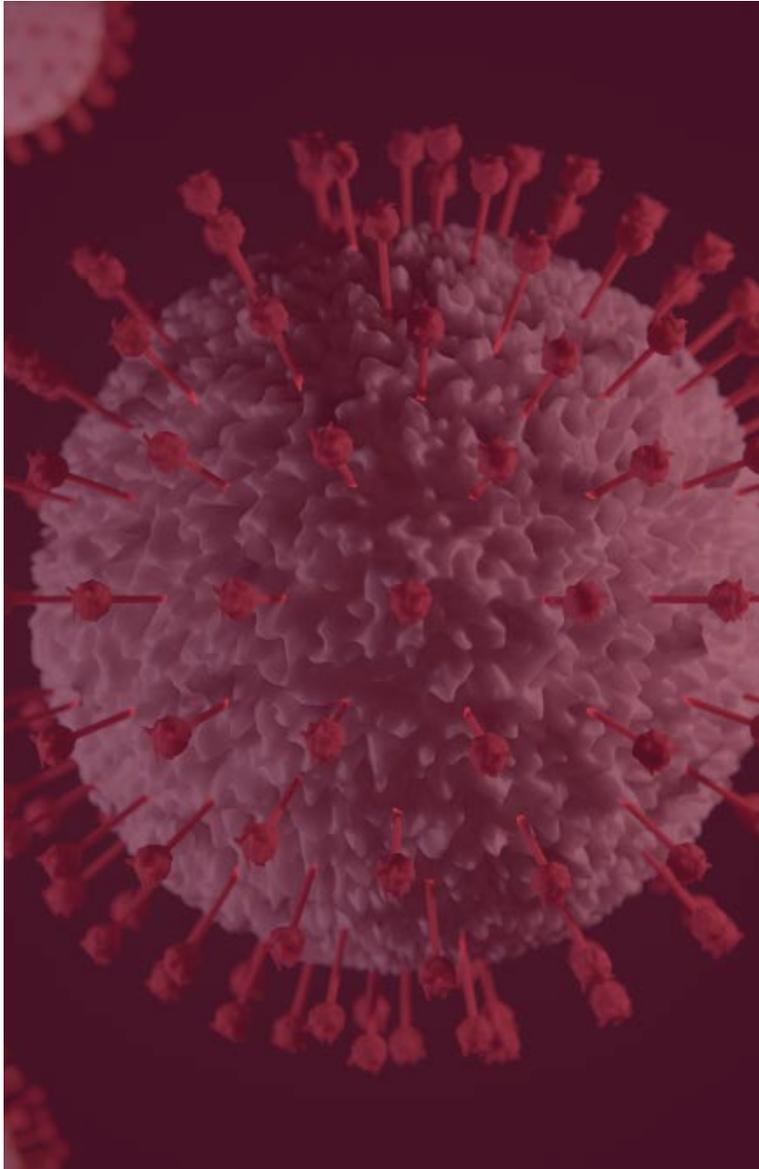


Zuri Dale,  
MWM, MPH

Zuri Dale is the TSU COVID Response Coordinator and lead for the COVID Prevention Center (CPC) and the Epidemiologist for the JUST Project in the College Of Pharmacy and Health Sciences. Zuri is a TSU alumna.

# COVID EXPLAINED

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COVID-19 is the official name given to the disease caused by SARS COV-2. In March 2020, the World Health Organization characterized COVID-19 as a global pandemic, an outbreak that covers a high proportion of individuals in a wide geographic area. Since the original SARS COV-2 strain, several variants have been identified and have the classification of “variant of concern”. These strains may be more contagious, more highly transmissible, and cause more severe illness in comparison to the original strain. Viruses constantly change through mutations and pose a major public health including the Delta variant, which the by the end of the July was described to have caused more than 80% of new U.S. COVID cases. Scientists are continuing to learn about COVID-19 as more information becomes available, however it is understood that the virus is thought to primarily spread from person to person contact.

“The most urgent problem we face right now is the COVID-19 pandemic, we need to get it under control, and we need to invest in global health to stop pandemics like this from happening ever again.”

*—Antony J. Blinken, US Secretary of State*

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# DEFINITIONS

## **ANTIGEN/RAPID TEST**

Rapid diagnostic test that detects specific proteins on the surface of the Corona Virus.

## **CDC**

The Centers for Disease Control and Prevention is the national public health agency of the United States. It is a United States federal agency, under the Department of Health and Human Services.

## **CONTACT**

A contact is 15 cumulative minutes of direct interaction within six feet without a mask. You are only a contact if you were directly exposed to the positive individual. Being in contact with someone who has been in contact with a known or suspected positive does not require a quarantine.

## **COVID-19**

Similarly, to the way in which the human immunodeficiency virus (HIV) causes acquired immunodeficiency syndrome (AIDS), the coronavirus SARS CoV-2 causes COVID-19. Mild symptoms of COVID-19 include cough, headache, and fever. Emergency symptoms include trouble breathing, shortness of breath, persistent pain or chest pressure, new confusion, inability to stay awake, and bluish lips or face.

## **FEVER**

Fever is defined as 100.4 degrees Fahrenheit or higher.

## **FULLY VACCINATED**

You are fully vaccinated if it has been two or more weeks following your second dose in a two-dose series or two more weeks following your one dose of a single-dose vaccine.

## **PCR TEST**

A molecular diagnostic that detects viral genetic material. This test is considered more accurate than the Antigen/Rapid Test.

## **PPE**

Personal protective equipment is "Specialized clothing or equipment, worn by an employee for protection against infectious materials," as defined by the Occupational Safety and Health Administration (OSHA).

## **SARS-CoV-2**

Official name of the new strain of coronavirus that causes COVID-19. This new coronavirus was suspected to have started in animals and spread to humans after the initial outbreak in December of 2019.

## **SELF-ISOLATION**

Separation of an individual who has tested positive for COVID-19 from those who have not tested positive. This means you are to remain at home and not go to work or school. You are expected to limit all outside movement.

## **SELF-MONITORING**

Regularly check temperature and watch for signs of COVID-19 illness, such as fever or cough, headache, sore throat, congestion, new loss of smell or taste, nausea and vomiting, loss of appetite, chills.

If you develop the emergency symptoms call 911. Let the dispatch operator know you are experiencing COVID symptoms.

## **SELF-QUARANTINE**

Unlike self-isolation, this refers to separation of an individual who has been exposed to someone positive for COVID-19 from those who were not. Those in self-quarantine may test positive at a later period. If this occurs, they are to enter self-isolation protocol.

## **SOCIAL DISTANCING**

Physical distancing between yourself and others. This encourages avoidance groups of people and maintaining six feet of distance between others when possible.

## **VACCINE**

The immune system is naturally responsible for producing antibodies. Vaccines trigger the same process and stimulate the body's immune response to provide immunity to a specific disease without causing the disease.

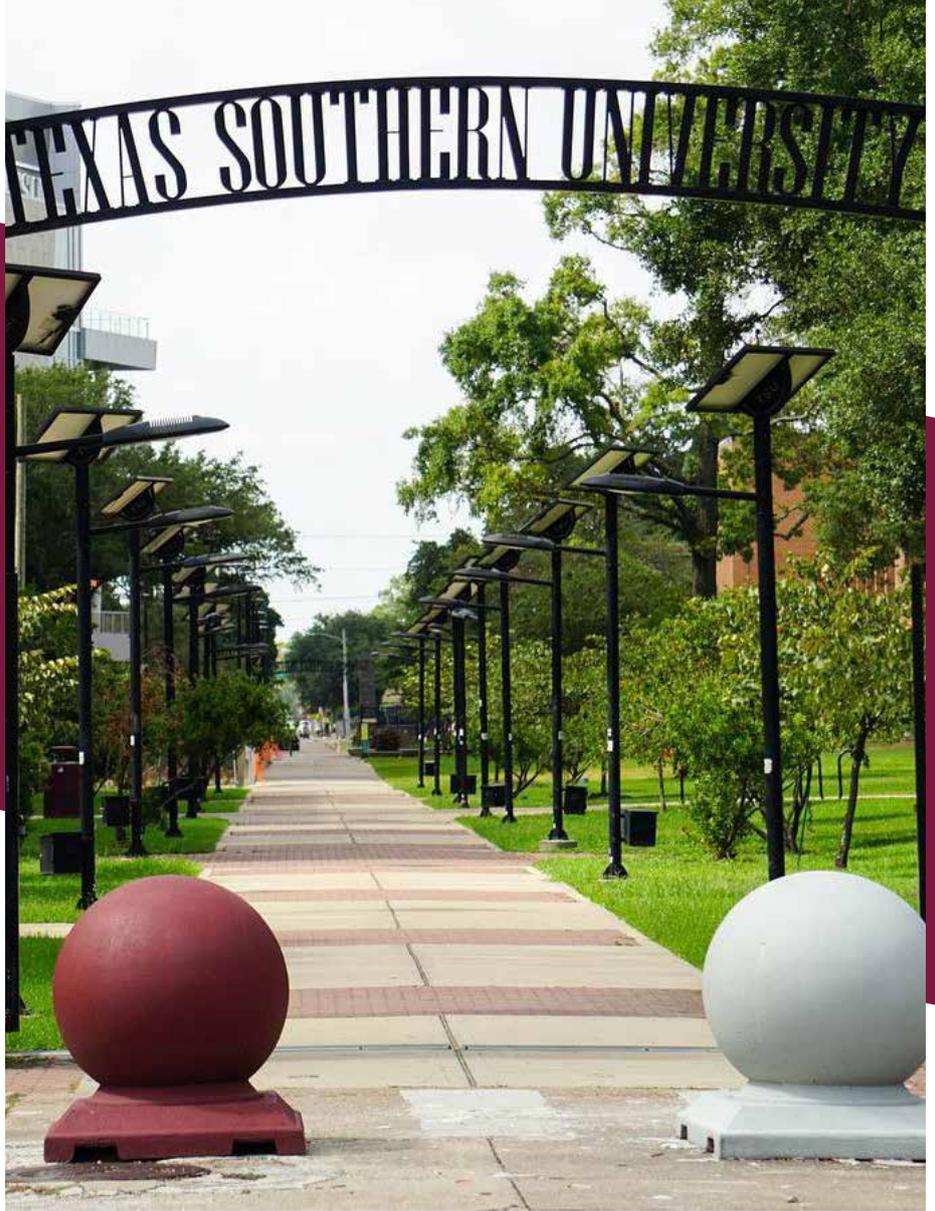


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## **TIGERS CARE PLEDGE**

As a member of the Texas Southern University family, I pledge to take personal responsibility for my health, behavior and academic achievement. I seek to respect and understand my fellow students, faculty and staff. I recognize that I am my brother's and sister's keeper. As a fellow Tiger, I will exemplify the Tigers Care motto by being mindful of the impact of my actions on others and be considerate of my Tiger family at all times.

