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CARE

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TEXAS SOUTHERN UNIVERSITY



# Healthy Campus: Guide to COVID-19

## Preparedness & Response

COVID-19 HOTLINE: 713.313.5099

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# DEFINITIONS

## COVID-19 Terms Explained

### **CDC**

Centers for Disease Control and Prevention

### **PPE**

Personal Protective Equipment

### **SARS-CoV-2**

The official name of the current strain of coronavirus

### **COVID-19**

Coronavirus Disease, the name of the disease that potentially results from someone who is infected with SARS-CoV-2

### **Social Distancing**

The health protocol requiring individuals to maintain six feet of distance between each other

### **Self-Isolation**

Think "I" in Isolation means "ill." Separation of an individual who has tested positive for COVID-19

### **Self-Quarantine**

Separation of an individual who is well but might have been exposed to someone positive for COVID-19

**COVID-19**

Preparedness & Response

# How We Have Prepared



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# OVERVIEW

The Texas Southern University family is excited to welcome back all of our students and have been planning for your health and safety with a range of COVID-19 precautions. This guide provides information that will help you to plan and includes University guidelines meant to protect your health and the health of others. Because the COVID-19 pandemic has proven unpredictable, Texas Southern University, in partnership with city, state, and CDC officials, may recommend additional health controls as the semester progresses. We ask for your participation with any required guidelines both on and off campus as they emerge.

## STAY INFORMED

The University will communicate with students through their Texas Southern University email accounts. Please check your email account on a consistent basis for guidance and updates. In addition to your Texas Southern University email account, important information can be found on the following websites:



## Harris County Public Health



## Texas Southern University COVID-19 Information

# TIGERS CARE

## A Safe Return to TigerLand

### **COVID-19 HOTLINE**

713.313.5099

### **UNIVERSITY COUNSELING CENTER**

713.313.7804

### **CAMPUS POLICE**

713.313.7000

### **EMPLOYEE ASSISTANCE PROGRAM**

713.500.3327

### **CRISIS CENTER HOTLINE**

713.HOTLINE

### **OFFICE OF DISABILITY SERVICES**

713.313.7691

### **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 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.



# HEALTH AND SAFETY STANDARDS

## Healthy Tigers. Healthy Campus.

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

### TIGER HEALTH AND SAFETY GUIDELINES

- Face coverings are required at all times when entering buildings.
- Social distancing signage should be followed.
- Hand sanitizing stations in all buildings.
- Standard thermometer checks upon building entry at contactless thermometer stations (TTS).
- 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.
- Complete the LiveSafe daily health questionnaire.

### COVID-19 SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 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
- New 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 COVERING  
REQUIRED



**CLEAN**  
WASH YOUR HANDS



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



**CONTAIN**  
STAY HOME  
WHEN SICK



**CALL**  
TIGER COVID-19 HOTLINE  
713.313.5099

# WHAT YOU CAN DO TO STAY HEALTHY

The University has been preparing for the Return to Tigerland for several months, and we ask all students to do the following to stay healthy and avoid contracting the virus.

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

- **Complete a COVID-19 Test. If you are positive, Stay Home.**
- Avoid all social gatherings of groups with 10 or more people.
- 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.
- Maintain six feet of distance between yourself and people who don't live in your household.
- Wear a face covering in public places.
- If possible, avoid public transportation, ridesharing or taxis.
- 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. Attend class online and communicate with your professors.
- 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.
- Stay at least six feet from other people outside of your home.
- Cover your mouth and nose with a cloth face covering when around others indoors/outdoors.
- Continue to keep about six feet between yourself and others even when wearing a face covering. The cloth face covering is not a substitute for social distancing.
- 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.
- Take your temperature daily first thing in the morning. Don't take your temperature within 30 minutes of exercising or after taking medications like acetaminophen that could lower your temperature.
- Follow CDC guidance if symptoms develop.
- Get a flu shot. Watch for information from the TSU Health Center on the availability of flu shots.
- Limit unnecessary travel.
- Do not share personal items (food, beverages, water bottles, towels, eating utensils, computers, etc.).

