**Special Health Protocol, Spring 2022**

This semester, please follow our updated COVID-19 guidelines to ensure we remain as safe and healthy as we can during the continued pandemic. Our goals are to continue our in-person classes, hold events and activities on campus, and provide support to those in the community to weather the challenges we are facing.

Face-to-Face Protocol

We want everyone to follow the University’s complete [**Community Standards**](https://www.usm.edu/covid-19/community-standards.php), which are updated as needed based on changing patterns with the virus. **Face coverings are required for all indoor activities,** regardless of your vaccination status, and we ask that you monitor yourself for fever and other symptoms each day. [Temperature-taking kiosks](https://www.usm.edu/student-health-services/covid-19-health-protocols.php#kiosks) can be found in the Union, Cochran Center, and other high-traffic areas of our campuses for your convenience.

Vaccinations

If you have not yet been fully vaccinated, appointments can be made via Moffitt Health Center's [**online health portal**](https://shsweb.usm.edu/pyramedportal). If you prefer to schedule an appointment off-campus, please [see the Mississippi Department of Health’s website](https://msdh.ms.gov/msdhsite/_static/14,0,420,976.html). *Please note that if it has been more than six months since your last shot,* [*you must have a booster*](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?s_cid=11350:cdc%20rules%20for%20fully%20vaccinated:sem.ga:p:RG:GM:gen:PTN:FY21) *in order to be up-to-date with vaccination*.

If You Are Exposed to COVID-19/Have Symptoms/Test Positive

It is important that everyone in the community closely monitor their own health and stay home when that will help them heal or may protect others.

* ***Vaccinated students***: If you are exposed to COVID-19 and have no symptoms, wear a mask at all times and test five days after exposure. If your test is negative, continue as normal. If you have a positive COVID test, stay home for five additional days then return as long as you do not have symptoms (e.g., fever). If you have symptoms, stay home until your symptoms pass.
* ***Unvaccinated students***: If you are exposed to COVID-19, stay home and test 5 days after exposure. If you have a positive COVID test, stay home for ten days (or as advised by your physician, based on symptoms), then return as long as you do not have symptoms (e.g., fever).

**If you need to stay home due to COVID-19**: Contact the Dean of Students office to let them know (dos@usm.edu), and contact all your professors to let them know you will be out.

In all cases: Call Moffit Health Center at 601-266-5390 for further guidance.

Finding Support/Staying Well

Staying physically and mentally healthy is important and challenging during these pandemic times. Be sure to get enough sleep, eat regularly, and stay connected to loved ones, particularly during stressful periods. The university also has resources to help with stress management and mental health, including online support resources and in-person counseling through [Student Counseling Services](https://www.usm.edu/student-counseling-services/stress-and-sadness.php). EagleCARES provides a platform for all students to connect with a 24/7 emotional support network online (click [here](https://www.usm.edu/student-counseling-services/eaglecaresposter.pdf) for more details). [Moffitt Health Center](https://www.usm.edu/student-health-services/services-we-offer.php) is also available to address your health care needs, with both appointments and online resources. If you have concerns about your well-being, reach out and let us know so that we can help.