# TIGERS CARE



## IMPORTANT PHONE NUMBERS

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Campus resources are available to assist you. Here is a list of helpful phone numbers.

**COVID-19 HOTLINE**

713.313.5099

**STUDENT HEALTH CENTER**

713.313.7173

**CAMPUS POLICE**

713.313.7000

**HUMAN RESOURCES**

713.313.7521

**NATIONAL SUICIDE PREVENTION LIFELINE**

800.273.8255

**COVID TESTING CENTER**

713.313.5842

**UNIVERSITY COUNSELING CENTER**

713.313.7804

**RESIDENTIAL LIFE & HOUSING**

713.313.4289

**EMPLOYEE ASSISTANCE PROGRAM**

713.500.3327

**CRISIS TEXTLINE**

Text STEVE to 741741

# HEALTH AND SAFETY STANDARDS

Students, faculty, staff and visitors are required to self-monitor for symptoms, in accordance with CDC guidelines, to mitigate potential exposure to others in and outside of campus buildings and property.

## TIGER HEALTH AND SAFETY GUIDELINES

- Face coverings should be worn at all times when entering buildings.
- Social-distancing instructions should be followed.
- Utilize hand-sanitizing stations in all buildings.
- Clean and disinfect common spaces before and after use.
- Identification is required at all times:
  - Tiger Card for students and employees.
  - Government identification for visitors.

## COVID-19 SYMPTOMS

People with COVID-19 have reported a wide range of symptoms – ranging from mild symptoms to severe illness. Symptoms may appear two-14 days after exposure to the virus. People with these symptoms may have 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**

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

Anyone exhibiting symptoms should stay home or self-isolate in campus housing.

Confirmed cases of COVID-19 of students, faculty and staff should be immediately reported to the **COVID-19 Hotline (713.313.5099)**.



**COVER**  
FACE COVERINGS  
SHOULD BE WORN



**CLEAN**  
WASH YOUR HANDS



**CONTAIN**  
STAY HOME  
WHEN SICK



**6 FEET**  
PLEASE KEEP A  
DISTANCE OF 6 FEET



**CALL**  
TIGER COVID-19 HOTLINE  
713.313.5099



# WHAT YOU CAN DO TO STAY HEALTHY

The University has been preparing several months for the Return to Tigerland.

All students and employees are asked to do the following to stay healthy and avoid contracting the virus:

## **Prior to Arriving on Campus:**

- If you are feeling ill, **stay home**. The COVID Hotline (713) 313.5099 can advise you on whether or not you should test and/or quarantine.
- Limit time inside public areas such as restaurants, shopping malls and other locations where people congregate. In these scenarios social distancing may become difficult to control.
- Avoid traveling to locations where high levels of COVID-19 have been reported.
- Follow all CDC recommended health protocols.

## **Practice These Behaviors While on Campus**

- Stay home if you don't feel well.
- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick, even inside your home.
- Cover coughs and sneezes with a tissue or your elbow.
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- Monitor your health. Watch for fever, severe headache, cough, shortness of breath, or other symptoms of COVID-19.
- Follow CDC guidance if symptoms develop.
- Get vaccinated. COVID-19 vaccinations are available on campus.
- Limit unnecessary travel.
- Do not share personal items (food, beverages, water bottles, towels, eating utensils, computers, etc.).

# COVID-19 SURVEILLANCE & PREVENTION

## COVID-19 TESTING

The JUST Project offers PCR COVID Testing at the following campus locations:

### FOR STUDENTS

WHEN: Monday-Thursday from 8:00am to Noon.

WHERE: Health & Physical Education Arena (H&PE) Room 109

HOW: Walk-in, no appointment necessary.

### FOR FACULTY & STAFF

WHEN: Monday-Thursday from 8:00am to Noon.

WHERE: Gray Hall Room 235

HOW: Walk-in, no appointment necessary.

Faculty & Staff may also walk-in at HPE if it is more convenient.

All tests taken before Noon will in most cases receive results in 24 hours or less.

For questions about test results, please call (713) 313.5842 or email [JUSTCOVIDtesting@tsu.edu](mailto:JUSTCOVIDtesting@tsu.edu).

For all other questions, call the COVID Hotline at (713) 313.5099.



TEXAS SOUTHERN UNIVERSITY  
College of Pharmacy & Health Sciences  
*JUST Project*



## COVID-19 VACCINES

In partnership with Baylor St. Luke's Medical Center, COVID Vaccinations are available on campus and open to the public:

### OPEN TO THE PUBLIC

Monday-Friday from 9:00am to 4:00pm

Nabrit Hall Lobby

No appointment necessary.

Vaccines are available to anyone, free or charge, age 12 or older. Anyone interested in receiving the vaccine do not need to register for an online appointment. Registration will be handled upon arrival, on a first-come, first-serve basis for the week. Minors- 12 to 17- years must be accompanied by a parent or legal guardian at the vaccination site.



# COVID-19 TIGER PLANNING CHECKLIST

Set up an action plan now. Consult with family, friends, and roommate(s) who may be impacted by your plan and share it with them. Having a plan now will ease any stress later that may result from exposure to or a positive test for COVID-19.

## **Emergency Contact List**

Create a list of family, friends, faculty, and roommate(s) who should be contacted in an emergency.

Share this list with close friends and/or roommate(s).

## **Health Care Information**

Compile the names and contact information for your preferred healthcare providers. Make sure you have all necessary prescriptions on hand. If you need additional support, please note that the Student Health Center and University Counseling Center are also available.

## **Your Plan if you Have to Self-Quarantine**

Think about where you will self-quarantine if you or your roommate(s) are exposed to someone who tested positive for COVID-19. Whether living on campus or off campus, you should self-quarantine in your residence and minimize contact with others. Stay in a private bedroom if possible. It is important that both you and those around you wear a face covering when in the same room. If you live on-campus and are required to self-quarantine, meal delivery will be arranged for you if you have a meal plan. Contact your professors immediately and develop a plan to continue your coursework remotely.

## **Your Plan if you Have to Self-Isolate**

Identify where you will self-isolate if you test positive for COVID-19. Students living in on-campus residence halls may be temporarily placed in special self-isolation housing provided by the University or may choose to self-isolate at their permanent residences. If you live on campus and are temporarily placed in self-isolation housing, meal delivery will be arranged for you if you have a campus meal plan. Students living off campus should also determine if they will self-isolate in their off-campus residences or at their permanent residences. Please review CDC guidelines on self-isolation. Contact your professors immediately and develop a plan to continue your coursework remotely.

## **Create a List of People Who Can Help**

Create a call list, if you need help with food, medicine, and other supplies during self-isolation or self-quarantine. For those living on campus, a team from Texas Southern University Residence Life & Housing, Dean of Students and Student Health Services will check on your wellbeing, help make contact with faculty if needed, and deliver meals if you have a meal plan. Students living off campus may also contact the Dean of Students for help contacting faculty and arranging wellness checks during quarantine or isolation.



“We’re not only vaccinating to protect ourselves, we’re vaccinating to protect everyone around us, most of whom we don’t know their story.”

*Dr. Melanie Swift, M.D., M.P.H.*

# WHAT TO PACK

We suggest keeping a pre-packed quarantine bag in your closet. In the event you test positive, it makes it easier to ask a roommate to grab “the blue Nike bag in the closet and my laptop.” Below is a list of suggested items that you may want to include in your quarantine bag. Remember to include the items you deem essential.

## COVID-19 QUARANTINE BAG:

- Extra cell phone charger
- List of important phone numbers
- List of any allergies
- Three or more complete changes of comfy clothes (sweats, PJ pants, t-shirts, and fuzzy socks)
- Fleece throw (grab the smallest one and squeeze it into an XL baggie, to force out extra air.)
- Thermometer
- Hygiene products
- Cough drops
- Tylenol to reduce fever and body aches
- Vicks Vapo-Rub
- Prescription medications
- Over-the-counter (OTC) medications such as Mucinex DM or Robitussin cough syrups
- Tissues
- Snacks
- Masks/facial coverings
- Entertainment: laptop/iPad, a coloring book and crayons, or a deck of cards
- Powdered Gatorade, water



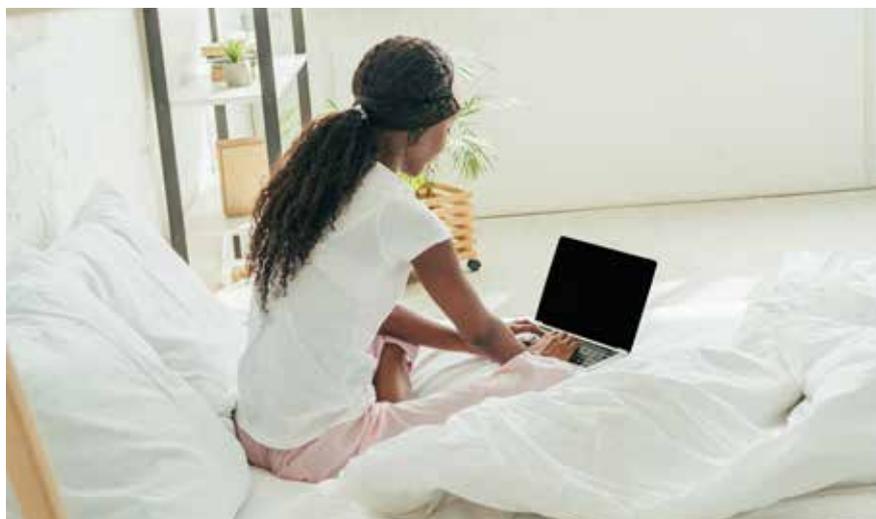
The Residential Life & Housing Department has many protocols in place to handle students moving into its facilities. We are asking all students to abide by the CDC guidelines and practice social distancing on and off housing property. Let’s keep everyone’s safety as a priority!