# COVID-19 TIGER PLANNING CHECKLIST

Make an action plan now. Consult with family, friends, and roommate(s) who may be affected 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. Current CDC guidelines recommend a period of 14 days in self-quarantine from the date of exposure. 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. It is recommended that you stay in a single room with a separate bathroom if possible. 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. Keep in mind that some states may implement travel restrictions that could impact the decision to return to your permanent residence. 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 list of people to call 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 wellbeing checks during quarantine or isolation.

# 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 peoples’ phone numbers written out
- List of any allergies
- 3 or more complete changes of comfy clothes (sweats, PJ pants, t-shirts, and fuzzy socks)
- Fleece throw (grab the tiniest one in the house and squish it into an XL baggie, then force the extra air out.)
- Thermometer
- Hygiene products
- Cough Drops
- Tylenol to bring fever down, help with aches
- Vicks Vaper Rub
- Prescription medications (optional Mucinex DM or Robitussin Cough & Chest Congestion)
- Tissues
- Snacks
- A few masks/facial coverings
- Entertainment: laptop/iPad, a coloring book and crayons, or a deck of cards
- Powdered Gatorade to mix in water



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

# TESTING

In an effort to create the safest possible environment for our students, all students who moved into campus housing were required to take a test for COVID-19 and self-quarantine prior to moving into campus housing. All students were required to self-quarantine 5 days before taking the COVID 19 test. After the test, they were required to continue to self-quarantine at home until their scheduled move in date. No student was allowed to move into campus housing without a negative test result.

COVID-19 Testing was offered on campus on September 3rd, 4th, 10th and 11th. If students were not able to test on campus, other testing options were presented.

## Ongoing Testing Options

If you reside in the Houston area, contact the Houston Health Department at (832) 393-4220. If you are not in the Houston area, contact your local Health Department. Testing is available at select CVS Stores, go to [cvs.com/minuteclinic/covid-19testing](https://cvs.com/minuteclinic/covid-19testing) for information and testing locations. If you are insured, contact your primary care physician for assistance with testing.

If you test positive for COVID-19 and you want to return to campus, you must self-isolate for 10 days at home, and be fever-free for the last 24 hours without taking fever-reducing medication, have no symptoms of COVID-19 and provide a negative test for COVID-19 to Student Health Services at <https://tsu.medicatconnect.com>. If you choose to remain in campus housing, contact Yvette Barker at [Yvette.Barker@tsu.edu](mailto:Yvette.Barker@tsu.edu) or (713) 313-7201.

Please continue to check your TSU email daily for updated information. If you have any questions, please contact Student Health Services at (713) 313-7173.



# DAILY COVID-19 CHECK

## LiveSafe

Texas Southern University provides all students, faculty, and staff with the LiveSafe app – a safety tool that provides a quick, convenient, and discreet way to communicate with TSU police.

Download LiveSafe for free from the Apple App Store or Google Play to enhance your overall safety and allow TSU police to better protect you.

All members of the TSU community need to complete the daily health questionnaire featured on the LiveSafe app before coming to campus.

### USE LIVESAFE TO:

**Share Info:** Easily share safety information and police concerns directly to TSU police using text, picture, and video.

**Stay Up-To-Date:** Receive important alerts and notifications from TSU police, and access important phone numbers and safety resources.

**Request an Escort:** Request an in-person escort from TSU police to safely get you where you need to go.

**Share your location:** Share your location with safety officials in an emergency, or use location-tracking with friends, family, and colleagues for everyday safety.

### HOW TO GET LIVESAFE:



1. Download “LiveSafe” from here: <http://bit.ly/TSU-LiveSafe> (Be sure to enable location services and push notifications when prompted!).
2. Sign up using your mobile phone number.
3. Create a password and fill in your name.
4. Add your email address to your profile (Left Menu > Settings > Profile).



# COVID-19

Preparedness & Response

## Steps to Take if You Feel Sick



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# STEPS TO TAKE IF YOU FEEL SICK

## STAY HOME

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

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

For your safety and the safety of others, no walk-in appointments will be available. All will screen your symptoms over the phone initially. If you are experiencing a medical emergency, call 911 immediately.

## FOLLOW HEALTHCARE PROVIDER DIRECTIONS

The medical staff member will provide guidance on 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 assistance you may need.

