



**Pittsburg State University**  
**STUDENT GUIDE**  
**FOR RETURNING**  
**TO CAMPUS**

**January 2022**

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## Know this, Gorillas

Our primary mission is to provide transformational experiences to you. We are here for you. We want you to be safe, healthy, and happy. We want your time at Pitt State to be amazing. We love having productive conversations with you. We want to help.

If you have concerns or challenges and you feel we can help solve them, please contact us at [social@pittstate.edu](mailto:social@pittstate.edu). We'll answer fast, we promise.



# A SAFE AND HEALTHY SPRING

We are excited to once again welcome students to campus and make Pitt State a place where students, faculty, staff, and our community come together. We do so with the ongoing global pandemic in mind, following the guidance of the CDC, our local public health officials, and the expertise of the medical professionals at the Bryant Student Health Center. At the same time, we now have access to vaccines and therapies that reduce the pandemic threat, and knowledge about its spread that help us largely maintain normal campus operations.

We will continuously monitor the COVID-19 situation in our area, and announce changes as needed. We will once again conduct the semester using these **guiding principles**:

- Do what we can to maintain the **health and safety** of our students, faculty, and staff
- Maintain **transparency** with thorough and frequent communication if the situation evolves
- Provide high-quality experiences for our students that **preserve progress toward a degree**

**NOTE:** While these guiding principles will endure, the information in this document could change as the pandemic evolves.

## STAY TUNED IN

If our plans change, or if we need to communicate other important information, you'll be notified by email. **Please pay special attention to your email account.** Please also regularly check our website and follow Pitt State on social media for the latest updates.

**[pittstate.edu/coronavirus](https://pittstate.edu/coronavirus)**



## BE READY FOR CHANGE

Though not expected, it's good to be ready for changes to course delivery. **Good ideas:**

- **Be tech-ready.** Make sure you have the technology you need to complete your coursework remotely, if needed. [Check out IT resources and guidance here.](#)
- **Stay flexible.** Remember that we cannot predict everything, and neither can you. It's ok - we are in this together.
- **Keep in touch.** Speak up, ask questions, and seek to understand the resources available to you. We have a wealth of support for you - take advantage of it.
- **Check your course schedule.** Do this regularly, as things could change.

# HOW YOU CAN HELP

**Maintaining a healthy campus for spring 2022 requires us all to work together.** Do everything you can to avoid contracting and spreading COVID-19. This means:

- **Get vaccinated.** Vaccines and boosters are available at the Bryant Student Health Center and many other locations in Pittsburgh. Vaccination is the single-most important action you can take to avoid serious illness, hospitalization, and death. Widespread vaccinations also mean a faster end to the pandemic. If you are vaccinated, you may not be required to quarantine if exposed to COVID-19.
- **Wear a mask.** All faculty, staff, students, and visitors are required to wear a mask that covers their nose and mouth while indoors on our campus, unless alone in a room or office. Vaccination status is irrelevant. [Read the policy here.](#) We will regularly evaluate the necessity of the mandate based on the status of our local healthcare system, infection rates in our county, and recommendations from health professionals.
- **Stay home and get tested if you're sick.** COVID-19 symptoms evolve - don't take chances. Pay attention to your health and get tested. Do not leave home if you are sick except to visit a doctor or get tested, and stay away from others. Testing: [Bryant Student Health Center.](#)
- **Follow standard mitigation practices.** Avoid crowded bars and parties. Wash your hands and disinfect your spaces. Carefully follow mandated isolation and quarantine rules if you test positive or are exposed and unvaccinated.



## MASK INFORMATION

**All masks provide a level of protection, but the highly-contagious omicron variant has shown us that some masks are better than others.** Keep this in mind:

- Follow all **CDC mask guidance** when selecting, wearing, and caring for masks. [See them here.](#)
- **Consider surgical or better (KN95, KF94, and N99) masks** in place of cloth masks.
- **Be ready with a supply of your own masks** - the university does not provide masks.



# OFF-CAMPUS ACTIVITIES

When not on our campus, it is critically important that you adhere to all public health guidelines - stay home if you are sick, practice social distancing and good personal hygiene, wear a mask, and avoid large indoor gatherings. **Please remember that you and your fellow students have tremendous positive impact in the Pittsburgh community.** Let's keep it that way.

## Be part of the solution.

Many Pittsburgh businesses, employers, and public spaces are committed to community health, and can impose mask requirements and social distancing. Be a good customer, a good employee, and a good citizen - follow the rules. Be part of the solution!