# BE PREPARED TO CONTINUE BUSINESS AS USUAL

It is always good practice to have access to your important information, but it is critical when managing your academic and/or work life during COVID. Following these tips will ensure that you are able to continue business as usual should you need to quarantine, isolate or transition to virtual learning.

## FOR STUDENTS, FACULTY & STAFF:

- Ensure that you have your laptop. Don't leave your laptop in your car or at a friend's house. Take it home with you every evening.
- Pack your book bag/work bag every night after you are finished studying or working so that everything is back in its proper place. Don't forget textbooks, binders, notepads, calculators, etc. This makes it simple should you have to ask someone to grab your school/work items for you.
- Have access to all necessary passwords. Using a password manager is the safest way to ensure you have access to passwords across all of your devices.
- Bookmark or write down all important websites and links for easy, quick access.
- Ensure that you are using a cloud service to back up all of your documents and information. Using OneDrive will allow you to access all your assignments, course syllabus, and other TSU related documents no matter what device you are using.
- Utilize a cloud service like OneNote or GoogleKeep or even a basic Word doc or Google Doc to take notes and keep reminders. If by chance you have to isolate or you are unable to be in your normal study or office space, you will have access to all the information you would normally keep on a Post-It or notepad.
- Get assistance now! Don't wait until you are isolated to seek one-on-one help. If you know you don't know how to access Blackboard Collaborate, or how to use required software for a class, it's better to ask for help or training now while you can get help instead of attempting to obtain these things on your own during quarantine/isolation. If there are software or systems you don't use often, ensure you write down the steps to use them and/or save training links and walk-throughs for quick access.





# RESOURCES FOR STUDENTS

# HEALTH AND SAFETY STANDARDS

## **NORMAL COVID-19 SYMPTOMS**

People with COVID-19 have reported a wide range of symptoms reported – ranging from mild to severe illness. Symptoms may appear two-14 days after exposure to the virus.

- 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

## **EMERGENCY COVID-19 SYMPTOMS**

- Trouble breathing
- Persistent pain or chest pressure
- Confusion
- Inability to wake or stay awake
- Bluish lips or face

If at any point you experience any of the emergency symptoms while on campus, please call Campus Police at (713) 313.7000 if you are on campus. If you are off campus please dial 911. Please inform dispatch that you have COVID-19.



## **RISK ASSESSMENT**

To assess the risk of exposure to others, you will be contacted within 24 hours of your diagnosis.

You may be asked:

- When you first began experiencing any COVID-19 symptoms.
- The last time you were on campus
- Any workplace areas you may have visited.
- Identify anyone with whom you had close contact with (e.g., being within approximately six feet) within the two days prior to testing positive. Your identity and positive tests results will not be disclosed without your permission.

# STEPS FOR STUDENTS TO TAKE IF YOU FEEL SICK

## **STAY HOME**

Contact your instructors to notify them that you are monitoring your health at home and will be absent from class.

## **MONITOR SYMPTOMS**

COVID-19 symptoms: Fever (100.4 or higher), cough, muscle aches, sore throat, shortness of breath, chills, persistent chest pain or pressure, unusual headache, nausea, new confusion, vomiting, diarrhea, inability to wake or stay awake, new loss of smell or taste, bluish lips or face, loss of appetite, and trouble breathing.

## **CALL THE TSU STUDENT HEALTH CENTER or YOUR PRIMARY CARE PHYSICIAN**

Call Student Health at (713) 313.7171. For your safety and the safety of others, walk-in appointments will not be available. Students will be pre-screened over the phone prior to scheduling a virtual or in-person visit. If you are experiencing a medical emergency, call (713) 313.7000 if you are on-campus, call 911 if you are off campus.

## **FOLLOW DIRECTIONS OF HEALTHCARE PROVIDER**

Medical staff will provide guidance/next steps for your care including any testing or self-isolation/self-quarantine directions.

## **REFER TO YOUR ACTION PLAN**

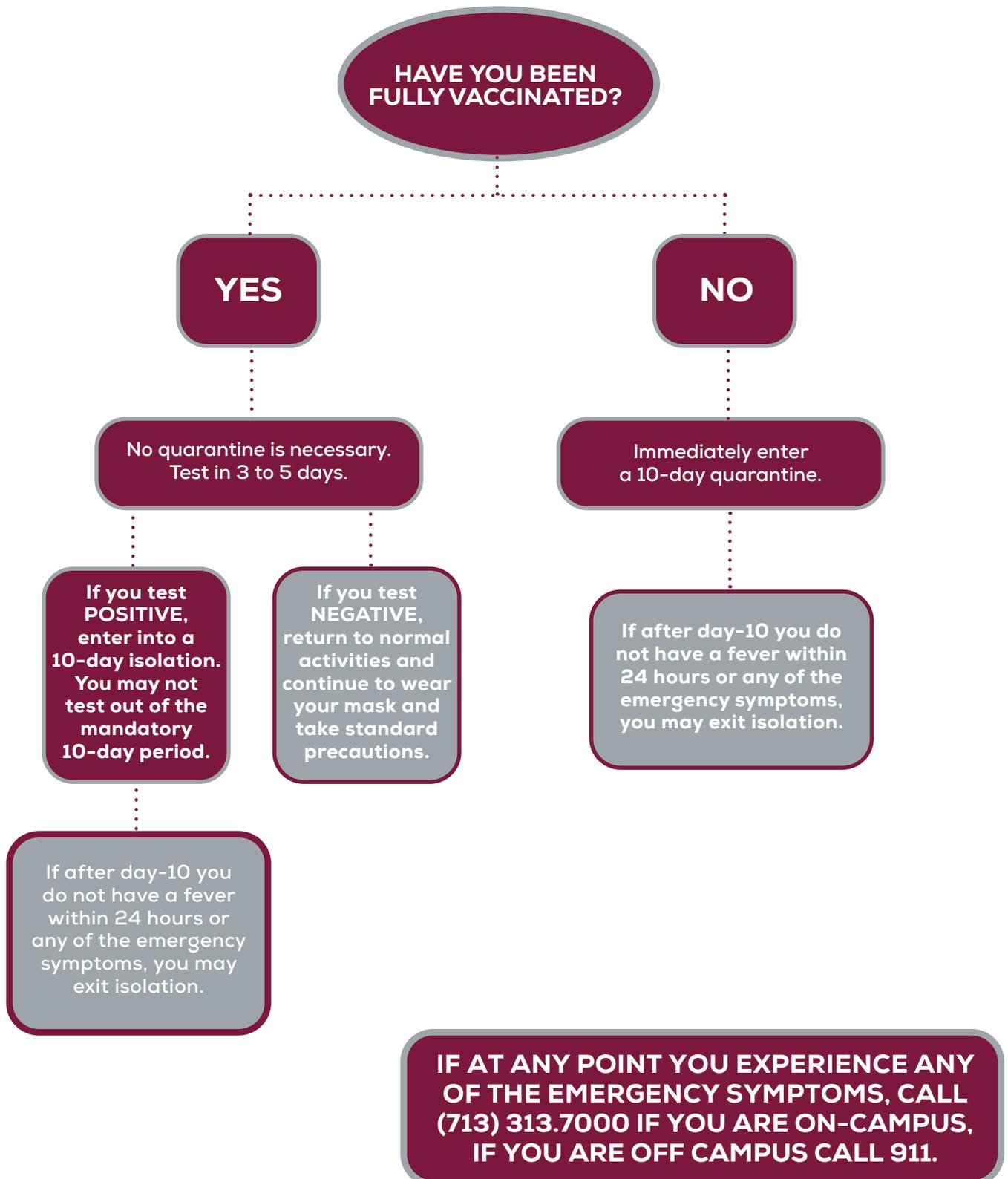
Follow the action plan you created to contact family and friends about your health status and any assistance you may need.



# STEPS FOR STUDENTS TO TAKE IF YOU HAVE BEEN EXPOSED

Please remember that exposure is 15 minutes of close contact without wearing a mask with someone who has been confirmed as testing POSITIVE with the virus.

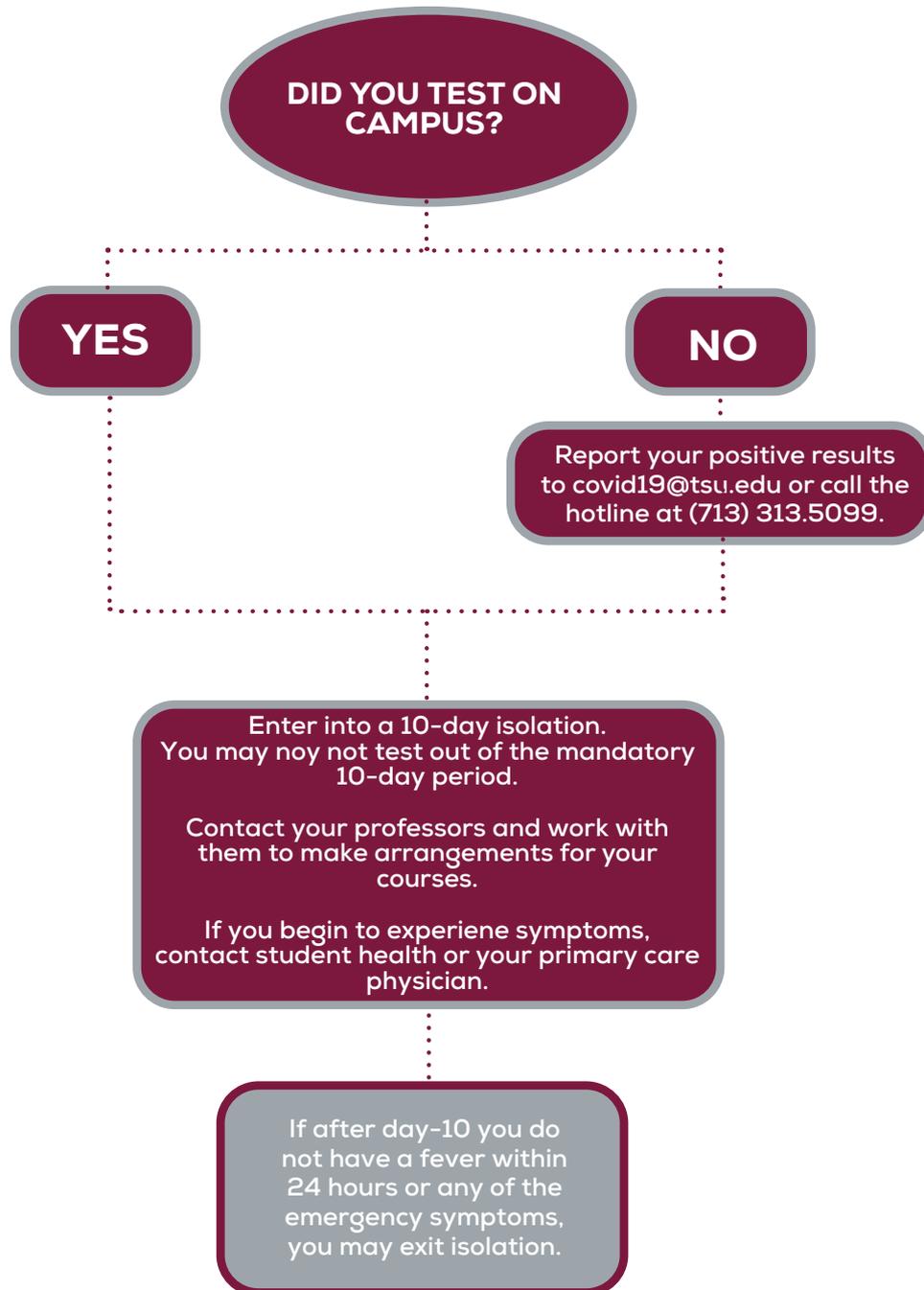
## HAVE YOU BEEN **EXPOSED**?