## MONITOR YOUR SYMPTOMS

Follow the instructions from your healthcare provider.



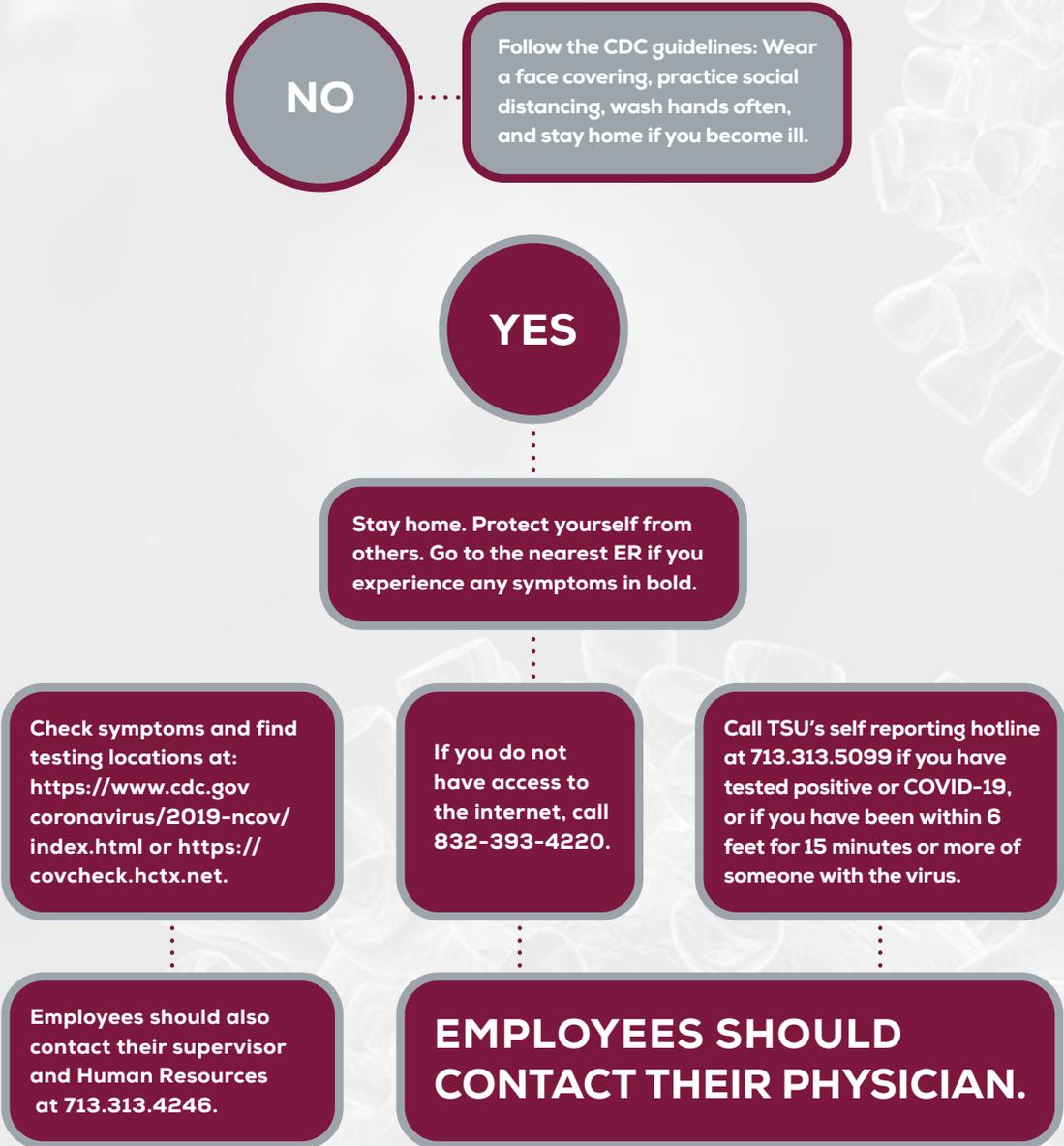
# COVID-19 DECISION GUIDE

## For Employees Coming to Campus

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**.