## Follow all public health guidelines.

Get a vaccine, and get boosted if you're eligible. Isolate if you are sick. Adhere to mandated quarantines. Wear a mask. Wash your hands and practice other good hygiene. Keep distance between yourself and others. Avoid indoor crowds (parties, bars).

# SOCIAL MEDIA CONVERSATIONS

## Be patient. Be kind.

Conversations about COVID-19 can be stressful. It's important that we support and respect each other. That is especially true during tense social media debates. Be kind. Be patient with each other. Help each other through this. We're all in this together, and the only way we'll get to the other side is by doing it together.



# MONITOR YOUR MENTAL HEALTH

Uncertainty, health worries, and social isolation are real concerns and should not be ignored. It is important to take care of yourself. Take breaks from social media, take a walk with a trusted confidante, and stay connected with your family and friends. Professional help is here for you, too: [University Counseling Services](#).



# CLASSROOMS AND COURSEWORK

This spring, classes will once again be delivered one of five ways:

- **Fully online:** 100% of instruction is online through Canvas and does not require attendance on campus.
- **HyFlex:** full-class instruction is delivered online either synchronously during the scheduled class time or asynchronously via a recording in Canvas. The class is split into smaller groups by the instructor and required to attend face-to-face sessions as assigned.
- **Hybrid:** a minimum of 50% of instruction is online through Canvas, and established classroom meeting dates are listed in the schedule of classes.
- **Face-to-face:** course content and learning material are taught in person.
- **Other:** specific techniques/schedule/process due to the nature of instruction required.



The **course schedule** is current and reflects the delivery method selected for each of your courses. If after viewing your course schedule you have questions or concerns, please contact your **academic advisor or the chairperson for your department**. Department chairpersons are listed in the contact information for each department at [pittstate.edu/academics](http://pittstate.edu/academics). **PAY ATTENTION:** As always, courses may be adjusted to meet the current situation due to unforeseen circumstances.

# VACCINES AND TESTING

Vaccines and testing are powerful weapons in stopping spread of the COVID-19 virus.

Vaccines are available to all students on our campus, and are safe, effective, and free. Vaccines and boosters are available at the Bryant Student Health Center. If the student health center is inconvenient, you can get vaccines and boosters at any Community Health Centers of SEK location, the Crawford County Health Department, or many local pharmacies. Call to make appointments.

If you are seeking a COVID-19 test, contact the Bryant Student Health Center. Other options include Community Health Centers of SEK and the Crawford County Health Department's mobile testing center.

## BRYANT STUDENT HEALTH CENTER

**620-235-4452**

## COMMUNITY HEALTH CENTERS OF SEK

**620-231-9873**

@chcsek

## CRAWFORD COUNTY HEALTH DEPARTMENT

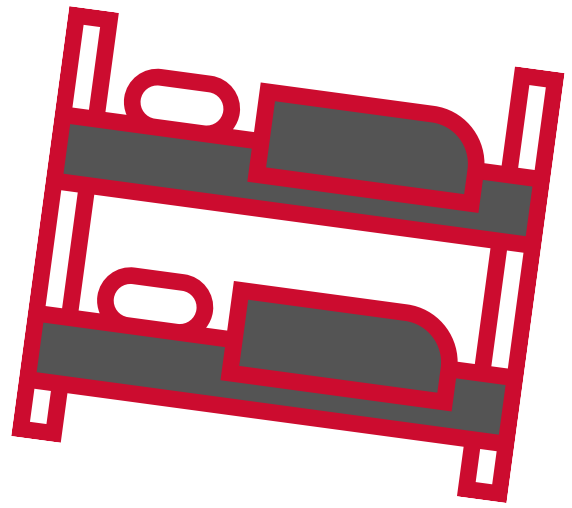
**620-231-5411**

@crawfordcountyhealthdepartment

# RESIDENCE HALLS

University residence halls are dynamic, fast-paced, and highly interactive living-learning environments. We've implemented systems and processes that help make them healthier environments for students living near one another.