# STEPS FOR STUDENTS TO TAKE IF YOU HAVE TESTED POSITIVE

If you test positive and have been tested off campus, please be sure to report your diagnosis to the COVID Prevention Center by emailing [JUSTCOVIDtesting@tsu.edu](mailto:JUSTCOVIDtesting@tsu.edu) or by calling 713.313.5099.

## DID YOU TEST **POSITIVE**?



**IF AT ANY POINT YOU EXPERIENCE ANY OF THE EMERGENCY SYMPTOMS, CALL (713) 313.7000 IF YOU ARE ON-CAMPUS, IF YOU ARE OFF CAMPUS CALL 911.**

# ISOLATION & QUARANTINE PROCEDURES FOR STUDENTS

## ISOLATION & QUARANTINE PROCEDURES

Remain in your rooms for 10 days from the date of the positive test.

- Self-monitor for symptoms.
- Take and record temperature twice a day.
  - Once in the morning
  - Once in the evening
- Wear a mask and wash hands to put trash or food trays outside your door. Wear a mask whenever you open your door, including to get food/drinks or medication.
- Wash hands after removing mask.
- Do not attend live classes in person or participate in campus events.
- Contact your Student Health Services at 713.313.7171 or your primary care physician if you feel ill.

## NEXT STEPS

1. It is your responsibility to contact your professor to make arrangements to complete class assignments, tests, or projects. Contact your teachers now and voluntarily disclose your positive or exposure status.
2. If you are a student who participates in any extra-curricular activity, contact your coach/advisors and voluntarily disclose your status. Do not attend any practices/events.
3. If you reside on campus, meal delivery will be coordinated for you. Understand that it may be at least 24 hours before meal delivery will begin.
4. If you have tested positive and are entering isolation, notify anyone you have been in close contact within six feet for 15 minutes or more and encourage them to get tested.
5. This will serve as a reminder that you have given Student Health Services/Testing staff permission to contact your professor(s), parents or legal guardian, and TSU Administration: Dean of Students, Office of the Provost, Housing and Athletics to discuss your absence.

YOUR CIRCUMSTANCES	WHEN TO END SELF-ISOLATION
You tested POSITIVE for COVID-19 and have symptoms	At least 10 days have passed since your symptoms first appeared, AND  you have not had a fever for at least 24 hours without the use of fever-reducing medications, AND  symptoms (e.g., cough, shortness of breath) have improved.
You tested POSITIVE for COVID-19 and have NOT developed symptoms	At least 10 days have passed from the date of your positive test as long as you remain free of symptoms.  If you develop symptoms follow the guidance above for testing positive with symptoms.

# NEXT STEPS FOR STUDENTS AFTER TESTING POSITIVE

## **Step 1: Call TSU's COVID Hotline**

If you tested off campus and have tested positive for COVID-19 or if you have been within 6 feet for at least 15 minutes with someone who has the virus, call TSU's self-reporting hotline at (713) 313.5099. Calls received after hours will be returned the next business day.

## **Step 3: Prepare**

If you haven't already begun to gather the necessary items to take with you into isolation, notify family and friends.

Students are responsible for contacting and working with their Instructors to discuss academic options. Voluntarily disclose your status and submit your positive test result if requested. Remember that you are responsible for keeping up with class material and assignments.

## **Step 3: Contact your Professors, Coaches and/or Advisors**

Students are responsible for contacting and working with their Instructors to discuss academic options. Voluntarily disclose your status and submit your positive test result if requested. Remember that you are responsible for keeping up with class material and assignments.

If you participate in campus sports, activities or clubs notify them and let them know you will be unable to participate.

## **Step 4: Monitor Your Symptoms and Seek Medical Help**

Symptoms of COVID-19: Fever (100.4 or higher), cough, muscle aches, sore throat, shortness of breath, chills, persistent chest pain or pressure, unusual headache, nausea, new confusion, vomiting, diarrhea, inability to wake or stay awake, new loss of smell or taste, bluish lips or face, loss of appetite, and trouble breathing.

Seek medical help if you begin to feel ill by reaching out to Student Health or your primary care physician.

Student Health can be reached by calling (713) 313.7173. For your safety and the safety of others, no walk-in appointments will not be available. Students will be pre-screened over the phone prior to scheduling a virtual or in-person visit.

If you are experiencing a medical emergency, call (713) 313.7000 if you are on-campus, call 911 if you are off campus.



# STUDENT HEALTH SERVICES

## **CLINIC SERVICES:**

Student Health Services (SHS) is an acute care facility committed to providing high-quality health services to students attending Texas Southern University (TSU). SHS has a dedicated team of medical professionals available to help students who are sick or injured. HIV and STI testing, vision screening, mental health referrals, TB skin testing and seasonal flu shots are offered in addition to treatment for general illnesses and injuries.

To schedule an appointment call (713) 313-7173.

## **CLINIC VISITS:**

You must be enrolled for the current semester or current summer session and have paid the Medical Services Fee to be eligible for clinic services. The fee covers your examination, treatment and in-house medications. If additional fees apply, you will be notified prior to receiving services. Services provided outside of the clinic are the patient's responsibility, including prescribed medications, treatment received from other providers and emergency room visits.

## **LOCATION:**

Student Health Services is located in the Student Health Center on Tierwester Street next to the Alley Mitchell Child Care Center.

## **HOURS OF OPERATION:**

Monday through Friday from 8:00 a.m. to 5:00 p.m. When the clinic is closed, an after-hours nurse helpline is available for students at (833) 631-1072. For medical emergencies, contact the TSU Police Department at (713) 313-7000 for assistance.

## **PARKING:**

Parking is available for patients in front of the Student Health Center in Parking Lot M. Patients should only use the spaces marked Health Center Parking.

## **HEALTH INSURANCE – INTERNATIONAL STUDENTS**

Health insurance is required for international students. All students are automatically enrolled in the university-sponsored Student Health Insurance plan, but international students can opt to waive university insurance if they have a comparable plan. Contact the provider – [gallagherstudent.com/tsu](http://gallagherstudent.com/tsu) – for more information or to purchase the university health plan.

## **IMMUNIZATION REQUIREMENT:**

Incoming students, 21 years and younger, must provide proof of vaccination against bacterial meningitis (ACWY) at least ten days before attending classes. Records must be submitted to Student Health Services at <https://tsu.medicatconnect.com>. For details about the immunization requirement, bacterial meningitis, exemptions or for assistance with submitting documents, visit [www.tsu.edu/health](http://www.tsu.edu/health) or call (713) 313-7173.

# STUDENT HEALTH SERVICES

## **CONFIDENTIALITY:**

All information in the student's medical record is confidential. Medical information can be released to patients upon written request or as required by law.

## **STUDENT HEALTH - HEALTH PROMOTIONS**

Understanding that college life extends beyond the classroom, we design health promotion programs to encourage and promote healthy living. TSU's Annual Health & Wellness Fair is held each year and is hosted by TSU's Recreation and Wellness Services. The Fair is held every third Wednesday in September and vendors from the community are invited to help us keep TYou healthy.

Health & Wellness Fair participants receive free blood pressure and vision screenings, HIV testing, exercise demonstrations, information about healthy eating, and much more. Recreation and Wellness Services offers year-round health awareness campaigns, including blood drives, bone marrow registration drives and other free services for students, faculty, staff and the surrounding community.

## **PEER ADVOCATES FOR WELLNESS (PAW'S):**

Peer Advocates for Wellness are student volunteers who assist with health promotions during the fall and spring semesters. Interested students can join PAWs by completing the PAWs application found on the TSU website at [www.tsu.edu/health](http://www.tsu.edu/health).



# ACADEMIC AFFAIRS

## EXCELLENCE IN ACHIEVEMENT

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Having COVID is enough to worry about without also having to be concerned about your academic development. These steps will help guide you through maintaining your academic excellence.

### **CONTACT YOUR PROFESSOR**

If you have received a positive COVID-19 test, please email your professor. Voluntarily disclose your status and provide proof of positive results if requested. Let them know when you expect to exit isolation.

### **CONTACT THE COVID HOTLINE**

Contact the COVID-19 Hotline at (713) 313.5099 if:

- You are experiencing symptoms or have been exposed and are unsure if you need to test or quarantine.
- If you tested positive at an off-campus testing center.
- If you are in quarantine and need assistance with documentation for your professor.
- If you need any assistance related to COVID.

### **MAINTAIN COURSE PARTICIPATION**

During quarantine/isolation you are responsible for keeping up with class material and for staying in communication with your professor by email and/or via Blackboard.

Utilize Blackboard to access all course materials.

Some alternatives you can request include:

- Participation in your courses via Blackboard Collaborate or BlueJeans.
- Recordings of lectures and class sessions.
- Alternate means of completing in-person activities such as recording and submission of a speech or presentation.
- Extensions on due dates when necessary.
- Virtual exams when appropriate and available.
- Request virtual office hours to ask questions or gain clarification on the course material.
- Obtain handouts, study guides or lecture notes.