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### DO YOU HAVE **SYMPTOMS?**



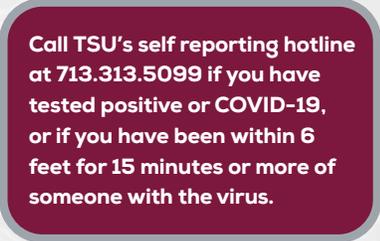
# COVID-19 DECISION GUIDE

## For Students Coming to Campus

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**.

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### DO YOU HAVE **SYMPTOMS?**



# STUDENT HEALTH CENTER

The mission of Student Health Services is to facilitate the academic success of the TSU student by providing high quality, cost effective healthcare and providing information on disease prevention and health promotion campus wide. Due to COVID-19, all outreach will be virtual and clinic services will include virtual visits.

## **CLINIC SERVICES:**

Health services provides routine medical care in an ambulatory care setting. Medical care is available during the fall and spring semesters and during each summer session to all registered students paying the medical services fee. Services provided include medical treatment for illness and injuries, tuberculosis evaluations, seasonal flu shots, confidential HIV testing and counseling, and referrals to specialist.

## **CLINIC VISITS:**

Office visits at the clinic are free and include your exam/evaluation, diagnosis treatment, on-hand medications and supplies. To receive services at the clinic, you must be enrolled for the current semester or current summer session and present your Tiger One Card. All services received outside of the clinic are the financial responsibility of the patient.

## **LOCATION:**

SHS is located inside the Student Health Center on Tierwester, next to the campus radio station, KTSU.

## **HOURS OF OPERATION:**

Monday through Friday from 8:00 a.m. to 5:00 p.m. After hours and on the weekends contact the TSU Police Department at (713) 313-7000 for assistance.

## **PARKING:**

Parking is available for patients on a first-come, first-serve basis in Lot M, in front of the Student Health Center. Park in the spaces marked, "Health Center Parking".

## **STUDENT HEALTH INSURANCE:**

Health insurance is required for our international students who are automatically enrolled in the university sponsored Student Health Insurance plan. International students can waive this insurance if they have comparable insurance. All interested students are invited to contact the university sponsored insurance company directly for information on enrollment and costs.

# STUDENT HEALTH SERVICES

## **HEALTH PROMOTIONS:**

Understanding that college life extends beyond the classroom, we design health promotion programs to encourage and promote healthy living.

Health Services has a responsibility the TSU community to insure adequate health information is disseminated in order to minimize the spread of infectious diseases, and to insure informed decision-making takes place involving your health now and in the future.

## **Annual programming includes:**

- Annual HIV/STI presentations
- Weekly HIV/STI testing
- TSU's Annual Health & Wellness Fair
- Outreach focusing on sexual health and healthy relations
- Peer lead health promotions events presented by our Peer Advocates for Wellness (PAW's) during the fall and spring semesters, such as, *"Let's Knock Out Breast Cancer"*.

At this breast cancer awareness event, students learn about the signs and symptoms of breast cancer and are taught how to perform breast self-exams.

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

The Peer Advocates for Wellness are our student volunteers who assist with health promotions during the fall and spring semesters. Interested students can begin the process of becoming a member of PAW's by completing the PAW's application found on our website at [www.tsu.edu/health](http://www.tsu.edu/health).

## **IMMUNIZATION REQUIREMENT:**

Incoming students, 21 years old and younger, must provide proof of vaccination against bacterial meningitis (ACWY), at least 10 days before attending classes. Records must be submitted directly to Student Health Services at <https://tsu.medicatconnect.com>. For detailed information on the immunization requirement, bacterial meningitis, exemptions or for assistance with submitting your documents go to [www.tsu.edu/health](http://www.tsu.edu/health) or call us at 713.313.7173.

## **CONFIDENTIALITY:**

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

# IF YOU NEED TO SELF-ISOLATE OR SELF-QUARANTINE

**CALL YOUR EMERGENCY CONTACT LIST** to inform them of your health status and contact people who can provide assistance if needed.

**CONTACT YOUR PROFESSORS** to let them know about your health status and the impact on attending class or completing assignments and arrange a plan for continuing your coursework.

