



Guidance for Students Regarding a COVID-19 Incident

In accordance with [the Lake Land College Return to Campus Plan](#), the following information addresses expectations and support for students who are experiencing COVID-19 related symptoms, have tested positive for COVID-19 or have been in close contact with someone with COVID-19.

What to do if you experience symptoms of COVID-19

If you become ill with [symptoms of COVID-19](#), stay home and do not come to the College or attend any off-campus college-related work experiences or events. Contact your primary care physician who will determine whether testing or treatment is needed. Avoid contact with other people to keep from spreading your illness. Testing is available in Mattoon through Sarah Bush Lincoln Health Center and Carle and at other testing sites announced in your community. Follow these best practices while awaiting test results:

- Isolate at your home. Do not leave home, except to get medical care, until cleared or directed otherwise by your healthcare provider.
- Do not share household items.
- Wear a mask around all others if contact is necessary.

If you experience symptoms and do not get tested, you must not return to campus until after at least 10 ten days have passed since symptom onset and you are symptom and fever-free for at least 24 hours OR you provide Health Services with documentation supporting a pre-existing condition.

What to do if you test positive for COVID-19

If you test positive for COVID-19, stay home and do not come to Lake Land College or attend any off-campus college-related work experiences or events. Follow the instructions of your health care provider and county health department and avoid contact with other people and social gatherings to keep from spreading your illness to others. Students are requested to notify [Lake Land College Health Services](#). Student employees should also notify their supervisor that they are not able to return to work. Health Services will collaborate with the appropriate county health departments to conduct necessary contact tracing and identify and contain potentially impacted individuals.

In addition to any isolation or quarantine restrictions imposed by the county health department, students who test positive will be placed on "virtual access only" (VAO) restriction for 14 days and notified by Health Services through Laker Email.

What to do if you have been in [close contact](#) with someone with COVID-19

Close contact generally involves exposure to an infected person at a distance of less than 6 feet for at least 15 minutes in the period from 2 days before symptom onset or positive test date if the person is asymptomatic until cleared of COVID-19. Any student who has been identified as a close contact through their county health Department must follow all health department requirements regarding isolation and quarantine.

If you know that you have had close contact with a co-worker, visitor, family member or other individual who has COVID-19, stay home and do not come to the College or attend any off-campus college-related work experiences or events. Stay home and contact your health care provider who will determine whether testing or treatment is needed. Follow the instructions of your health care provider and avoid contact with other people and social gatherings to keep from spreading your illness to others. Student employees should also notify their supervisor that they are ill and not able to return to work.

Students who are healthcare workers or clinical students who work in high-risk areas must closely monitor symptoms through self-screening and temperature checking. These students will be asked to verify additional information through the self-screening process as noted in the [Specific Information for Healthcare Workers and Clinical Students](#) on the [COVID-19 Campus Visit Screening Form](#).

How you will know if someone at Lake Land College has tested positive for COVID-19

If the College becomes aware that an individual known to have been on the College campus tests positive for COVID-19, Health Services will collaborate with the Coles County Health Department, or other appropriate county health department, to conduct necessary contact tracing and identify and contact potentially impacted individuals. Class(es) in which a student who tests positive is enrolled may be temporarily suspended during the contact tracing period and for deep cleaning of the classroom. Students enrolled in the class(es) may be placed on "virtual access only" restriction by the College and may also be required to quarantine at the direction of the county health department based on the contact tracing.

In line with public health practices and medical and student privacy laws, only those who need to know about confirmed COVID-19 cases for personal health and safety reasons will be informed. The College reports the date, number and location of all confirmed cases on the COVID-19 Case Dashboard on the COVID-19 Resources website.

When you may be restricted to "Virtual Access Only" (VAO) by the College and what that means

Any student or employee who tests positive for COVID-19 is requested to notify Lake Land College Health Services. Health Services will inform the individual via Laker Email of any necessary 14-day VAO restriction. Any other individuals who have attended classes or other college events with the positive individual may also be restricted to VAO for a 14-day period based on their last contact with that individual. Each will be notified of VAO restrictions by Health Services via Laker Email.

If you receive notification that you are restricted to VAO, you are prohibited from visiting the College campus or any extension site for any reason during the 14-day VAO period. This includes restriction from participating in any off-campus college-related work experiences or events.

When you will be able to return to campus if you have a COVID-19 related absence

In accordance with guidance from the CDC, IDPH and county health departments, individuals who were directed to quarantine by the health department following a positive COVID-19 test, or being named a close contact, must not return to campus until they are released and cleared by the county health department through which they were quarantined. Health Services may require a release from the county health department in order to return to campus. Students placed on VAO restriction may return to campus in accordance with the notification sent to their Laker Email from Health Services.

Students will not be penalized for absences during the time of virtual access only restriction or quarantine but may still be required to complete coursework and/or participate in remote learning opportunities as determined by their instructors.

What to do if you have a medical condition that prevents you from wearing a mask while on campus or you need other COVID-19 related accommodations

Lake Land College requires that all individuals wear a face covering, covering both the nose and mouth, at all times while in campus buildings, and while on campus grounds if social distancing cannot be maintained. Students who are unable to wear a mask may wear a face shield. Students who need assistance in acquiring a face shield or need some other COVID-19 related accommodation due to a medical condition may contact Health Services for assistance.

What to do if you have questions about the College's response to COVID-19 or concerns about disregard of safety precautions of individuals on campus

You may [submit a question or concern](#) 24/7 to the College's Emergency Operations Center by completing the online question form located on the College's COVID-19 website page. A member of the EOC will get back to you within one business day.

Health Services
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217-234-5276

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