### **UTILIZE AVAILABLE TOOLS**

You can use tools such as MS Teams to attend study sessions with your classmates.

Websites for your course textbooks often have additional resources such as quizzes and digital flashcards that might increase your understanding of course content.

Complete the end-of-chapter questions in your text book even if they are not required assignments.



***-Nelson Mandela***

Education is the most powerful weapon which you can use to change the world.

# TSU CAMPUS RESOURCES FOR STUDENTS

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## **STUDENT ACCOUNTING**

If you have questions about your student fees and bill call (713) 313.7052.

## **FINANCIAL AID**

If you have questions about your financial aid package, student loans and/or work study, call (713) 313.7802.

## **REGISTRAR'S OFFICE**

If you need any assistance with adding or dropping courses, transcripts or registration, call (713) 313.4327.

## **BOOK STORE**

If you need assistance acquiring course books or materials, call (713) 313.7030.

## **LIBRARY**

If you need assistance with a research project or paper or need help locating a journal article or other reference materials and sources, call (713) 313.7402.

## **WRITING CENTER**

If you need assistance with a writing assignment, call (713) 313.7981.

## **TUTORING CENTER**

If you need tutoring services, call (713) 313.7460.

## **STUDENT OMBUDSMAN**

Texas Southern University's Office of the Ombudsperson is a place where students can confidentially express their concerns, resolve disputes, manage conflicts, and learn more productive ways of dealing with matters they may face during their matriculation. Individuals—undergraduate, post-doc and newly returning students can expect to receive informal, confidential, neutral and independent services to the extent allowed by law.

We welcome anyone who has a concern or question pertaining to university policies, university bureaucracy, and all other matters impacting your academic success.

You may reach the Ombuds 24-hours a day by calling (713) 313.7040 or forwarding an email to [lori.labrie@tsu.edu](mailto:lori.labrie@tsu.edu). The Campus Police can also be reached 24-hours a day by calling (713) 313.7000.

# 2021-2022 ACADEMIC YEAR RESIDENCE LIFE & HOUSING

## COVID-19 PRECAUTIONS

- Meetings will be held with residents that can include discussions on personal health, RLH rules and regulations, and campus resources.
- Residents will e-sign an acknowledgment document of COVID -19 protocols.
- Sanitizer stations will be placed on each floor near the elevators.
- Vacant rooms may be made available, in case of a resident needing to be placed in quarantine or isolation.
- Students in quarantine or isolation will have meals delivered.



## MOVE-IN PROCEDURES

- Residents will complete move-in forms online prior to arrival to prevent lines and crowding.
- Residents will participate in a traditional mass move-in day. Specific arrival times and appointments will be set in advance.
- Residents are required to have a negative COVID test, taken within 72 hours prior to move in.
- A maximum of two persons will be allowed to assist student on-site.

# 2021-2022 ACADEMIC YEAR DINING SERVICES

On-campus dining services traditionally share many similarities with restaurants. The previous model of a customer being in queue to enter, choose food options, and rendering payment will change because of the high level of personal interaction and surface touching. Significant changes will be necessary to institute physical distancing and other infection prevention and control measures based on CDC guidelines.

Dining facility staff will follow infection prevention guidelines including:

- Staying home when ill.
- Practicing physical distancing whenever possible at work.
- Practicing proper hand hygiene.
- Avoiding touching the eyes, nose, and mouth with unwashed hands.
- Cleaning and disinfecting frequently touched surfaces.
- Undergoing temperature checks prior to shift.
- All diners should wear facial coverings while in the facility. Coverings can be removed while sitting and dining only and must immediately be reinstalled after food consumption. Takeout options, physical distancing of patrons (6 feet) and cohort dining will be activated.
- Staff-served meal options will replace buffet food stations. Take-out meal options will be available at every meal.
- **Food delivery will be made available to any students who must self-isolate or quarantine on campus.**

Dining: 713.313.4489



# FALL 2021 DINING HOURS

## TOWERS CAFE DINING SCHEDULE

### MONDAY - FRIDAY

Breakfast: 7:00AM to 9:00AM  
Lunch: 11:00AM to 5:00PM

### SATURDAY - SUNDAY

Brunch: 10:30AM to 1:30PM  
Dinner: 6:00PM to 8:00PM

## STUDENT CENTER CAFE DINING SCHEDULE

### MONDAY - FRIDAY

Lunch: 11:00AM to 3:00PM  
Dinner: 5:00PM to 9:00PM

### SATURDAY - SUNDAY

Closed



**MONDAY - FRIDAY**  
**9:00AM to 7:00PM**

**SATURDAY**  
**11:00AM to 4:00PM**

4 Count  
Chik-N-Minis

Sausage or  
Bacon Biscuit

Yogurt Parfait

Fruit Cup

Waffle Fries

Market Salad

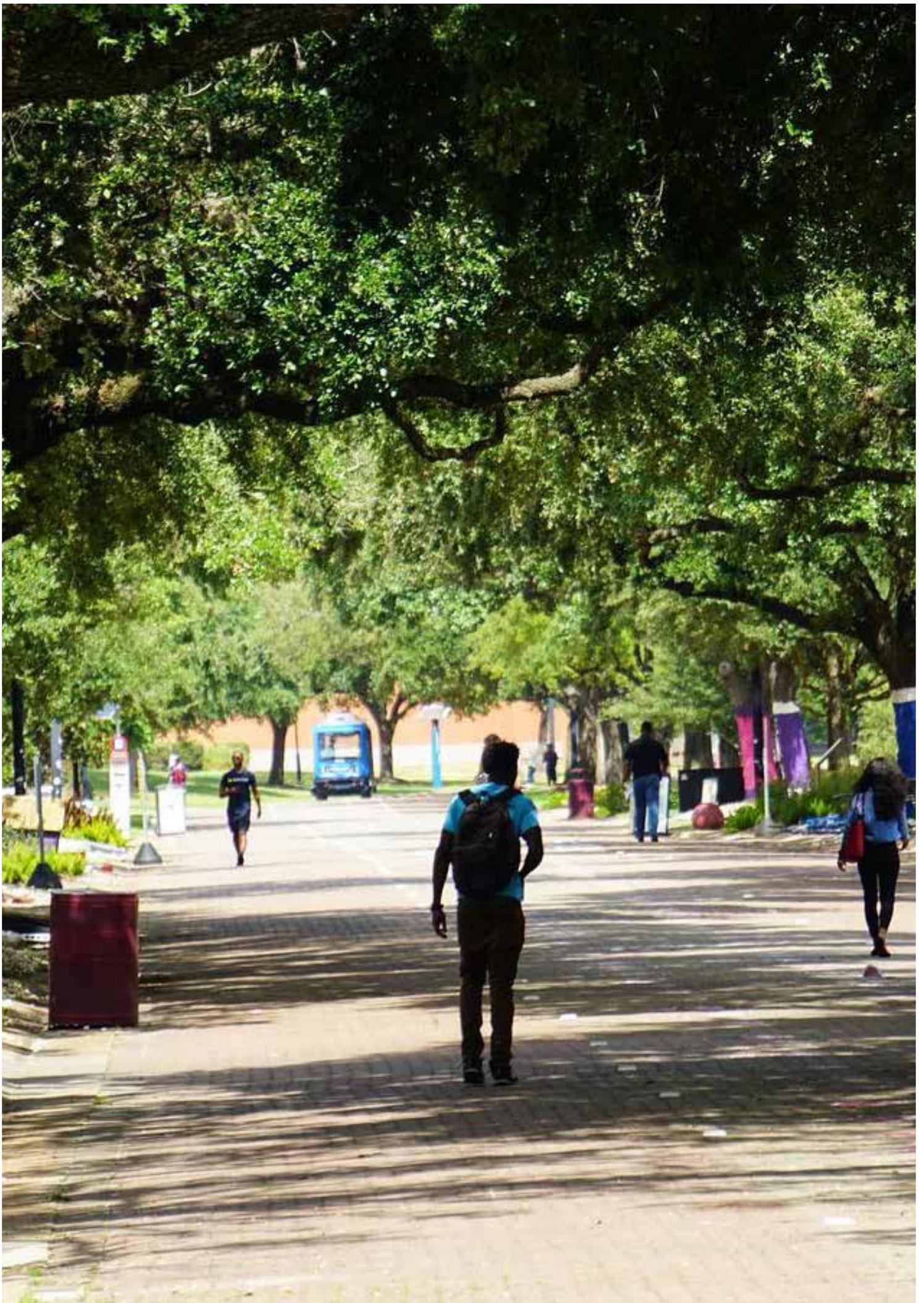
8 or 12 Count Nuggets

Regular or Spicy Chicken Sandwich



*-Malcolm X*

Education is the passport to the future, for tomorrow belongs to those who prepare for it today.





**RESOURCES  
FOR FACULTY  
& STAFF**

# HEALTH AND SAFETY STANDARDS

## **NORMAL COVID-19 SYMPTOMS**

People with COVID-19 have reported a wide range of symptoms—ranging from mild to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

- 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

## **EMERGENCY COVID-19 SYMPTOMS**

- Trouble breathing
- Persistent pain or chest pressure
- Confusion
- Inability to wake or stay awake
- Bluish lips or face

If at any point you experience any of the emergency symptoms, please dial 911. Please inform dispatch that you may have COVID-19.

## **RISK ASSESSMENT**

To assess the risk of exposure to others, you will be contacted within 24 hours of your diagnosis.

You may be asked:

- When you first began experiencing symptoms, if any, of COVID-19
- The last time you were on campus
- Workplace areas that you visited.
- Identify those with whom you had close contact with (e.g., being within approximately six feet) within the two days prior to testing positive. Your identity and the fact that you tested positive will not be disclosed.

# STEPS FOR FACULTY & STAFF TO TAKE IF YOU FEEL SICK

## **STAY HOME**

Contact your department chair or supervisor and notify them that you are monitoring your health at home and will be absent from work.

Ensure that they are aware if you are too ill to teach online or if you have major on campus duties that will require coverage.

Send an email to your students alerting them of any change in schedule or activities.