**EXPECT A CALL** from the TSU Contact Tracing Team or a public health official who may be compiling a list of those who were in close contact with you so they may monitor their health.

**FOLLOW INSTRUCTIONS** for self-isolation or self-quarantine instructions provided by your healthcare provider. Bring your laptop so you can attend class online, engage with friends virtually, have a telehealth appointment with the Health Center.

**ASK FOR HELP** TSU Student Services staff members or someone from the University may also contact you to check on your wellbeing. If you haven't been contacted by someone, email [Deanofstudents@tsu.edu](mailto:Deanofstudents@tsu.edu).



# COVID-19

Preparedness & Response

# Additional Resources



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# ACADEMIC AFFAIRS

## Excellence in Achievement Plan

We will follow the latest guidelines from infectious disease experts and local, state and federal officials. Our top priority is to promote the health and safety of all of our students, faculty and staff. To make this happen will require a deep commitment to selfless service from all.

Texas Southern University is planning four options for learning to maintain our motto of *Excellence in Achievement*.

All classes, regardless of option and schedule, began in an online format beginning August 19th (August 10th for TMSL and PharmD) for the beginning of the semester. This format continued until the week of September when students returned to campus for face-to-face instruction.

- **Face to Face/In-Person Classes:** A course in which the classroom instruction is provided in person, where the instructors and students are in the same place on campus.  
**COVID-19 Adjustment:** Instruction will take place within social distancing guidelines. Students will need to enter and exit buildings in a designated manner. Everyone will be required to wear face coverings and maintain the 6 feet of distancing. Reduced classroom capacity.
- **Hybrid Course:** A mixture or combination of both online and face to face class instruction. Students will have some in-person classroom meetings and also participate in online class instruction. Hybrid courses are labeled as Hybrid (H) in Banner and will have the required in person meeting times listed.



# ACADEMIC AFFAIRS

- **Online:** A course that is offered fully online. A student receives instruction, assignments, and completes all work online through a computer or device.
- **Online Synchronous:** Learning that is completely online, however, may require real-time interaction. With this method, students may be required to meet “virtually” or online at a set time. This is all done remotely.

Arrangements and decisions for classes are based on social distancing accommodations, course content, and academic discipline.

Academic advisors will meet and be available for student consultations to provide guidance on learning plans that best suit their academic journey and needs for the semester. Virtual appointments are available for faculty office hours to facilitate interaction, access, and assistance.

For those participating in face-to-face instruction, personal protective equipment has been made available. Facial coverings are required on campus at all times. Campus cleaning protocols are being implemented with a combination of personal participant cleaning at the start of every class (materials provided) and thorough professional cleaning after every three hour block.

The first day of classes started on Wednesday, August 19, 2020. Classes will end November 13, 2020 and finals will be held Saturday, November 14, 2020 through Thursday, November 19, 2020. This means students will not return after the Thanksgiving Break and will instead report back to campus in the spring semester. Updates and revisions will be made as needed, in accordance with federal, state and local health directives. The latest information can always be found at [tsu.edu](http://tsu.edu).



# RESIDENCE LIFE & HOUSING

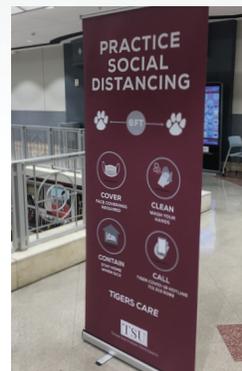
The student experience is central to the college experience at Texas Southern University. We understand the disappointment of having reduced personal interactions. The Division of Student Services and Enrollment Management is steadfast in its mission of keeping students first. As part of the guiding principles of this task force, we believe student safety is the foundation of putting students first. The guidelines listed for the Student Life, Dining, Housing and Recreation were designed to retain as much of the campus experiential environment as possible, while balancing health and safety according to all established public health guidelines.

## STERLING STUDENT LIFE CENTER

### Ernest J. Sterling Student Life Center Facility Considerations

Plexiglass barriers will be installed in all high-traffic areas for students in the Student Center, including food service and campus bookstore. Furniture arrangements will also be modified to ensure proper social distancing in the Sterling Student Center lobby, game room, meeting rooms and cafeteria.

