

COVID 19 COMMITTEE MEETING MINUTES
THURSDAY, March 11, 2021
2:00 PM

Minutes of the Meeting

1. A Weekly Incidence Update was given by Rhonda St. Columbia reporting that there were no Covid quarantines or exposures during the last couple of weeks. She also shared that there was a report related to the number of people vaccinated at different colleges and universities. PCCUA along with a few other colleges were not included in the count even though information did into have any information was provided to ADHE. This was shared in case some people saw the report and were concerned. Many employees in both Arkansas and Phillips Counties have been vaccinated.
2. New regulations regarding masks and other protocols were reviewed.

Rhonda St. Columbia emailed a list of changes to all employees and this was discussed at the COVID Committee meeting.

What Has Changed

If you've been fully vaccinated:

- You can gather indoors with fully vaccinated people without wearing a mask.
- You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an [increased risk for severe illness from COVID-19](#).
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
 - However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms

What Has Not Changed

For now, if you've been fully vaccinated:

- You should still take steps to [protect yourself and others](#) in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces. Take these precautions whenever you are:
 - In public
 - Gathering with unvaccinated people from more than one other household

- Visiting with an unvaccinated person who is at [increased risk of severe illness or death from COVID-19](#) or who lives with a person at increased risk
- You should still avoid medium or large-sized gatherings.
- You should still delay domestic and international travel. If you do travel, you'll still need to follow CDC [requirements and recommendations](#).
- You should still watch out for [symptoms of COVID-19](#), especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow guidance at your workplace.

Dr. King reviewed other CDC Guidelines Related to Stopping the Spread

Important Ways to Slow the Spread

- Get a [COVID-19 vaccine](#).
- Wear a [mask](#) to protect yourself and others and stop the spread of COVID-19.
- [Stay at least 6 feet \(about 2 arm lengths\)](#) from others who don't live with you.
- Avoid crowds and poorly ventilated spaces. The more people you are in contact with, the more likely you are to be exposed to COVID-19.

Wear a mask

- Everyone 2 years and older should wear masks in public.
- Masks should be worn in addition to staying at least 6 feet apart, especially around people who don't live with you.
- If someone in your household is infected, people in the household [should take precautions including wearing masks to avoid spread to others](#).
- [Wash your hands](#) or use hand sanitizer before putting on your mask.
- Wear your mask over your nose and mouth and secure it under your chin.
- Fit the mask snugly against the sides of your face, slipping the loops over your ears or tying the strings behind your head.
- If you have to continually adjust your mask, it doesn't fit properly, and you might need to find a different mask type or brand.
- Make sure you can breathe easily.

Effective February 2, 2021, [masks are required](#) on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States and in U.S. transportation hubs such as airports and stations.

people arrows light icon

Stay 6 feet away from others

- **Inside your home:** Avoid close contact with people who are sick.
 - If possible, maintain 6 feet between the person who is sick and other household members.
- **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household.
 - Remember that some people without symptoms may be able to spread virus.
 - [Stay at least 6 feet \(about 2 arm lengths\) from other people.](#)
 - **Keeping distance from others is especially important for [people who are at higher risk of getting very sick.](#)**

users slash icon

Avoid crowds and poorly ventilated spaces

- Being in crowds like in restaurants, bars, fitness centers, or movie theaters puts you at higher risk for COVID-19.
- Avoid indoor spaces that do not offer fresh air from the outdoors as much as possible.
- If indoors, bring in fresh air by opening windows and doors, if possible.

hands wash light icon

Wash your hands often

- [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.
- It's especially important to wash:
 - Before eating or preparing food
 - Before touching your face
 - After using the restroom
 - After leaving a public place
 - After blowing your nose, coughing, or sneezing
 - After handling your mask
 - After changing a diaper
 - After caring for someone sick
 - After touching animals or pets

- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

box tissue light icon

Cover coughs and sneezes

- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Spray bottle icon

Clean and disinfect

- **Clean AND disinfect [frequently touched surfaces](#) daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them**. Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant**. Use products from [EPA's List N: Disinfectants for Coronavirus \(COVID-19\)](#)[external icon](#) according to manufacturer's labeled directions.

head side medical light icon

Monitor Your Health Daily

- **Be alert for symptoms**. Watch for fever, cough, shortness of breath, or [other symptoms of COVID-19](#).
 - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
 - **Take your temperature** if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
 - Follow [CDC guidance](#) if symptoms develop.
3. Phase 4 reporting was provided last week but Kim Kirby did mention what the group would probably review the protocols after March 31 before making a decision about community access to the college facilities. There was interest in the opening of the gym and other events. Dr. Johnson shared there could be safety issues with opening

the gym at this time. The biggest concern is ensuring that the facilities are cleaned with each use.

4. College activities

5. Dr. King shared that there will be a hybrid graduation in both Arkansas and Phillips County. There will be several short commencement sessions for groups of no more than ten. Each student will be allowed to invite two people. All safety protocols such as wearing a mask, social distancing, and cleaning where students and guests sit after each session will be important to ensure the safety of everyone.

There was also a discussion about campus activities such as clubs and smaller events in the fall. The general speculation is that there should not be serious problems in the fall and that classes and student activities will resume.

4. Covid-19 Page

Dr. King shared that the Committee minutes will be posted on the Covid-19 Web page. Additionally, changes will be shown in red. Hopefully, this will be completed soon.

5. Other

It is expected that the Governor's plans to make the mask mandate a guideline will impact what Colleges will do about safety and the Coronavirus. It is expected that this could be discussed at the next Board of Trustees meeting which is March 17-18. On the other hand, the Governor's final decision will be March 31 so the System may not provide direction until after that date.

There was a brief discussion about safety practices which may not go away after the pandemic. The thermometers used for screening, wearing masks, and using hygiene and sanitation practices could help the College navigate outbreaks of the flu.