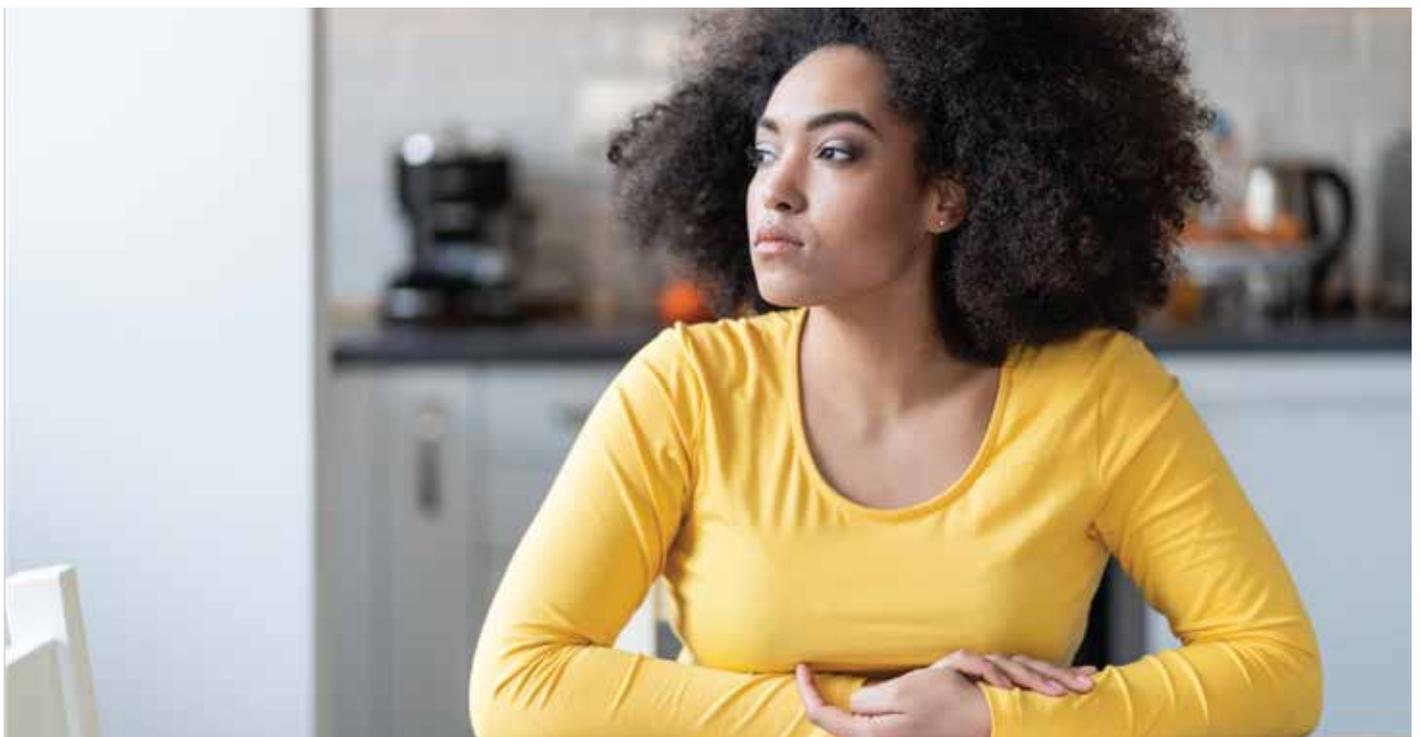
Faculty and staff who are required to self-quarantine or self-isolate shall use available sick or vacation leave, unless they're able to work remotely. Employees who are able to work remotely must coordinate with their supervisor.

## **CALL YOUR PRIMARY CARE PHYSICIAN**

If you are experiencing symptoms, call your primary care physician or your nearest urgent care facility. Do not walk into a facility without first calling to avoid exposing other patients. If you are experiencing a medical emergency, call (713) 313.7000 if you are on-campus, call 911 if you are off campus.

## **GET ADVICE**

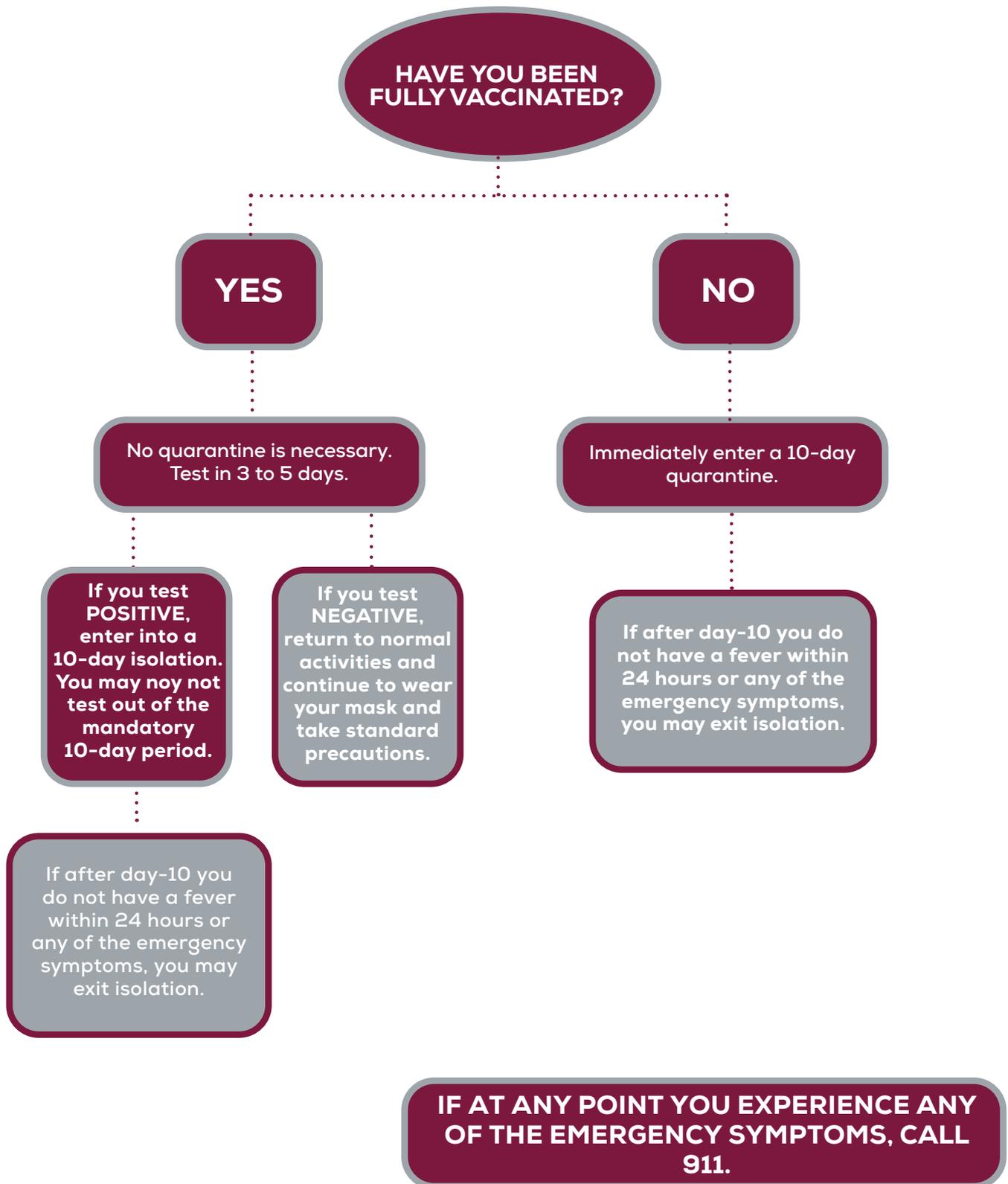
Call the COVID Hotline at (713) 313.5099, staff can provide guidance on next steps for your care including any testing or self-isolation/self-quarantine directions.



# STEPS FOR FACULTY & STAFF TO TAKE IF YOU HAVE BEEN EXPOSED

Please remember that exposure is 15 minutes of close contact with wearing a mask with someone who has been confirmed as testing POSITIVE with the virus.

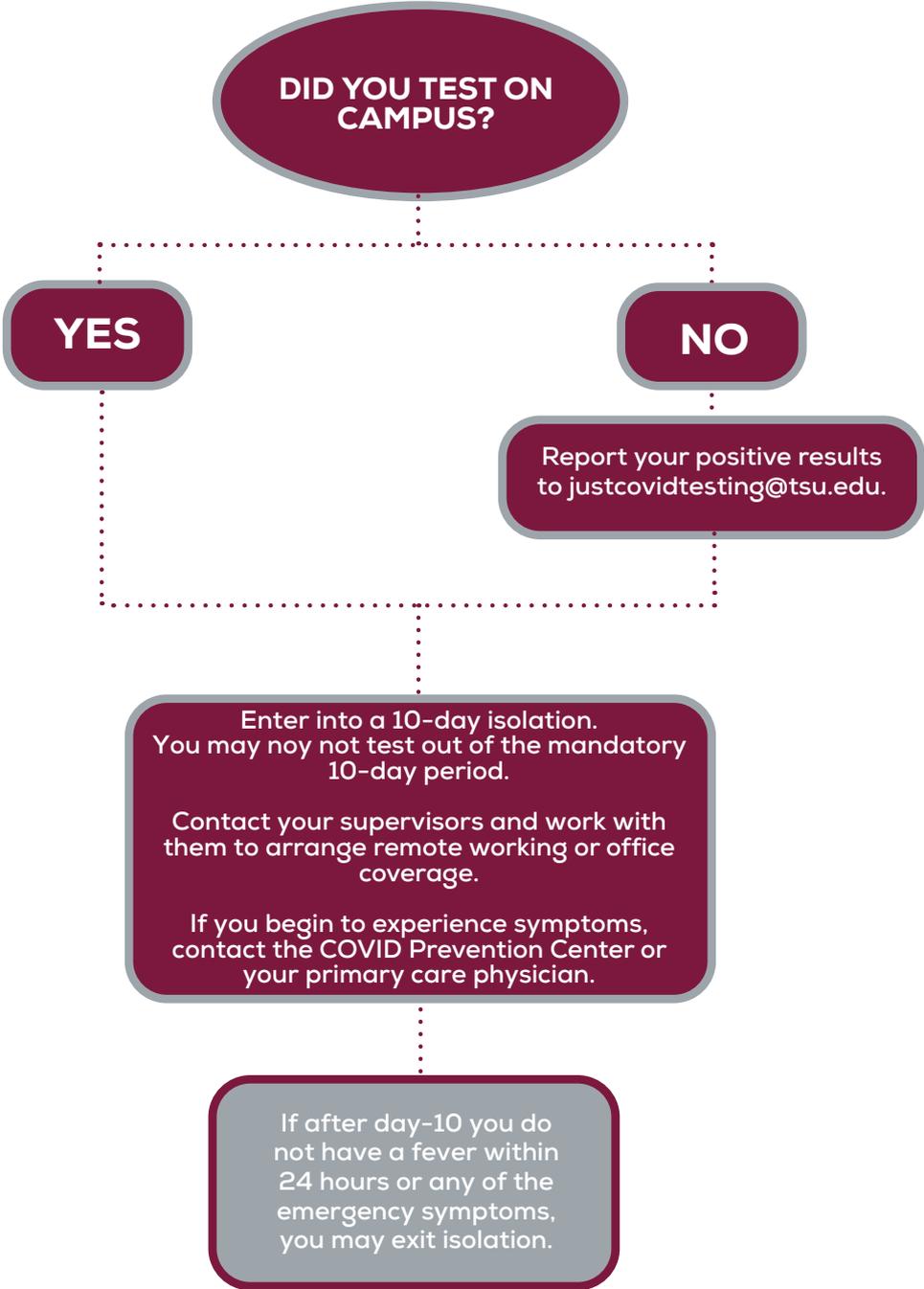
## HAVE YOU BEEN EXPOSED?