Facial coverings are required, unless a person is engaged in socially distant eating. Coverings and hand sanitizer will be available throughout the building. Prominent signage will provide guidance for waiting areas and traffic entry and exit points for the building. Students will exemplify the **Tigers Care** philosophy of maintaining their personal health in an effort to keep their fellow Tigers safe.



# RESIDENCE LIFE & HOUSING

- Residents will complete move-in forms online prior to arrival to prevent lines and crowds.
- Residents will occupy their units over a 4 days period, which is a change from the traditional mass move-in day. Specific arrival times and appointments will be set in advance.
- A maximum of 2 persons will be allowed to assist student on-site (no volunteers).
- Temperature checks and face coverings will be required.
- Dormitory furniture will be rearranged to promote physical distancing.
- Floor meetings will be held with residents in small groups and will include lessons and discussion on social distancing, personal health responsibilities, monitoring for symptoms, RLH rules and regulations and campus resources.
- Residents will sign and acknowledgment document of COVID-19 protocols.
- Plexiglass will be installed at all residential housing computer labs and security desks.
- Sanitizer stations will be placed on each floor near elevators.
- No outside visitation allowed. Building access will only be granted to residents of the facility.
- In the case of a resident needing quarantine, vacant rooms may be made available.



# DINING

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.

- Dining facility staff will wear face masks and gloves at all times while working and interacting with the public.
- 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 throughout the workday.
  - Undergoing temperature checks prior to shift.
- All diners will be required to wear facial coverings while in the facility. Coverings can be removed while sitting and dining only and must immediately be reengaged 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 available at every meal. Food delivery will be made available to any students who choose to quarantine.

Dining: **713.313.4489**

Food delivery will be made available to any students who must self-isolate or quarantine on campus.



# FALL 2020 DINING HOURS

## TOWERS CAFÉ DINING SCHEDULE



### MON—FRI:

BREAKFAST 7AM—9AM  
LUNCH 11AM—3PM

### SAT—SUN:

BRUNCH 10:30AM—1:30PM  
DINNER 6PM—8PM

## STUDENT CENTER CAFÉ DINING SCHEDULE



### MON—FRI:

LUNCH 11AM—3PM  
DINNER 5PM—9PM

### SAT—SUN:

CLOSED



TEXAS SOUTHERN UNIVERSITY  
Dining Services



Mon—Fri: 9:00AM—7:00PM

Saturday: 11:00AM—4:00PM

Due to COVID-19, Chick-fil-A has condensed the menu accordingly and here are some of the options available.

\* Sausage or Bacon Cheese Biscuit



CFA Regular Chicken Sandwich



Yogurt Parfait



Fruit Cup

4 CT Minis



CFA Spicy Chicken Sandwich

Market Salad



8 or 12 CT Nuggets



Waffle Fries

\*Sausage or Bacon Cheese Biscuit DOES NOT include egg.

# RECREATION

## Department of Campus Recreation Re-Opening Plan Proposal

### **FACILITY/INFORMAL RECREATION:**

A risk assessment has been performed for all areas and programs to determine how to mitigate the spread of the virus and which areas and programs are not safe to resume once the University deems safe to reopen. The department will follow a phased in process according to the institution guidelines. The below reopening proposal is fluid and is subject to change.

### **Hours of Operations:**

#### **Proposed Reduced schedule:**

Monday - Friday 9 a.m. - 6 p.m.

Closed for Disinfecting and Cleaning: 1 p.m. - 2 p.m. and 6 p.m. - 7 p.m.

