



**WELCOME
BACK!**

Commuter Student Reminders for Return to Campus



PROTECT OUR MARINER FAMILY:

**Self quarantine at home 2
weeks before campus return.**

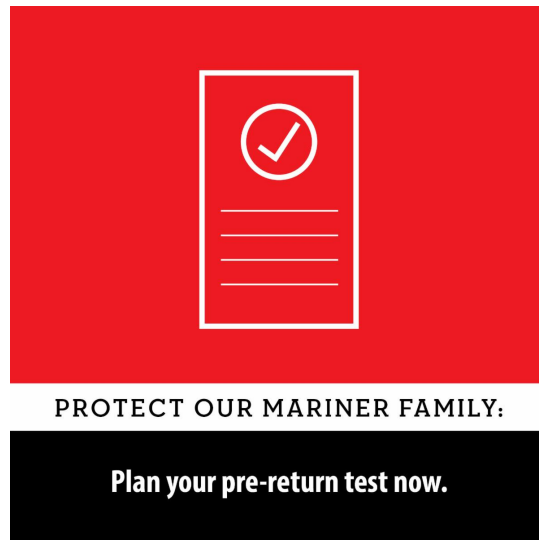
Self-Quarantine

You should be self-quarantining at home now if you are returning to campus the week of February 8 for:

- in-person classes

- athletics or club participation
- regularly occurring on-campus activities, such as work or internships

Self-quarantining means stay home, monitor your health daily via the CoVerified app and limit activity outside of your home. If you do need to leave your home, wear a face covering, social distance and wash your hands frequently. Stay connected to friends and loved ones virtually.



COVID-19 pre-test

Within seven days prior to the date you return to campus, take a SARSCOV2 Viral PCR test at an off-campus facility. If your test is:

- Negative* – Submit the result, with your name and test date, to the CoVerified app or email covidresults@mitchell.edu.
- Pending – Do not come to campus until you produce a negative test result.
- Positive– Do not come to campus. Submit your positive result, with your name and date of test, to the CoVerified app or email covidresults@mitchell.edu and contact your advisor. Students cannot return to campus until: 1) 10 days after onset of symptoms or a positive test result with no symptoms, and 2) symptoms have subsided, and 3) they are fever free for 24 hours without the use of fever-reducing medications. Once students are cleared to return, they will be tested again by Mitchell Health and Wellness 90 days after the date of their positive test

*If your test result is negative, but you have been exposed to someone who is COVID-19 positive or you begin to exhibit symptoms before your return to campus, you must stay home and retest. Contact your advisor for further instructions.

MARINER PROMISE

PROTECT OUR MARINER FAMILY:

Follow the Mariner Promise Every Day.

When you come to campus, put others first!

Live out the **Mariner Promise** and be accountable for your actions! Failure to comply with College policies including the Mariner Promise will result in consequences. View COVID-19 Judicial Process [here](#).



PROTECT OUR MARINER FAMILY:

**Through on-campus
weekly testing.**

Weekly On-Campus COVID-19 Testing

Weekly on-campus testing for commuters **begins the week of February 8**. If you are a commuter, coming to campus regularly during the spring semester for in-person classes, athletics and club participation, or work or internships, you must be tested weekly. All testing will be at the Market Café. Make an appointment through the CoVerified app.

COVID-19 on-campus testing will take place by **appointment only**, by **last name, beginning with the letter:**

A-F (Mondays, 9am-Noon)

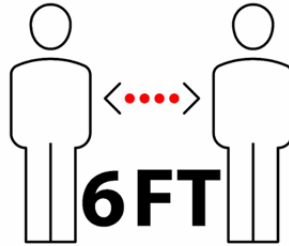
G-L (Tuesdays, 9am-Noon)

M-S (Wednesdays, 11am-2pm)

T-Z (Thursdays, 9am-Noon)

What About Weekly Testing for Remote-Only Students?

1. If you don't plan to be on campus throughout the semester, you do not need to get a weekly test.
2. If you need to be on campus for less than 15 minutes (ex., to pick something up or drop something off), you don't need to submit a negative test.
3. If you need to be on campus for longer than 15 minutes (ex., to meet with a professor, etc.), you must submit a negative test, taken within seven days prior to your coming to campus. Submit your result to the CoVerified app or covidresults@mitchell.edu.



Do your part to protect our Mariner community and help keep the spring semester healthy and safe!

Follow all College COVID-19 policies without exception:

- Wear a mask/face covering, covering both nose and mouth, everywhere on campus. This is mandatory!
- Social distance a minimum of 6 feet
- Wash hands/use hand sanitizer frequently
- Avoid touching hands to face
- Cover your cough or sneeze – use a tissue or your elbow
- Get a flu shot
- If you don't feel well, stay home!



PROTECT OUR MARINER FAMILY:

**Submit your health
symptoms daily.**

CoVerified

Today, and every day, submit your health symptoms into the CoVerified app.
App download instructions: <https://www.coverified.us/download>.

Questions? Email communications@mitchell.edu
Visit the **Adjusting Our Sails webpage** often for updates

mitchell.edu/adjusting-our-sails

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