

# Yo San University of Traditional Chinese Medicine COVID-19 Safety Policy

Updated May 2, 2022



All students, faculty and staff are strongly encouraged to familiarize themselves with the following YSU policies related to COVID-19 safety and public health measures.

## **Face Mask Requirements On Campus**

Face masks are mandatory in the YSU Clinic at all times.

In accordance with LA County Department of Public Health (LACDPH) guidelines, the following types of face masks are considered appropriate from a public health perspective, and are recommended for use in the YSU Clinic and on campus:

- Disposable medical procedure or surgical face masks
- KN95 masks; look for KN95 masks that meet requirements similar to those set by CDC's National Institute for Occupational Safety and Health (NIOSH) for respirators
- Cloth / fabric face masks that fits snugly against your nose and chin with no large gaps around the sides of the face, and has two or more layers of tightly woven fabric or filter  
<http://publichealth.lacounty.gov/acd/ncorona2019/masks/#kindofmask>

Bandanas and scarves are not acceptable.

For classroom activities, the library and other non-clinical activities on campus, face masks are strongly recommended regardless of vaccination status.

## **YSU COVID-19 Exposure Policy**

Based on current CDC and LA County Department of Public Health (LACDPH) guidelines, YSU adopts the following policies for student/faculty/staff who has had exposure to COVID-19:

### General Guidelines

[LA County Department of Public Health Isolation Instructions for People with COVID-19](#)

[CA Public Health Guidelines on COVID-19 Isolation & Quarantine \(04.06.2022\)](#)

[CDC Guidelines on COVID-19 Isolation & Quarantine \(03.30.2022\)](#)

## Calculating Quarantine

The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19. Stay home and away from other people for at least 5 days.

## If you were exposed to COVID-19 and are unvaccinated or NOT up to date\* on COVID-19 vaccinations:

### Quarantine for at least 5 days

- Stay home and quarantine for at least 5 full days.
- Wear a well-fitting mask if you must be around others in your home.

### Get tested on Day 5

- Even if you don't develop symptoms, get tested on Day 5 after you last had close contact with someone with COVID-19
- If test result is positive, follow isolation guidelines below for positive COVID-19 test

### Ending Quarantine

- Quarantine can end, and student/staff/faculty may return to campus after **Day 5 ONLY** if **ALL** of the following criteria are met:
  1. A COVID-19 viral test (antigen or NAAT/PCR) collected on Day 5 or later is negative, and
  2. No fever for at least 24 hours without the use of fever-reducing medicine, and
  3. Other symptoms are not present

### Monitor your health for 10 days

- Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

### If you develop symptoms

- Isolate immediately and get tested. Continue to stay home until you know the results.
- Wear a well-fitting mask around others.

### Take precautions for 10 days

- Wear a well-fitting mask for 10 full days any time you are around others, both indoors and in public.
- Avoid being around people who are more likely to get very sick from COVID-19.
- Take appropriate precautions if traveling

\* You are **up to date** with your COVID-19 vaccines when you have received all doses in the primary series and one booster when eligible. Getting a second booster is not necessary to be considered up to date at this time.

If you were exposed to COVID-19 and are up to date\* on COVID-19 vaccinations, AND you have no symptoms

OR

If you were exposed to COVID-19, and had recently recovered from COVID-19 (defined as you tested positive for COVID-19 using a viral test within the past 90 days and have recovered from COVID-19), AND you have no symptoms

**No quarantine needed**

- You do not need to stay home unless you develop symptoms.

**Get tested on Day 5**

- Even if you don't develop symptoms, get tested on Day 5 after you last had close contact with someone with COVID-19.

**Monitor your health for 10 days**

- Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

**If you develop symptoms**

- Isolate immediately and get tested. Continue to stay home until you know the results.
- Wear a well-fitting mask around others.

**Take precautions for 10 days**

- Wear a well-fitting mask for 10 full days any time you are around others, both indoors and in public.
- Avoid being around people who are more likely to get very sick from COVID-19.
- Take appropriate precautions if traveling

*\* You are **up to date** with your COVID-19 vaccines when you have received all doses in the primary series and one booster when eligible. Getting a second booster is not necessary to be considered up to date at this time.*

## Calculating Isolation

Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.

## If you tested positive for COVID-19 or have symptoms, regardless of vaccination status:

### Isolate for at least 5 days

- Stay home for 5 days and isolate from others in your home.
- Wear a well-fitting mask if you must be around others in your home.