# STEPS FOR FACULTY & STAFF TO TAKE IF YOU HAVE TESTED POSITIVE

If you test positive and have been tested off campus, please be sure to report your diagnosis to the COVID Prevention Center by emailing [JUSTCOVIDtesting@tsu.edu](mailto:JUSTCOVIDtesting@tsu.edu) or by calling 713.313.5099.

## DID YOU TEST **POSITIVE**?



**IF AT ANY POINT YOU EXPERIENCE ANY OF THE EMERGENCY SYMPTOMS, CALL CALL 911.**

# ISOLATION & QUARANTINE PROCEDURES FOR FACULTY & STAFF

## ISOLATION & QUARANTINE PROCEDURES

Remain in your home for 10 days from the date of the positive test.

- Self-monitor for symptoms.
- Take and record temperature twice a day.
  - Once in the morning
  - Once in the evening
- Wear a mask and wash hands to handle trash or food trays outside door. Wear a mask whenever you open your door, including to get food/drinks or medication.
- Wash hands after removing mask.
- Do not attend live classes in person or come to campus.
- Notify your department chair or supervisor about your absence. Be sure they are aware of any duties that you will need to be covered.
- Notify students or critical staff of any change to schedules or activities.
- Contact your primary care physician if you start to feel ill.

## NEXT STEPS

1. When determined that you must quarantine or isolate, contact your immediate supervisor and Stacie Hawkins in Human Resources (HR). Ms. Hawkins can be reached at (713) 313.1955.
2. Make sure your supervisor is aware of any major responsibilities that you may need to be covered.
3. If you test positive, notify anyone with whom you have had direct contact for 15 minutes or more and been within 6ft of your positive status and encourage them to get tested.
4. This will serve as a reminder that you have given testing staff permission to contact your supervisor, if necessary.

YOUR CIRCUMSTANCES	WHEN TO END SELF-ISOLATION
You tested POSITIVE for COVID-19 and have symptoms	At least 10 days have passed since your symptoms first appeared, AND  you have had no fever for at least 24 hours without the use of fever-reducing medications, AND  symptoms (e.g., cough, shortness of breath) have improved.
You tested POSITIVE for COVID-19 and have NOT developed symptoms	At least 10 days have passed from the date of your positive test as long as you remain free of symptoms.  If you develop symptoms follow the guidance above for testing positive with symptoms.

# NEXT STEPS FOR FACULTY & STAFF AFTER TESTING POSITIVE

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## **Step 1: Call TSU's Self Reporting Hotline**

Call TSU's self-reporting hotline at (713) 313.5099 if you have tested positive for COVID-19 or if you have been within 6 feet, for at least 15 minutes, of someone who has the virus. Calls received after hours will be returned the next business day.

## **Step 2: Contact Your Department Chair or Supervisor**

Contact your department chair or supervisor to notify them that you are monitoring your health at home and will be absent from work.

Ensure that they are aware if you are too ill to teach online or if you have major on campus duties that will require coverage. Deans and department chairs will arrange for coverage of your courses.

Send an email to your students alerting them of any change in schedule or activities.

Faculty and staff who are required to self-quarantine or self-isolate shall use available sick or vacation leave, unless they're able to work remotely. Employees who are able to work remotely must coordinate with their supervisor.

## **Step 3: Contact Human Resources**

Faculty and staff who are required to self-quarantine or self-isolate shall use available sick or vacation leave, unless they're able to work remotely. Employees who are able to work remotely must coordinate with their supervisor.

If you have questions about about the time you need to take off or need to request extended leave, please contact Human Resources at (713) 313.1955.

# HOW TO ASSIST STUDENTS FOR FACULTY & STAFF

Although it is the student's responsibility to maintain their academic achievement, here are some ways to assist students maintain a standard of excellence.

## **REACH OUT TO STUDENTS**

If you have students who are absent for more than one course session, please reach out to them via email or Blackboard.

## **CONTACT THE COVID HOTLINE**

Contact the COVID-19 Hotline if you have any questions about student options or how to advise them.

## **PROVIDE FLEXIBILITY**

Ensure all of your course materials are accessible on Blackboard.

Record all lectures so that in the event a student is too ill to participate or has missed multiple classes, you have recordings available so that they can catch up.

Some alternatives you can provide include:

- Participation in your courses via Blackboard Collaborate or BlueJeans.
- Recordings of lectures and class sessions.
- Alternate means of completing in-person activities such as recording and submission of a speech or presentation.
- Extensions on due dates when necessary.
- Virtual exams where appropriate.
- Availability of virtual office hours
- Handouts, study guides or lecture notes.
- Alternate assignments
- Make-up opportunities for exams and assessments upon student return.

## **UTILIZE AVAILABLE TOOLS**

You can use tools like Blackboard Collaborate and MS Teams to schedule additional study sessions, virtual tutoring, reviews and recitations.

Utilize listserves and Blackboard to ensure all announcements, pertinent info and changes in schedule or activities are quickly communicated to students.

Provide additional resources such as:

- Links to YouTube videos and websites
- Utilize free virtual textbooks when available
- Additional homework assignments or extra credit opportunities
- Chances for remediation or to gain additional points
- Quiz banks and mock exams for students to test their knowledge without penalty

# BUILDINGS & GROUNDS

## **CLEANING & SANITATION**

Due to the COVID-19 outbreak Buildings & Grounds will use all resources to fulfill mission essential functions and protect students, faculty and staff, as well as, take appropriate diligence to protect our own personnel.

### **CUSTODIAL SERVICES**

The Custodial Services Department will continue to ensure safe and healthy conditions for everyone who works, studies or enters our campus by enforcing cleaning standards during this health crisis. Heightened attention will be given to when and how we clean to hopefully flatten the risk of COVID-19 as it relates to the workplace and all campus buildings.

### **CLEANING AND SANITATION SERVICES**

Contact the COVID-19 Hotline at (713)313-5842 or email Ava at [ava.holland@tsu.edu](mailto:ava.holland@tsu.edu) and notify to request additional cleaning and disinfection.

- The COVID Hotline will make contact with Buildings and Grounds staff and determine if additional cleaning services are needed.
- If it is determined necessary Buildings and Grounds Management will initiate the disinfection process. Access to all identified areas will be restricted during the cleaning process.
- Initiate the COVID-19 Positive Response Process for cleaning by following up with the department to verify spaces an impacted person had occupied and other areas where they may have had close contact.
- Recommend and relocate classes or office occupants from those spaces and coordinate with the department to ensure the area is closed for as long as necessary for properly cleaning.
- Deep clean and disinfect area in accordance with CDC recommendations and guidelines.
- Notify management once the area is ready for occupancy



# ADDITIONAL RESOURCES

# HEALTHY TIGERS, HEALTHY CAMPUS

# HELPFUL INFORMATION

**COVID HOTLINE:** (713) 313.5099

**JUST COVID TESTING CENTER:**

**PHONE:** (713) 313.5842

**EMAIL:** JUSTCOVIDtesting@tsu.edu

## HELPFUL WEBSITES

**TEXAS SOUTHERN UNIVERSITY: COVID WEBSITE**

<http://www.tsu.edu/coronavirus>

**HARRIS COUNTY DEPARTMENT OF PUBLIC HEALTH: CORONAVIRUS**

<https://publichealth.harriscountytexas.gov/resources/2019-novel-coronavirus>

**TEXAS STATE DEPARTMENT OF HEALTH SERVICES: CORONAVIRUS**

<https://www.dshs.texas.gov/coronavirus/?gclid=Cj0KCOjw1dGJBhD4ARIsAN->

**CDC: CORONAVIRUS**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



# TSU

# CAMPUS RECREATION

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## **FACILITY/INFORMAL RECREATION:**

A risk assessment has been performed for all areas and programs to determine how to mitigate the spread of the virus. This determines which areas and programs are not safe to enter once the University has reopened. The Department will follow a phase-in process according to state, local, and government guidelines. The reopening proposal listed below is subject to change based upon renewed mandates.

## **FALL 2021 SCHEDULE:**

**Monday-Thursday:** 7 a.m. – Midnight

**Friday:** 7 a.m. – 10 p.m.

**Saturday:** 12 p.m. – 8 p.m.

**Sunday:** 3 p.m. – 8 p.m.

**Deep disinfecting/cleaning:** 1:15 p.m. – 2 p.m.

## **General Facility Guidelines:**

### **Entry Procedures:**

#### **1st floor lobby:**

- **ID/entry desk:** Student/member swipes ID card and scans reservation QR code.
- **Stanchions** will be used in the lobby and other exits to organize traffic patterns for patrons entering and exiting the facility.

#### **2nd floor lobby:**

- **Tiger Serenity:** Will reopen with limited capacity.
- **Sitting Area:** Will be open at maximum seating capacity (furniture disinfected after every use).