\*Hours subject to change

### **General Facility Guidelines:**

#### **Entry Procedures:**

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

- ID/entry desk: Student/member swipes ID card or shows pic of card
- Signage: 6 feet distance floor stickers leading from front desk to exit door
- Elevators: Only four users max allowed on the elevator at one time  
(Push button will be disinfected after usage)
- Stations will be used in the lobby and other exits to direct traffic for patron entering and exiting the facilities

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

- Tiger Serenity: Closed until further notice
- Sitting Area: Max capacity of 10 utilizing social distancing (Furniture disinfected after every use)
- Student Services Desk: Floor stickers leading from window spaced out 6 feet apart

#### **PPE Procedures:**

- Masks: will be worn by all staff on duty
- Gloves: will be worn by all staff on duty when disinfecting
- Infrared Thermometers: Temperature checks may be incorporated pending University policies
- Discarding of PPE: Throw away using identified bins. May require assistance from facilities

#### **Safety Procedures:**

- Cleaning Points of Emphasis: Door handles, stair rails, counter tops, fitness cardio machines and stationary equipment will occur every 30 minutes and patrons will be asked to disinfect after every usage
- Continue to work with custodial for some targeting cleaning times and specific areas

# RECREATION

- Sneeze guards for all customer service locations will be installed in various locations throughout the facility. Additional sneeze guards have been ordered
- Face Mask guidelines while exercising will be strictly enforced
- Pre-made individual work essential needs (pens, notebooks, etc.) will be handed out to all staff to avoid sharing)
- Social distancing will be enforced by indicated markings on the floor in customer service locations.
- Student staff, such as Intramural officials, will be stationed around the Recreation Center to remind and enforce social distance guidelines
- Student employees, including Intramural officials, Fitness Instructors, and any other student employee desiring additional hours, will clean and disinfect the Rec during the mid-day break hours
- Sanitization stations will be strategically placed throughout the facility
- Safety signage will be posted throughout the facility to provide instructions on social distancing and information about the facility will be announced hourly over the intercom

## **Member Services:**

- All patrons registering for membership must stand at least 6 feet apart
- Nonmembers: Schedule date and time to activate or reactivate membership
- Student Memberships: Students will use iPads to complete all necessary registration forms (iPads will be disinfected after every use, will encourage patrons to fill out forms via own device)
- Faculty, Staff and Community Memberships: All membership forms and payments will be completed online. Cash transactions will not be allowed until further notice
- Senior Membership: Discontinued until further notice until a time dedicated to a senior only workout is designated.
- Discontinued Until Further Notice: Massage services, Personal Training, Guest Passes, towel services, locker rental, equipment check out
- Will encourage patrons to purchase items from our Pro-shop

## **Lockers/Locker Rooms:**

- Showers: Usage will be available with every other shower being taken offline to limit usage capacity
- Dressing room: Limit numbers of users at one time
- Toilets/Urinal: Use every other urinal/toilet
- Day use lockers: Available with limited access (must bring own lock or purchase from pro-shop)
- Water Fountains: Offline until further notice
- Front doors to remain open during operating hours

## **Fitness Center:**

Face Mask Usage Orientation: Fitness staff will administer a brief "Wearing a Face Mask While Exercising" training to ensure all patrons are informed and educated on how to properly and safely exercise while wearing a mask

# RECREATION

## Cardio Area:

Every other machine will be used. Equipment will be removed from floor

## Stationary Machines:

- 6 feet social distancing will be enforced. Machine usage will be rotated daily depending on space

## Free Weights:

- Benches will be removed from floor to ensure proper distancing
- Free Weights will be disinfected after every use
- Partner workouts will be eliminated until further notice

## Studio Area:

- May open with limited occupancy and restrictions

## Group Exercise Classes:

- Will continue offering virtual classes with possibly adding an option to host in person classes in open basketball court with proper distancing

## Basketball Courts/Tracks:

- Basketball courts will be limited to one participant per each half of a court. Max capacity two per court
- Track and auxiliary area may reopen with limited occupancy

## COMPETITIVE SPORTS

### Intramural Sports

- Will follow recommended guidelines on selected intramural sports that are able to safely resume with restrictions

### Club Sports

- Will follow recommended guidelines on selected club sports that are able to safely resume with restrictions

### Aquatics & Outdoors: (if showers are offline, pool will not be able reopen)

- Lap Swim: will safely reconvene with restrictions
- Water Aerobics: will safely reconvene with restrictions
- Learn to Swim: will safely reconvene with restrictions
- CPR First Aid/AED classes: will safely reconvene with updated standards and requirements from the American Red Cross

## FACE MASK USAGE WHILE EXERCISING

Please consult with your health 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 to those who are presumably healthy individuals. Please listen to your body. If you have been inactive for 8-9 weeks wearing a face mask will cause for a re-adaptation phase and is recommended that you progress very slowly when starting back a workout regimen.