- **Occupancy standard:** students are encouraged to opt for a single room assignment, bringing personal space control and social distancing opportunities. Students still have the option to request a roommate if they choose.
- **Air purification:** Each room is equipped with a Synexis Microbial Reduction System. The system is also operational in all common area restrooms, and some high-traffic common areas. This technology uses dry hydrogen peroxide (DHP) molecules to reduce viruses, bacteria, and fungi in the air and on surfaces. Synexis devices are installed in many other facilities such as hospitals, restaurants, hotels, and schools.
- **Sanitation:** high-traffic public spaces in all residence halls are disinfected regularly. Residents are responsible for cleaning and disinfecting their private rooms.
- **Off-campus quarantine and isolation:** should a student living in a residence hall become infected with COVID-19, or if the student is unvaccinated and named as a close contact with an infected person: If a student lives in a single room, they can complete their isolation or quarantine on campus in their room. If they live with a roommate on campus, they will be asked to complete their mandatory isolation or quarantine at an off-campus location. Most students are expected to complete this at their permanent residence, though alternative space and meal delivery may be available on a limited basis to students whose circumstances prevent that option.



Prior to check-in to their residence hall assignment, students will be asked to submit documentation of vaccination or diagnosis of previous COVID-19 infection. Masks are required in all common areas.

# STUDENT REC CENTER

Masks are required for all employees, visitors, and users of the student rec center unless engaged in active physical activity (exercise or game). The staff maintains a rigorous cleaning procedure and schedule for equipment and surfaces. The HVAC system is equipped with enhanced anti-viral filters and maintains a high rate of fresh air return. Patrons are encouraged to select equipment, workout space, and activities that allow for social distancing. Accessing the center at times of low usage might also make some more comfortable.



**PITT  
STATE  
TOGETHER**

January 2022

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# CAMPUS DINING

Our hospitality partner Sodexo has operated successfully during the pandemic. A few things to note:

- All food service workers have had health and safety training. Focus areas are respiratory hygiene, personal protective equipment use, social distancing, and more.
- **Gibson Dining Hall** details:
  - Dining staff follow campus mask policy and will wear other PPE as appropriate.
  - Hand sanitizer stations are available at the entryway
  - Plexiglas separates workers from diners at service stations
  - Sanitation procedures are in place throughout
  - Personal refillable containers are not allowed



Masks are required unless seated and actively eating or drinking.

In Gibson Dining Hall, a table sanitation system is in place. Tables sanitized and ready for diners are clearly marked, as are those requiring sanitation before the next user.

Sodexo also utilizes their **Bite+ app**, which enables students to order takeout from Gibson Dining Hall.



## FACILITIES

Cleanliness of our facilities is a top priority, and we're enabling it with processes and supplies that will make campus a safe place for everyone.

- **Classroom sanitation.** Each academic department has supplies for classrooms as needed.
- **Common area sanitation.** Common areas are cleaned regularly.
- **Elevators.** Please use the stairs unless you are mobility-impaired. Wash your hands after using the elevator or a stair rail.
- **Office and work space sanitation.** If you work on campus, know that each office has disinfecting supplies and employees are responsible for their own work spaces.



# EVENTS AND ACTIVITIES

Please follow announcements from Campus Activities, Gorilla Activities Board, Intercollegiate Athletics, and the Student Rec Center to stay current on the status of most events and activities.



## LINKS

**Pitt State Coronavirus Web Page**. Central information and announcement resource for the University's COVID-19 response.

**Crawford County Health Department**. Information about COVID-19 in our county. Includes guidance on testing and treatment.

**Kansas Department of Health and Environment**. Statewide resource for COVID-19 in Kansas. Provides prevention and wellness guidance and response information specific to Kansas.

**American College Health Association**. The voice of student health and wellness, ACHA provides guidance, best practices, planning help, and more.

**US Centers for Disease Control and Prevention**. National resource for COVID-19 in the US, including travel advisories, evolving symptom and treatment guidance, and prevention techniques.

**World Health Organization**. Resource for the pandemic on a global scale, including travel advisories, evolving symptom and treatment guidance, and prevention techniques.



## QUESTIONS AND HELP

We know you'll have a lot of questions - and we are here to help. To get the fastest response, please direct your question to the appropriate department. If you aren't sure, no problem - send it to **social@pittstate.edu** and we'll respond ASAP.

**Bryant Student Health Center** - physical and mental health questions

**University Housing** - all residence hall questions

**Registrar** - all enrollment questions

**Your academic department** - all questions about course delivery

**Student Success** - getting started at Pitt State

**Financial Assistance** - CARES relief or any other student aid question

**IT Resources** - technology tools and instructional information



Don't forget **your academic advisor** - they are here to help, too.

