

# Temple University Rome Students COVID-19 Guidelines and Regulations



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Fall 2021

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## Welcome

Ciao and welcome to Temple Rome!

If you are reading this, it means you made it! You are one of the brave students who did not hold back from the opportunity to learn and grow internationally, in this case in Rome, Italy.

Our goal at Temple University Rome is to ensure that you receive a quality international education while studying abroad, keeping yourself and our community safe.

Your decision to study abroad during a global pandemic is truly admirable and we hope that when a future employer asks you about resilience and overcoming challenges, you will recall this experience.

Your resilience also comes with more responsibility to contain the virus among the Temple Rome Community and the city of Rome. This means following the guidelines provided by Temple University Rome and abiding by the COVID-19 regulations. Any violations of the isolation, quarantine, and Italian laws and norms fall under the Temple University Student Code of Conduct and might also be prosecuted by the Italian authorities.

A collective and unified effort is needed to avoid the spread of the virus. You must protect yourself and others by adopting the COVID-19 containment measures of Temple Rome.

The guidelines of this document are evolving as we monitor the COVID-19 situation and follow updates from the Italian Government, the Centers for Disease Control (CDC), and the University.

## **Table of Contents**

<b>Welcome</b>	<b>1</b>
<b>WHAT IS COVID-19?</b>	<b>3</b>
COVID-19 is different from the Influenza (Flu)	3
<b>Vaccination Status and Prior COVID-19 Diagnoses</b>	<b>3</b>
<b>The 4 Public Health Pillars</b>	<b>3</b>
On-Campus at Temple Rome	5
In the Student Housing	5
<b>COVID-19 Testing at Temple University Rome</b>	<b>6</b>
Isolation	7
Quarantine	7
Return to campus for COVID-19 positive patients	9
<b>Health Monitoring</b>	<b>10</b>
<b>Medical Emergencies</b>	<b>11</b>
<b>Travel Outside of Italy</b>	<b>11</b>

## WHAT IS COVID-19?

### COVID-19 is different from the Influenza (Flu) and here is why:

Even though Influenza (Flu) and COVID-19 are both transmissible respiratory illnesses with very similar symptoms, they are caused by different viruses. COVID-19 is caused by the new coronavirus (SARS-CoV-2); it seems to spread faster and it may cause more complications for some people. The challenge with COVID-19 is the long incubation period, i.e. symptoms can take longer to appear and you may be contagious for a longer period of time. Even if there is currently a vaccine against COVID-19, it is important that you take all measures to limit the risk of exposure to the virus and infection.<sup>1</sup>

Here is a helpful infographic from the CDC:

<https://www.cdc.gov/flu/pdf/freeresources/seasonal-flu-vs-pandemic-flu-update.pdf>

### Vaccination Status and Prior COVID-19 Diagnoses

While being vaccinated significantly reduces the risk of contracting the virus, proof of COVID-19 vaccination and/or a prior COVID-19 diagnosis does not necessarily exempt individuals from airline or government requirements. **All students, regardless of vaccination status or prior COVID-19 diagnosis, must adhere to the same COVID-19 policies and protocols set by the Italian government and Temple Rome.** In case of any violations, the Italian law applies. Any breach of quarantine, will be a serious violation of the Student Code of Conduct.

### The 4 Public Health Pillars

In order to ensure your safety, and that of fellow students, staff, faculty, and the Roman community, it is imperative that you follow these 4 Public Health Pillars as defined by Temple University:

1. **USE A FACE COVERING:** Face coverings must be properly worn on campus and in class. For your mask to be effective it should cover your mouth, nose, and chin. Currently, in Italy, you are mandated to wear a mask outdoors, on public transportation, as well as inside spaces open to the public such as shops or restaurants. Non-compliance may result in a fine and/or a violation of the Student Code of Conduct. In Italy, mask requirements apply to everyone regardless of vaccination status.
2. **PRACTICE PHYSICAL DISTANCING:** Keep a minimum of 1 meter (3 feet) apart from others at all times to minimize any spread of the virus via droplets. Be particularly cautious during meals and breaks, as well as in your student housing.
3. **WASH YOUR HANDS OFTEN:** Wash your hands with soap and water for at least 30 seconds. Sanitize your hands as soon as you enter the building.
4. **MONITOR YOUR HEALTH:** Each day take your temperature before coming to campus. If you have a temperature of 37.5°C (99.5°F) or above or any other symptoms related to COVID-19 listed below, do not come to campus, attend classes, leave your apartment or participate in in-person activities. Please contact the University doctor and the Student life team immediately:

- dry cough
- headache
- sore throat
- congestion or runny nose
- muscle or body aches
- new loss of taste or smell
- nausea or vomiting, or diarrhea
- chills
- out-of-the-ordinary fatigue
- shortness of breath or difficulty breathing<sup>2</sup>

## On-Campus at Temple Rome

When entering campus your temperature will be taken and you will need to follow the flow of entrance and exit signs. Please sanitize your hands immediately upon arrival on campus. It is recommended that you wash and sanitize your hands throughout the day, especially before eating or drinking and before applying any cosmetic products.

