



Sport Clubs COVID-19 Protocols

If you test positive for COVID-19, here is the protocol:

- Stay home and isolate
- Complete and submit the [Student COVID-19 Report Form](https://csus.co1.qualtrics.com/jfe/form/SV_6X3nCX7hnWAeKeG) (https://csus.co1.qualtrics.com/jfe/form/SV_6X3nCX7hnWAeKeG)
- Self-isolate and wear a face covering when you are around others.
- After 5 days if you no longer have symptoms, you may self-test for COVID.
 - If you test negative, you may return to campus but you **may not** resume club activities until you receive clearance from Student Health and Counseling Services to do so.
 - To begin the clearance process, email Bailey Espiritu (bailey.espiritu@csus.edu) to schedule an appointment.
 - Continue to wear a face covering for the next 5 days. You are not required to wear a mask while participating in sports.
 - If you test positive, continue to self-isolate for another 5 days. You may return to campus after 10 days but you **may not** resume club activities until you receive clearance from Student Health and Counseling Services to do so.
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If you are experiencing moderate symptoms such as shortness of breath or breathing difficulty, please call Student Health & Counseling Services at 916-278-6461.

If you would like to schedule a telehealth appointment, please visit the Student Health Patient Portal (<https://shc-pncweb.saclink.csus.edu/>) or call 916-278-6461.

If you have close contact with someone who tested positive, here is the protocol:

- You are not required to isolate unless you have symptoms or test positive.
- You should wear a mask when around others, but are not required to wear a mask while participating in sports.
- If you have any of the following symptoms, test for COVID-19
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - New loss of taste or smell

- Sore throat
- Congestion or funny nose
- Nausea or vomiting
- Diarrhea
- If you test positive:
 - Stay home and isolate
 - Complete and submit the [Student COVID-19 Report Form](https://csus.co1.qualtrics.com/jfe/form/SV_6X3nCX7hnWAeKeG) (https://csus.co1.qualtrics.com/jfe/form/SV_6X3nCX7hnWAeKeG)
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Travel Safety Guidelines During COVID-19

Information pulled from <https://www.csus.edu/administration-business-affairs/internal/accounts-payable/covid-19.html>

Travel Guidance

- Apply hand sanitizer or wash hands with soap and water for 20 seconds upon exiting airplanes, buses, trains, or vehicles and maintain a 6-foot distance from others whenever possible.
- Check that all necessary supplies are available before travel. For instance, all travelers should have enough face coverings, hand sanitizer, and disinfecting wipes for daily use. Consider packing extra supplies in case of unexpected delays.
- Do not touch your face or face covering without first disinfecting your hands.
- Do not travel if you are sick or awaiting COVID-19 test results.
- Maintain physical distancing, whenever possible, when you enter and exit airplanes, buses, trains, or any area with crowds or lines.

- Stay informed of any current travel restrictions from the CDC and any implemented by local authorities for your intended destinations.
- Use touchless payment methods for reimbursable expenses, when possible.
- Avoid touch-surfaces commonly touched by others.
- Verify any requirements for isolation after travel to or from your destination. Also, verify routes and facilities that you will use are open, including gas stations, hotels, and restaurants.
- Avoid using public transportation during peak hours when possible.

Rental Cars

- Disinfect commonly touched surfaces before and after vehicle use, including cup holders, door handles, gearshift, lock and window controls, mirrors, seatbelts, steering wheel, stereo, and air conditioning controls, etc.
- Limit the number of occupants so that social distancing can be maintained. A face covering should be worn.
- Increase ventilation through the vehicle by opening windows or not recirculating air from the air conditioner.
- Use disinfecting wipes on all surfaces that will be touched before performing tasks, such as filling the vehicle with gas.

Airplanes

Note: Disinfecting wipes and up to a 12-ounce hand sanitizer are permitted in carry-on luggage.

- Avoid sitting next to another passenger when possible. In open-seating situations, select a seat to maintain social distancing when possible. If seat selection is minimal, try to sit where social distancing can be maintained.
- Disinfect all surfaces of the seating area with disinfecting wipes. Disinfect all surfaces you will touch, including armrests, tray tables, seats, and airflow controls.
- Limit the number of carry-on items that will be removed for security checkpoints. Disinfect any items that are removed from bags and placed in bins before returning to your carry-on luggage.
- Maintain social distancing from others when checking in for flights, especially in security checkpoint lines, open waiting areas, and lines for boarding the flight.
- Upon claiming checked baggage, disinfect handles and exterior surfaces with disinfecting wipes.
- Use electronic tickets to check-in when possible. If not possible, clean kiosks with disinfecting wipes before use and apply hand sanitizer following use.
- Verify requirements for face coverings when visiting airports and while on airplanes.

Dining and Hotels

- Avoid restaurant dine-in services. Use curbside pickup or drive-thru takeout when possible.

- Verify your chosen hotel's cleaning standards to ensure that rooms are disinfected between guests and are held for 72 hours between guests. Common hotel chains are reportedly utilizing these precautions.
- Maintain physical distancing while traveling and staying overnight. Use the stairs when elevators are crowded or wait for the next elevator.

What to do When Returning from Business Travel

Those who have recently traveled throughout the state and the greater U.S. should decide whether they need to self-isolate based on state and local travel restrictions and the rate of community spread to which they have been exposed. Up-to-date information and travel guidance are available from state and local health departments.

If you are ill and have traveled out of the country or to a high-risk location in the last two weeks:

- Notify your local health care provider as soon as possible.
- Stay home and **do not** come to campus for classes or for work.
- Students with fevers, cough, or severe illness should call their appropriate Student Health & Wellbeing Services team before visiting their Student Health Centers.
- Staff and faculty should contact their health care providers or seek medical attention as applicable.

References

The U.S. Centers for Disease Control and Prevention: [Coronavirus in the United States—Considerations for Travelers](https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html) (https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html)

[Protect Yourself When Using Transportation](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html) (https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/using-transportation.html)

[Travel](https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html) (https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html)

[Use of Cloth Face Coverings](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html) (https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html)

[International Travel During COVID-19](https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html) (https://www.cdc.gov/coronavirus/2019-ncov/travelers/international-travel-during-covid19.html)

This PDF will continue to be updated as things change and/or develop throughout the academic year.