

COVID

Masking on campus continues to be optional, but you are encouraged to mask up, especially if you are around a large group of people. We continue to maintain five **sanitation stations** around our campus with hand sanitizers and free masks.

Temperature kiosk checkers are located at the main entrances of all buildings with simple instructions.

Self-administered home tests are free at the following locations on campus: Room A01, main building (Health Educator's office); Information Desk, main entrance; Dillingham Center, front desk.

Social distance as much as possible, here on campus and in the community. This is a key factor in keeping yourself safe and healthy during this time.

ACC Safe App – perform your daily screening from the convenience of your cell phone. If you do not have this app, go to the Public Safety page on our website where you can download it.

Symptoms of COVID-19: People with COVID-19 have reported a wide range of symptoms. Symptoms may appear two to fourteen days after exposure to the virus and include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Isolation and Precautions for People with COVID-19: Regardless of vaccination status, you should isolate yourself from others. You should also isolate if you are sick and suspect that you have COVID-19 but do not yet have [test](#) results.

If You Test Positive for COVID-19

- Complete ACC's Self-Reporting Form (<https://www.alamancecc.edu/safety-and-security-site/employee-covid-19-self-reporting-form/>) and notify your instructors or supervisor.
- Stay home for at least 5 days and isolate yourself from others in your home. You are likely most infectious during these first 5 days.
- Wear a high-quality mask if you must be around others at home and in public.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately.
- It is important to also understand when to [end isolation](#) and when to [stop wearing a mask](#).

The CDC recommends the following actions based on Alamance County's current COVID-19 level: Stay [up to date](#) with COVID-19 vaccines. [Get tested](#) if you have symptoms. Wear a mask if you have symptoms, a positive test, or exposure to someone with COVID-19. Wear a mask on [public transportation](#). You may choose to wear a mask at any time as an additional precaution to protect yourself and others. If you are at [high risk for severe illness](#), consider wearing a mask indoors in public and taking [additional precautions](#). If you are immunocompromised, learn more about [how to protect yourself](#). If you have household or social contact with someone at high risk for getting very sick, consider self-testing to detect infection before contact, and consider wearing a high-quality mask when indoors with them.

MONKEYPOX

The virus is not a sexually transmitted infection. It's mostly caught through close physical skin-to-skin contact, which is why it can be spread to sexual partners.

Monkeypox spreads by:

- Large respiratory droplets via prolonged face-to-face contact;
- Contact with bodily fluids; and
- Contact with contaminated objects or surfaces (like clothing and bedding).

The CDC recommends the following practices to protect yourself from monkeypox:

- Avoid close, skin-to-skin contact with people who have a rash that looks like monkeypox;
- Do not touch the rash or scabs of a person with monkeypox;
- Do not kiss, hug, cuddle or have sex with someone with monkeypox;
- Do not share eating utensils or cups with a person with monkeypox;
- Do not handle or touch the bedding, towels, or clothing of a person with monkeypox; and
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.

Monkeypox Symptoms: Monkeypox symptoms are usually mild, and many patients may not feel sick at all. The incubation period for monkeypox ranges from 7 to 17 days. Symptoms to look out for include:

- Rash with fluid-filled bumps (esp. on the face, palms, arms, legs, genitals, or perianal region);
- Fever;
- Headache;
- Muscle aches and backache;
- Swollen lymph nodes; and
- Exhaustion.

You are infectious from initial symptoms until all the bumps crust and fall off, which may take 2-4 weeks.

Monkeypox Testing: Testing is widely available and encouraged if you had close contact with someone who has been diagnosed with monkeypox, or have symptoms of monkeypox including unexplained [bumps, sores, blisters, or pimples that look like monkeypox](#). There is no shortage of testing supplies, and people with symptoms of monkeypox should go to their health care provider or their [local health department](#) to be tested. A health care professional must collect samples, and they

must follow a specific procedure to collect a good sample for testing. NCDHHS recommends providers test any patient with a suspicious lesion or sore.

Monkeypox Vaccinations: Vaccines are available to protect against monkeypox or to reduce disease severity. **NCDHHS has expanded the vaccine eligibility criteria to include:**

- Anyone who had close contact in the past two weeks with someone who has been diagnosed with monkeypox, or
- Gay or bisexual men or transgender individuals who report any of the following in the last 90 days:
 - Having multiple sex partners or anonymous sex
 - Being diagnosed with a sexually transmitted infection
 - Receiving medications to prevent HIV infection (PrEP)