Seats in the classroom will be socially distant, and we ask that you maintain the existing setup and do not move your seat. In the common areas room capacity and social distancing need to be maintained. You must wear a mask on campus at all times to protect your classmates, faculty members, and staff. When visiting different offices on campus, you must maintain social distancing and wear a mask at all times.

## In the Student Housing

The house keeping staff from Student Housing in Rome will come twice a week for general cleaning. It is your responsibility to maintain a constant and daily level of disinfection and cleaning in your apartment. Temple Rome will provide the necessary detergents. When surfaces are dirty you need to use detergent or soap and water prior to disinfection.

[Here](#) are some helpful tips on cleaning your shared living space from the CDC.

Cleanliness applies also to your clothing and household items. You will be provided with two sets of bed linens and towels. We recommend not walking around the apartment with your outdoor shoes, washing your hands with soap, and changing into clean clothes when you return to your living space.

Some guidelines for your laundry:

- Wash laundry items according to the manufacturer's instructions.
- Use laundry detergent with a disinfectant if possible (disinfettente in Italian).
- We suggest using higher temperatures ( >60C°/140°F) and longer cycles, except when indicated differently on the clothing label.
- After handling your dirty laundry, wash your hands, as dirty clothes can transmit germs.
- Wash bedsheets, towels and clothes on a regular basis.
- Don't shake dirty laundry to minimize the possibility of dispersing germs through the air.
- We suggest storing laundry in disposable bags or a clean laundry bag.<sup>3</sup>

## **Guest Policy**

In yellow and white zones, a maximum of four guests per apartment at any given time will be permitted. If Rome is designated a red or orange zone, no guests will be allowed in apartments. Overnight guests are prohibited at all times, regardless of zone color.

## **Italian Governmental Restrictions**

The Italian Government adopted a three-tier system, classifying regions into colored zones according to epidemiological data. Since November 2020, Italy has been divided into four zones: white (safe), yellow (low risk), orange (medium risk) and red (high risk). Temple Rome will update you regularly on the region's zone and the corresponding restrictions in place.

## **Quarantine upon arrival**

Students who have NOT been vaccinated against COVID-19 will have to undergo a five days program imposed quarantine. During this period students will be provided with foodservice and garbage service. Students will also have to follow orientation activities online.

## **COVID-19 Testing at Temple University Rome**

Temple University Rome has put in place a plan for weekly rapid antigen testing for students who have NOT been vaccinated against COVID-19. Students who are fully vaccinated are not required to test. Temple Rome will also implement COVID tests to symptomatic students regardless of the vaccination status and will decide on screening the community depending on the epidemiological situation and based on the university doctor recommendation. There will be specific time slots and on-campus locations for the testing to avoid people congregating. When scheduling your appointment, make sure you will still be able to attend classes and any internship commitments. In case you experience delays, please, contact your professor or supervisor. A form will be sent via email to schedule your appointment.

If you test positive, you will be immediately isolated in a designated room on campus and you will be sent home walking.

## Isolation

If you test positive for COVID-19 with an antigen test, you will need to undergo a molecular COVID-19 test as required by Italian protocols. Meanwhile you will be placed in **isolation** in an apartment reserved by Temple Rome. Temple Rome has to respond to and collaborate with the Local Italian Public Health authorities; for this reason, you can only be released from isolation after their assessment and confirmation. See below for more details regarding the release from isolation and your ability to return to campus. The Local Italian Public Health authorities have worked intensely since the beginning of this pandemic. Being in isolation and being sick is not pleasant. For your own safety and that of our community, it is important that you follow our guidance and the regulations of the Italian authorities. We will be doing everything possible to support you during this time and we ask you to be patient with our staff and the medical doctor.

The program's medical team will monitor your health condition. If you are having trouble breathing, **Call 112** and the Student Life team at Temple Rome immediately.

The apartment, in which you might be placed together with other COVID-19 positive students, will be up to code with the COVID-19 guidelines. During isolation, you will be provided with foodservice and garbage service. Our program's doctor will monitor your health. You will not be able to leave the apartment. If you do, you may be reported to the Italian Authorities and breaking isolation consists also in a serious violation of the Student

Code of Conduct and a felony under Italian laws. It is very important that you keep your apartment clean, as there will be no cleaning service while in isolation. If your health condition allows it, please, clean your apartment, using gloves and the provided cleaning products. [These guidelines](#) from the CDC can be very helpful.



## Quarantine

If you are a roommate of a positive case you will be considered **close contacts**, hence, you will need to quarantine in your current apartment, **even if you are fully vaccinated or have a prior COVID-19 diagnosis**. For the Public Health authorities, you will be considered a household unit. We ask you to collaborate with our staff to make the contact tracing process as easy as possible.

Other close contacts that do not share your living space will also need to self-quarantine in their living space.

The challenge with COVID-19 is that symptoms can take longer to appear, compared to the flu, and therefore you may be contagious for a longer period of time.

A form will be sent to you by the program's Doctor to monitor your health.

