

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

Updated October 5, 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 regardless of vaccination status.

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 acceptable 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>

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

Bandanas and scarves are not acceptable forms of face masks.

YSU COVID-19 Exposure Policy

Based on current CDC, California Department of Public Health, and Los Angeles County Department of Public Health (LACDPH) guidelines, YSU adopts the following policies for all students, faculty, and staff who have had exposure to a confirmed case of COVID-19:

Exposure or **close contact** is defined as sharing the same indoor airspace with the infected person for 15 minutes or more over a 24-hour period. This applies to classrooms, clinic rooms, offices, and other similar-sized spaces. For large indoor airspaces, such the building lobbies, those considered exposed may be limited to those within 6 feet of the infected person for 15 minutes or more over a 24-hour period. NOTE: Persons with an outdoor exposure are not considered close contacts.

If you were exposed to COVID-19 and are unvaccinated or NOT up to date* on COVID-19 vaccinations (including boosters), AND you have no symptoms

Asymptomatic close contacts may remain on campus if they follow these requirements:

1. Monitor for symptoms
2. Wear a highly protective mask around others for 10 days after the last date of exposure
3. Get tested with an FDA-authorized viral COVID-19 test (PCR or Antigen test, including at-home tests) within 3-5 days since the last date of exposure.
 - a. *NOTE: Asymptomatic student and staff close contacts who were previously infected with SARS-CoV-2 within the last 90 days are exempt from testing but must mask around others indoors for 10 days after the last date of exposure.

CLINICAL PERSONNEL: Unvaccinated or incompletely vaccinated or non-boosted clinical personnel are restricted from participation in all clinical activities for a minimum of 7 days following an exposure. A negative COVID-19 test is required within 48 hours prior to return.

* 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 (including boosters), AND you have no symptoms

Asymptomatic close contacts may remain on campus if they follow these requirements:

1. Monitor for symptoms
2. Wear a highly protective mask around others for 10 days after the last date of exposure
3. Get tested with an FDA-authorized viral COVID-19 test (PCR or Antigen test, including at-home tests) within 3-5 days since the last date of exposure.
 - a. NOTE: Asymptomatic student and staff close contacts who were previously infected with SARS-CoV-2 within the last 90 days are exempt from testing but must mask around others indoors for 10 days after the last date of exposure.

CLINICAL PERSONNEL: Fully vaccinated and boosted clinical personnel have no work restriction but must test negative upon identification and at 5-7 days following the exposure.

* 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 after exposure to COVID-19, 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

CLINICAL PERSONNEL: Unvaccinated or incompletely vaccinated or non-boosted clinical personnel are restricted from participation in all clinical activities for a minimum of 7 days following an infection. A negative COVID-19 test is required within 24 hours prior to return.

--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 have recently updated their respective Public Health Orders on Health Care Worker Vaccination Requirement to rescind the testing requirement for workers exempt due to medical reasons or religious beliefs. Yo San University continues to require all clinical personnel to be fully vaccinated and boosted, however weekly testing is no longer required for exempt workers.

Yo San University (YSU) requires all students, faculty and staff in the following healthcare settings to **be fully vaccinated and boosted 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

For more details on the policy, including acceptable proof of vaccination, request for vaccination exemption based on medical reasons, disability or religious beliefs, as well as additional resources, please refer to the full policy document on our website:

For Students: [YSU Vaccination Policy for Clinic Students \(10.05.2022\)](#)

For Staff/Faculty: [YSU Vaccination Policy for Clinic Staff / Faculty \(10.05.2022\)](#)

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:

- Do not travel if
 - You have COVID-19 symptoms.
 - You tested positive for COVID-19.
 - You are waiting for the results of a COVID-19 test.

- All travelers are strongly encouraged to self-monitor for COVID-19 symptoms. 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)

- All travelers are recommended to get a COVID-19 test 3-5 days after returning from domestic and international travel

Summary of International Travel Recommendations

	Not Up to Date with COVID-19 Vaccines	Up to Date with COVID-19 Vaccines	Recovered from COVID-19 within past 90 days
Get tested before travel	✓	Optional	
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	✓	✓	✓

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

General Guidelines

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

[CA Public Health Guidelines on COVID-19 Isolation & Quarantine \(06.09.2022\)](#)

[Guidance for Institutions of Higher Education: Requirements and Best Practices \(8.24.2022\)](#)

[LA County Guidance for COVID-19 Exposure Management in Institutes of Higher Education \(7.29.2022\)](#)

[LA County Coronavirus Disease 2019 Infection Prevention Guidance for Healthcare Personnel](#)

[Isolation and Precautions for People with COVID-19 \(08.11.2022\)](#)

[California State Public Health Officer Order \(09.13.2022\)](#)

[Los Angeles County Department of Public Health, Health Officer order \(9.16.2022\)](#)