### Ending Isolation

Isolation can end, and student/staff/faculty may return to campus after **Day 5** ONLY if **ALL** of the following criteria are met:

1. A COVID-19 viral test (antigen or NAAT/PCR) collected on Day 5 or later is negative, and
2. No fever for at least 24 hours without the use of fever-reducing medicine, and
3. Other symptoms are not present or are improving

--or--

If a student/staff/faculty is unable to or chooses not to test for COVID-19, isolation can end, and student/staff/faculty may return to campus after **Day 10** if both these criteria are met:

1. No fever for at least 24 hours without the use of fever-reducing medicine, and
2. Other symptoms are not present or are improving

### If you got very sick from COVID-19 or have a weakened immune system

- You should isolate for at least 10 days.
- Consult your doctor before ending isolation.

### Take precautions until at least day 10

- Wear a well-fitting mask for 10 full days any time you are indoors or around others in public.
- Do not go to places where you are unable to wear a mask.
- Avoid being around people who are more likely to get very sick from COVID-19.

### Do Not Travel

- Do not travel until a full 10 days after your symptoms started or the date your positive test was taken if you had no symptoms.

## **YSU Policy on COVID-19 Testing & Vaccination for Healthcare Workers**

The State of California and the County of Los Angeles Public Health have both recently updated their respective Public Health Orders on Healthcare Workers Vaccination Requirement to require all healthcare workers in the state/county to be fully vaccinated against COVID-19 and receive a COVID-19 booster vaccination. Healthcare workers with with an approved vaccination exemption will be required to screen/test for COVID-19 on a weekly basis.

To comply with these regulatory mandates, Yo San University has updated our YSU Policy on COVID-19 Testing & Vaccination for Healthcare Workers.

With immediate effect, Yo San University (YSU) will require all students, faculty and staff in the following healthcare settings to **be fully vaccinated, as well as receive a booster vaccination against COVID-19**:

- A. Yo San University Blount Community Clinic
- B. Participation in YSU-affiliated clinical externship and clinical outreach programs

This policy applies to the following Yo San University students, faculty and staff:

1. Clinic front office and administrative staff
2. Clinic herbalists
3. Clinical faculty, including clinical supervisors and clinical teaching assistants
4. Clinical Fellows, Practitioners & Senior Practitioners
5. Clinical Interns in the DAOM program
6. Clinical Interns in the MATCM programs
7. Clinical Observation students in the MATCM program

Unvaccinated or incompletely vaccinated student, faculty and staff are required to undergo COVID-19 diagnostic screening tests at least once a week; results of these diagnostic screening tests must be submitted to the University on a weekly basis.

For more details on the policy, including acceptable proof of vaccination, request for vaccination exemption based on medical reasons, disability or religious believes, acceptable forms of diagnostic screening tests, documentation and reporting procedures, as well as additional resources, please refer to the full policy document on our website:

For Students: [YSU Vaccination Policy for Clinic Students \(2022\)](#)

For Staff/Faculty: [YSU Vaccination Policy for Clinic Staff / Faculty \(2022\)](#)

## YSU COVID 19 Travel Policy

If you plan to travel, whether domestic or international, please familiarize yourself with current CDC travel guidelines and recommendations. These can be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

In general:

- All travelers are strongly encouraged to self-monitor for COVID-19 symptoms. If you develop symptoms, isolate and get tested immediately.
- For travelers who are NOT up to date with your COVID-19 vaccines:
  - stay home and self-quarantine for a full 5 days after travel.
  - Get tested 3-5 days after returning from travel.
  - Follow additional recommendations above for ALL travelers.
- All travelers who test positive or develop symptoms of COVID-19 should isolate and follow current public health recommendations. (See above section on Isolation procedure for testing positive for COVID-19)

### Summary of International Travel Recommendations and Requirements

	<b>Not Up to Date</b> with COVID-19 Vaccines	<b>Up to Date</b> with COVID-19 Vaccines	Recovered from COVID-19 within past 90 days
Get tested before travel (required before boarding a plane to the U.S.)	✓ <i>Neg test must be collected within 1 day of flight</i>	✓ <i>Neg test must be collected within 1 day of flight</i>	No test required as long as appropriate proof of "documentation of recovery" available
Wear a mask and take other precautions during travel	✓	✓	✓
Get tested 3-5 days after returning to U.S.	✓		
Quarantine upon return for 5 days	✓		
Self-monitor for symptoms for 10 days post travel	✓	✓	✓

<http://publichealth.lacounty.gov/media/Coronavirus/traveladvisory.htm>