While you are in quarantine in your shared apartment, you need to follow the following guidelines from the Lazio Region health authorities:

- You need to stay in your room and allow for regular air circulation.
- You need to sleep in your room and have your meals in your room. In case this is not possible, you may use a common space by yourself and disinfect the used area with gloves and disinfectant after you are done.
- Avoid sharing items as much as possible: use your own silverware, cups and dishes.
- Use a mask in common areas.
- Dispose of masks, gloves, tissues, etc. in a double bin bag.
- You do not need to recycle. All waste needs to be placed in one bag, which will be picked up by the cleaning staff.
- Common areas, including shared bathrooms, need to be cleaned daily with a product that contains 70% alcohol or 0,5% active chlorine.
- Kitchen utensils need to be cleaned very carefully with the standard dish soap. Laundry needs to be washed separately at 60° degrees at least and for at least 30 minutes. For higher temperatures, you will need less time<sup>4</sup>.

The Local Italian Public Health authorities in collaboration with the university doctor will determine when you can be released from the quarantine period. The exact time depends on your condition and normally averages 10 days. However, depending on your condition and that of your roommates, this period may be longer.

During your quarantine period, you can consult the Temple Rome guide for supermarkets and food delivery services. This will be an expense that you will need to cover. Please, be mindful of your budget and any allergies. All deliveries will need to be contactless as you will not be able to leave your apartment. Garbage service will be provided.

You will not be able to leave the apartment. If you do, you may be reported to the Italian Authorities and breaking quarantine will be a serious violation of the Student Code of Conduct.

Students must:

- *be reachable by phone or WhatsApp at all times (in order to monitor for symptoms)*
- *check email daily*

### **Return to campus and community for COVID-19 positive patients and asymptomatic close contacts**

As previously mentioned, it is the Local Italian Public Health authorities that need to confirm your release from isolation.

The protocols for **symptomatic (with symptoms)**, **asymptomatic (without symptoms)**, or **a longer-term positive** are based on a document of the Ministry of Health, last updated October 12:

- **For positive asymptomatic (no symptoms) cases:** If you tested positive to the COVID-19 test, you can re-enter the community following medical advice after an isolation period of at least 10 days since testing positive, at the end of the isolation period you will need to take a PCR molecular test with a negative result (10 days + negative test).
- **For positive symptomatic (with symptoms) cases:** If you tested positive to the COVID-19 test with symptoms you can re-enter the community on medical advice after an isolation period of at least 10 days since testing positive (without considering the loss of the ability to taste and smell that will persist over time) together with a negative molecular test after at least 3 days without symptoms. (10 days, plus 3 days with no symptoms + negative test).
- **Long Term positive cases:** People who no longer have symptoms (with the exception of loss of smell and taste which might persist over time), but continue to test positive for COVID-19, will be able to terminate isolation after at least 21 days after the onset of symptoms. There have to be 7 days with no symptoms. You can end your isolation period only following medical advice on the 22nd day. These criteria are established by the Local Health Authorities with clinical experts and microbiologists/ virologists by taking into consideration the immune system of the patients. In case you are immunocompromised, you can be contagious for longer.
- **Asymptomatic close contact:** If you are a close contact of a positive COVID-19 case confirmed and identified by the Health Authorities through the help of Temple Rome Contact Tracer, you will need to quarantine for Unvaccinated Individuals:

- 14 days since the last exposure to the positive case or
- 10 days since the last exposure to the positive case with a negative rapid antigen test or negative PCR molecular test

For Fully vaccinated individuals:

- 14 days since the last exposure to the positive case or
- 7 days since the last exposure to the positive case with a negative rapid antigen test or negative PCR molecular test

This timeframe depends on medical advice.<sup>5</sup>

## Health Monitoring and Contact Tracing

The Regional Public Health Authorities are the ones managing the Contact Tracing process. A trained contact tracer on our Student Life Team will be supporting the authorities to identify close contacts within the Temple Rome community. No personal information of the person that tested positive will be disclosed by the staff.

If a student becomes aware they have been in close contact with a positive case, they must inform the Student Life Team immediately.

In order to contain the number of cases within our community, if you test positive, it is mandatory that you collaborate with the Temple Rome Contact Tracer by:

- Participating in an interview and communicating who you have been in contact with 2 days prior to your symptoms
- Listening carefully to who is considered a close contact, so the people can be quarantined.

## Medical Emergencies

Call 112 and the Student Life team at Temple Rome.

## Travel Outside of Italy

Travel outside of Italy during the program is strictly prohibited by Temple Rome. This rule applies to all students regardless of citizenship, prior COVID-19 diagnosis and/or COVID-19 vaccination status.

Travel outside of Italy is a violation of Temple Rome policy and will result in disciplinary sanctions. Students found responsible for violations could face serious sanctions, including dismissal from the program. Students dismissed from the program are responsible for the costs of their departure and will not receive any refunds for the costs of the program. Temple Rome collaborates with Temple's Main Campus office of Student Conduct and Community Standards on student conduct matters and processes. Non-Temple home institutions will be notified of any conduct matters involving their student participants.