# RECREATION

## Recovery Period:

It has been discovered that most symptoms of (Dizziness, Light-headedness, and shortness of breath) may occur after you finish working out in contrast to while working out.

## Who should not wear a face mask?

Individuals with known pulmonary and cardiac issues such as (Asthma, bronchitis, etc...)

## Recommendations:

- Use the “talk test” when working out to help measure your oxygen level when active.
- Find a social distancing space and safely remove your mask to get breath before proceeding.

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

- Dizziness
- Light headedness
- Shortness of Breath

High intensity exercise poses a higher risk of igniting those symptoms.

## Recommended guidelines of wearing face masks while exercising:

- Wear while performing low intensity exercise.
- Exercise preferably where you can socially distance or outside to limit face mask usage.
- When exercising with a face mask, make sure to adjust your intensity circuit and resistant training as it will cause an increase in heart rate and exertion. High intensity exercises will cause discomfort.
- In older populations face masks may cause loss of balance.
- Persons under 2 years of age are not required to wear face masks.
- Make sure you are well hydrated.
- Personal trainers should focus on verbal queuing techniques when training clients.
- Additional ventilation such as open doors and windows should be utilized within the facility.
- Avoid neck gaiter masks when working out.
- Do not wear face masks when at home alone, and outdoors social distancing.
- Face masks needed when distancing is not available.

## Type of preferred face masks

- Multi-layer
- Moistening wicking/Anti-microbial fiber
- Comfortable/durable/washable/breathable

# COVID-19

Preparedness & Response

## What To Do If You Test Positive For COVID-19

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You must report your test result to the  
TSU COVID 19 Hotline: **713.313.5099**

**TIGERS  
CARE**



TEXAS SOUTHERN UNIVERSITY

# NEXT STEPS AFTER TESTING POSITIVE

## Academic Accommodations For Students Who Have Tested Positive

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

Call TSU's self-reporting hotline at 713.313.5099 if you have tested positive or COVID-19, or if you have been within 6 feet for 15 minutes or more of someone with the virus.

### **Step 2: Contact Your Faculty Members**

Students will need to work with their faculty to get the appropriate materials and or information.

### **Step 3: Contact the Student Accessibility Services Office**

Students will need to notify the Student Accessibility Services Office.

#### **Criteria for Eligibility**

1. I have tested positive for COVID-19 and currently isolating in my residence.
2. I am in quarantine due to the COVID-19 exposure, symptom expression or out-of-state travel requirements.
3. I have a medical condition that puts me at a higher risk of serious illness from COVID-19, as defined by the CDC.
4. I am a high-risk factor, as defined by the CDC (e.g., age/pregnancy).
5. I live with or care for someone with a high-risk factor or medical condition, as defined by the CDC.

#### **Documentation Requirements**

Authentic documentation is required. The medical record must be on business letterhead, including the business office name, address and contact information. Along with confirming the COVID-related high-risk condition and any associated symptoms and severity. Please provide a statement indicating the top 5 COVID related accommodation criteria. In addition, add a brief COVID-19 statement/recommendation related to academic accommodations.

Students will need to notify the Student Accessibility Services Office.

#### **Sharron Benavides, M.Ed**

Director

Student Accessibility Services Office

Sharron.Benavides@tsu.edu

713.313.4210

## CONTACT US

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## TIGERS CARE

EMAIL: [covid19@tsu.edu](mailto:covid19@tsu.edu)

TIGER COVID-19 HOTLINE: **713.313.5099**

### DISABILITY SERVICES

- **Captioning services** - Provided the increased number of online and hybrid courses, academic and disability services are working together to identify additional providers for captioning services for students with accessibility needs.
- Online accessibility workshops have been offered to faculty and will continue to be delivered through the office of disability services.



# TIGERS CARE

KEEP OUR CAMPUS HEALTHY



TEXAS SOUTHERN UNIVERSITY

3100 CLEBURNE STREET  
HOUSTON, TEXAS 77004

COVID-19 HOTLINE: 713.313.5099

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