## **Staffing Guidelines:**

### **PPE Procedures:**

- **Masks:** Each person should wear a mask.
- **Gloves:** Will be worn by all staff on duty during the disinfecting process.

### **Safety Procedures:**

- **Disinfecting focuses:** Door handles, railings, countertops, cardio machines and stationary equipment will be disinfected every 30 minutes and patrons will be asked to disinfect after each use.
- **Custodial staff** will handle specific areas for targeting cleaning times.
- **Sneeze guards** will be installed at all customer service locations throughout the facility.
- **Face masks** are recommended.
- **Essential staff items**, including high-touch items such as pens and notebooks, will be issued to individual staff members to avoid cross-contamination.
- **Sanitization stations** will be placed at designated locations throughout the facility.

## **Member Services:**

- **Student Memberships** – iPads will be installed to facilitate completing required registration forms and

# TSU

# CAMPUS RECREATION

students will be encouraged to use their own devices to reduce touches. (Facility iPads will be disinfected after each use.)

- **Community/faculty/staff/senior memberships** – forms and payments for semester registrations should be processed online. Cash transactions can be accepted for individual, in-person visits.
- **Special services** – the following will be reinstated for the Fall semester:
  - Equipment check-out
  - Guest passes
  - Locker rental
  - Massage services
  - Personal training
  - Pro Shop
  - Towel service

## **Lockers/Locker Rooms:**

The following areas will be available for use:

- **Day lockers:** patrons must bring their own lock or purchase one from Pro Shop.
- **Dressing room**
- **Showers**
- **Toilets/Urinals**

Water fountains will be offline until further notice.

## **Fitness Center:**

### **Cardio Area:**

Plexiglass will be in place between each piece of equipment.

### **Stationary Machines:**

Usage will be available on a rotating basis each day based upon number of patrons.

### **Free Weights:**

- Each item will be disinfected after each use.
- Partner workouts will be permitted upon request of members.

### **Studio Area:**

Open with limited occupancy and restrictions.

### **Group Exercise Classes:**

Hybrid and in-person classes will be offered with limited occupancy.

### **Basketball Courts/Tracks:**

Basketball courts, tracks and auxiliary area will be available.

## **COMPETITIVE SPORTS**

### **Intramural Sports**

Will follow recommended guidelines to resume selected intramural sports.

### **Club Sports**

Will follow recommended safety guidelines to resume selected club sports.

### **Summer Camp:**

Will be available in 2022.

### **Aquatics:**

The following pool/shower services will be available based on safety guidelines and standards:

- Lap swim
- Learn to swim classes
- Water aerobics
- CPR First Aid/AED classes: Will be available with updated standards and requirements from the American Red Cross.

### **MASK USAGE WHILE EXERCISING**

(Please consult with your physician before beginning a workout regimen.)

#### **Is it Safe?**

According to the American College of Exercise, wearing a face mask while exercising is generally safe for those who are presumed to be healthy individuals. Listen to your body. If you have been inactive for at least 8-to-9 weeks, a slow re-adaptation phase is recommended for mask-wearing when restarting a workout regimen. Most critical symptoms – dizziness, feeling lightheaded and shortness of breath – may occur after you finish working out as opposed to during an exercise session.

#### **Who should not wear a face mask?**

Individuals with known pulmonary and cardiac issues such as asthma or bronchitis.

Recommendations:

- Use the 'talk test' when exercising to measure your oxygen level while active.
- If you are struggling to breathe, find a socially distanced space and remove your mask to restore normal breathing before proceeding.

#### **What experience or reaction that may occur while exercising with a face mask?**

- Dizziness
- Lightheadedness
- Shortness of breath

High-intensity exercise poses a higher risk of triggering any of these symptoms.

#### **Recommended guidelines of wearing face masks while exercising:**

- Wearing a mask while performing low-intensity exercise is recommended for your safety and the safety of other patrons.

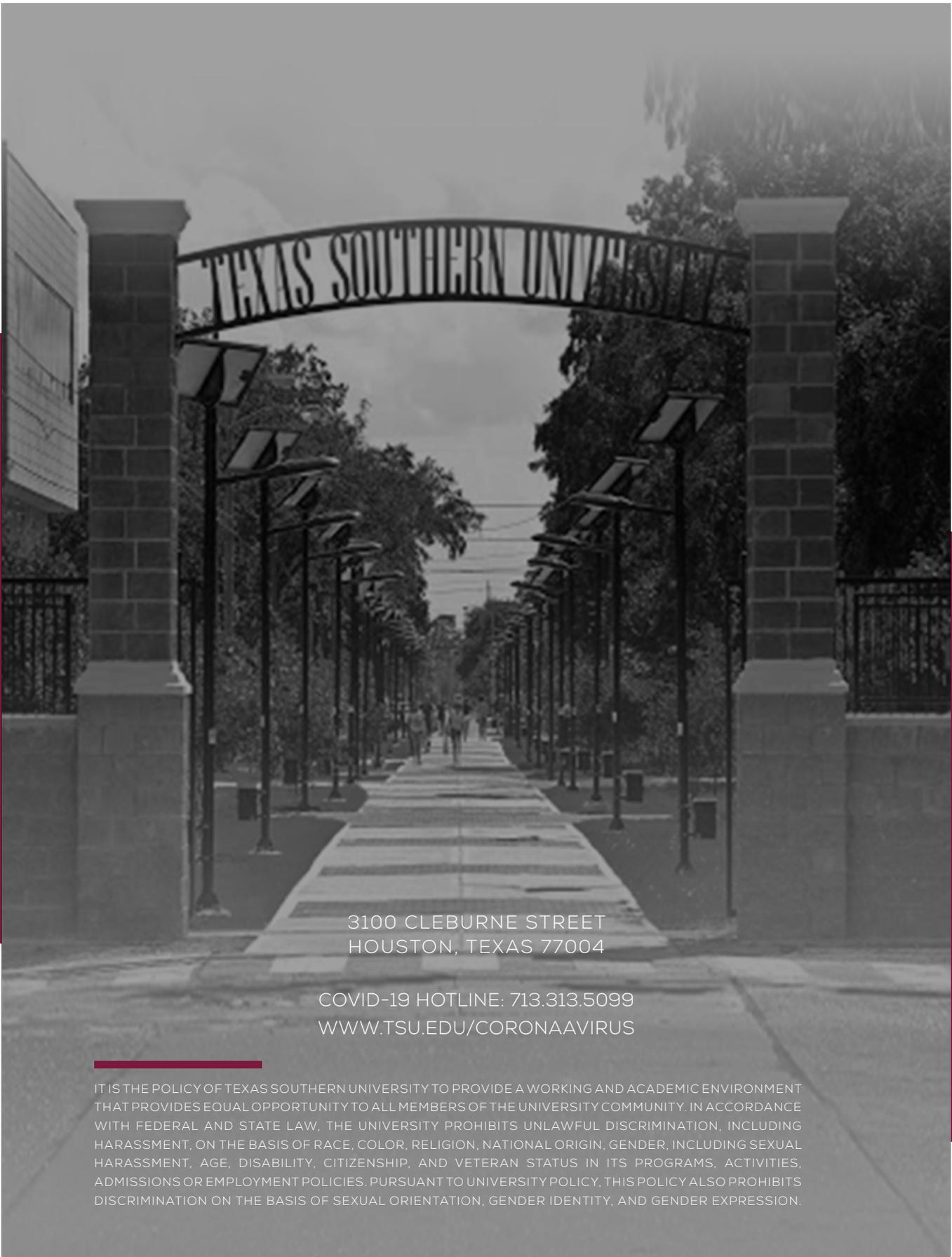
# TSU

# CAMPUS RECREATION

- Exercise in areas where social-distancing is possible or outside to limit using a face mask.
- When exercising with a face mask, adjust your intensity circuit and resistance training to avoid a dangerous increase in heart rate and over-exertion.
- Senior members using face masks while exercising may cause a loss of balance.
- Face masks are not required for those under two years of age.
- Maintain proper hydration during exercise.
- Personal trainers should avoid touching clients whenever possible and focus on verbal cues during training.
- Extra ventilation via open doors and windows should be utilized within the facility whenever possible.
- Avoid neck gaiter masks during exercise sessions.
- Face masks are recommended whenever social-distancing is not available or if you may have been in contact with someone who is COVID-positive.
- Face masks are not necessary when at home alone or outdoors when social-distancing in place.

## **Preferred types of face masks**

- Non-valved, multi-layer.
- Non-medical, disposable.
- Moisture-wicking or anti-microbial fiber.
- Any cloth mask that is durable and washable.

A black and white photograph of the Texas Southern University entrance. A large, arched metal sign spans across a wide, paved walkway. The sign reads "TEXAS SOUTHERN UNIVERSITY" in bold, capital letters. The walkway is lined with tall, black lampposts on both sides, leading towards a building in the distance. The sky is overcast. The image is framed by a dark red border on the left and right sides.

TEXAS SOUTHERN UNIVERSITY

3100 CLEBURNE STREET  
HOUSTON, TEXAS 77004

COVID-19 HOTLINE: 713.313.5099  
[WWW.TSU.EDU/CORONAAVIRUS](http://WWW.TSU.EDU/CORONAAVIRUS)

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IT IS THE POLICY OF TEXAS SOUTHERN UNIVERSITY TO PROVIDE A WORKING AND ACADEMIC ENVIRONMENT THAT PROVIDES EQUAL OPPORTUNITY TO ALL MEMBERS OF THE UNIVERSITY COMMUNITY. IN ACCORDANCE WITH FEDERAL AND STATE LAW, THE UNIVERSITY PROHIBITS UNLAWFUL DISCRIMINATION, INCLUDING HARASSMENT, ON THE BASIS OF RACE, COLOR, RELIGION, NATIONAL ORIGIN, GENDER, INCLUDING SEXUAL HARASSMENT, AGE, DISABILITY, CITIZENSHIP, AND VETERAN STATUS IN ITS PROGRAMS, ACTIVITIES, ADMISSIONS OR EMPLOYMENT POLICIES. PURSUANT TO UNIVERSITY POLICY, THIS POLICY ALSO PROHIBITS DISCRIMINATION ON THE BASIS OF SEXUAL ORIENTATION, GENDER IDENTITY, AND GENDER EXPRESSION.

[www.tsu.edu/coronavirus](http://www.tsu.edu/coronavirus)