



VITERBO UNIVERSITY

Respiratory Illnesses Guidelines

Effective 4/3/24

At Viterbo University, the health and safety of our students and employees is our highest priority. These guidelines have been developed to help maintain the health and safety of all Viterbo community members, in accordance with the current Wisconsin Department of Health Services (DHS) and Centers for Disease Control and Prevention (CDC) guidelines and recommendations. The respiratory illnesses guidelines are for COVID-19, Influenza, (flu) and Respiratory Syncytial Virus (RSV).

Note: this guidance is subject to change based on recommendations from the CDC and/or DHS.

GUIDELINES FOR RESPIRATORY SYMPTOMS

- Stay home until your symptoms are mild and improving AND it has been at least 24 hours since you have had a fever without the use of fever-reducing medications.
- Wearing a mask and keeping your distance from others is a good way to reduce spread.
- Students and employees testing positive for a virus should plan to isolate at home, when possible.
- No designated isolation housing will be available for resident students testing positive for a respiratory virus.
- Students are encouraged to discuss possible accommodations with faculty.
- Employees are encouraged to work with their supervisors to discuss whether alternate work arrangements are possible.

Students and employees who receive positive results from a home COVID-19 test should submit those results here: <https://etcentral.viterbo.edu/#/form/1106>. Upon submitting a positive COVID-19 test result via this form, [Health Services](#) will be in touch and will notify the student's faculty members of their illness and their release to return to class if isolation is needed. Questions about RSV and flu should be directed to Health Services (healthservices@viterbo.edu).

RETURN TO CAMPUS

To return to campus, students and employees should be:

- Fever-free (<100.4 degrees) for at least 24 hours without the use of fever-reducing medication AND
- Have mild and improving other symptoms

These links provide further information on the COVID-19, Influenza, and Respiratory Syncytial Virus (RSV) vaccines

- COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>
- Influenza (Flu): <https://www.cdc.gov/flu/prevent/flushot.htm>
- Respiratory Syncytial Virus (RSV): <https://www.cdc.gov/vaccines/vpd/rsv/index.html>
- How to protect yourself and others from respiratory illnesses: <https://www.cdc.gov/respiratory-viruses/tools-resources/index.html>

REDUCING SPREAD AND ILLNESS SEVERITY

Because respiratory illnesses are primarily transmitted through person-to-person contact whether the person shows symptoms or not, Viterbo has identified the following guidelines to help reduce the spread of these illnesses on campus:

- Vaccination and boosters (encouraged as recommended by the CDC)
- Masking <https://www.cdc.gov/respiratory-viruses/prevention/masks.html>
- Isolate when symptomatic, including when a fever is present

VACCINATION

Health professionals agree that the best approach to a safe campus environment is through vaccination against respiratory illnesses. Vaccines are currently available for all three respiratory illnesses (flu, RSV, and COVID-19) and have been shown to be safe and effective in minimizing the effects of the illnesses, including virus variants. It is important to stay up to date as new vaccines and boosters become available, especially for COVID-19. [Stay Up to Date with COVID-19 Vaccines](#)

As students, employees, and community members consider whether vaccination is the right choice for them, the Campus Health Advisory Committee encourages everyone to consider vaccination to help reduce symptom severity, the threat of hospitalization, or death. The CDC has recommendations for whom should be vaccinated and at what intervals. Vaccination and booster recommendations vary for virus type, patient age, and other health complications.

Vaccine locations can be found here:

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

<https://www.cdc.gov/flu/prevent/flushot.htm>

<https://www.cdc.gov/vaccines/vpd/rsv/index.html>

TESTING

Testing is not available on campus for students or employees showing symptoms of respiratory illness. Students and employees are responsible for acquiring home tests for COVID-19, Flu, or RSV. Polymerase chain reaction (PCR) testing for the three viruses from a healthcare provider is also not covered by Viterbo for students or employees. Testing may be covered through personal health insurance.

GUIDELINE QUESTIONS AND CONTACTS

In collaboration with the Campus Health Advisory Committee, CDC guidance, DHS recommendations, La Crosse County Health Department, and other reputable sources, university leadership will determine appropriate college-wide and/or public notifications. These guidelines are effective April 3, 2024 and will remain in effect until further notice. These guidelines are subject to change at any time.

Visit <https://www.cdc.gov/respiratory-viruses/tools-resources/index.html> for the most updated guidelines. Employees who have questions or concerns with these guidelines should contact Chief Human Resources Officer Emily Weaver, eweaver@viterbo.edu. Students who have questions or concerns with these guidelines should contact Assistant Dean of Student Well-Being Marci Iverson, mkiverson@viterbo.edu.

IMPORTANT PHONE NUMBERS:

Viterbo University Health Services	608-796-3806
Viterbo University Human Resources	608-796-3931 or 608-796-3932
Viterbo University Counseling Services	608-796-3808
Gundersen Nurse Advisor Line	1-608-775-4454
Mayo Nurse Advisor Line (ask for the nurse line)	1-608-785-0940
FEI-Employee Assistance Program	1-800-638-3327

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