

Fulbright University Vietnam – COVID-19 Safety Plan

- **Last updated: 18 Feb 2022**
- **Significant changes are highlighted.**

The health and safety of the Fulbright community is our highest priority. To minimize the transmission of COVID-19 amongst our community, anyone visiting the campus or living at the Student Residence must be fully vaccinated or be certified to have recovered from COVID-19.

A person is considered fully vaccinated 14 days after the second COVID-19 vaccine shot. The PC-COVID App will be used to verify vaccination status. A person is certified to have fully recovered from COVID-19 when they can present verification provided by the Peoples Committee of the Ward in which they reside.

As the efficacy of COVID Booster shots is proven, Fulbright University strongly encourages everyone to get a booster shot when you have the opportunity.

This plan is regularly reviewed and updated to reflect the changing stages of the pandemic and health directions.

[COVID-19 Safety Protocols](#)

[Student Access to the Residences \(Waterfront and Docklands\)](#)

[Student Access to Campus](#)

[Staff Access to Campus](#)

[Student Action Plan if F0 or F1](#)

[Staff Action Plan if F0 or F1](#)

[Definition of Close Contact – Factors to Determine if you are F1](#)

COVID-19 Safety Protocols

At all times, students and staff must follow these safety protocols to minimize the spread of infection:

- Wear a face mask (3-ply mask such as a surgical mask, N95 mask, or better) at all times while on campus. **Simple cloth masks do not provide adequate protection.**
- Wash your hands frequently with soap and water. Use alcohol-based hand sanitiser when soap and water are not readily available.
- Cover your coughs and sneezes. Do not use your hands, instead use a tissue or your upper sleeve. Immediately throw the tissue in a bin and wash your hands.
- Avoid touching shared objects (light switches, handrails, door handles etc) as much as possible. If you must touch such objects, wash your hands or use sanitiser promptly afterwards. Ensure you do not touch your face.

- Clean and disinfect frequently touched surfaces each day, more often if you think they've been contaminated. Use normal cleaning supplies.
- Do not share food, drinks and personal items including mobile phones.
- Do not travel if you are sick.

Please do not come to campus in the following circumstances:

- You are experiencing common symptoms associated with COVID-19 such as: fever, runny nose or nasal congestion, cough, tiredness, chills, loss of taste or smell, shortness of breath, etc.
- You have had a positive result from a COVID-19 test (PCR or RAT).
- All confirmed COVID-19 cases must isolate at home, or if a Waterfront or Docklands resident, as directed by Residential Life staff.

Always practice the **5K's**:

- a. Khẩu Trang - Mask
- b. Khử Khuẩn - Sanitization
- c. Khoảng Cách - Distance
- d. Không Tập Trung - No Gathering
- e. Khai Báo Y Tế - Health Declaration

Student Access to the Residences (Waterfront and Docklands)

When Checking In:

- RAT Covid-Test Result: the test should be taken within 72 hours prior to the check-in time;
- Vaccination Certification: kindly take a screenshot of your vaccine status via PC-Covid App;
- Health Declaration Form: visit [HỆ THỐNG THÔNG TIN QUẢN LÝ Khai báo Y tế \(tokhaiyte.vn\)](http://tokhaiyte.vn) to complete the form, screenshot the QR Code for submission;

While Staying at the Residence:

- Practice the 5K's and social distancing;
- Guest policy is suspended, no guest is allowed to enter the Residences for any reasons;
- Weekly random COVID-19 rapid antigen testing (RAT) will be performed per apartment (that is, a random student will be chosen by the Residential Life team from each apartment to get a Quick COVID test). Tests will be performed by CarePlus at the Waterfront and Docklands residences.

Student Access to Campus

- Only fully-vaccinated students (as evidenced on the PC-COVID App) and recovered F0's (with relevant documentation) are eligible to enter the campus.
- On entry to any area of the campus you will be required to scan the QR code using the PC-COVID app and show the verification, which includes vaccination status, to the security staff on duty.
- 5K measures must be strictly observed while on campus including wearing a mask ***at all times***.
- Wherever you are on campus, classrooms included, avoid close contact with any other faculty, staff, or students. Close contact is defined below.
- Reception, cleaners, and facilities staff will be on skeleton duty so please make allowances by looking after your own rubbish, turn off your own lights, etc. If there is a facilities-related issue please submit a **OneStop** ticket informing us of the issue.
- Students who have tested positive for COVID-19 must remain isolated at home or at the Residence and stay away from campus until COVID symptoms have passed and you test negative.

Staff Access to Campus

- Only fully-vaccinated staff (as evidenced on the PC-COVID App) and recovered F0's (with relevant documentation) are eligible to enter the campus.
- On entry to any area of the campus you will be required to scan the QR code using the PC-COVID app and show the verification, which includes vaccination status, to the security staff on duty.
- Regular work may take place, however please self-monitor to ensure that no more than 50% of any one department are working on campus at any one time.
- 5K measures must be strictly observed while on campus including wearing a mask ***at all times*** unless eating or drinking.
- Wherever you are on campus, classrooms included, avoid close contact with any other faculty, staff, or students. Close contact is defined below.
- Reception, cleaners, and facilities staff will be on skeleton duty so please make allowances by looking after your own rubbish, turn off your own lights, etc. If there is a facilities-related issue please contact facilitysupport@fulbright.edu.vn.
- Weekly random COVID-19 rapid antigen testing will be performed per office (that is, a random staff member will be chosen by the HR department from each office (L7, L5, L2, FSPPM, etc.) to get a rapid antigen COVID test.
- Staff and faculty who have tested positive for COVID-19 must remain isolated at home and stay away from campus until COVID symptoms have passed and you test negative.
- Staff and students who are F1 may continue their normal daily activities including coming to campus. F1 Staff and students must wear a mask at all times. Should COVID symptoms develop, please follow the following instructions.

Student Action Plan if F0

If you have COVID-19 symptoms (fever, cough, tiredness, chills, nasal congestion, headache, loss of taste or smell, shortness of breath):

- Ensure you are wearing a quality mask ((3-ply mask such as a surgical mask, N95 mask, or better) and avoid close contact with anyone else.
- If you are on campus, go to the outdoor lunch area on Level 2.
- Contact the International SOS Assistance Centre (24/7) to get advice either by using the **Assistance App** or calling directly **+(84) 28 3829 8520**.
- Go to a COVID-19 testing facility to get tested. If you are on Campus, staying at the Waterfront or Docklands Residences, go to CarePlus.
- **If you are F0** (have received a positive test for COVID-19), follow the advice received from International SOS, and:
 - Always wear a mask and avoid close contact with anyone else.
 - If you are staying at the Waterfront or Docklands, please contact the RA team at **+(84) 34 797 2250**. They will arrange for you to move to a different apartment for quarantine.
 - Make a list of those people you have had close contact with (starting 2 days before the onset of symptoms. See below for a definition of “close contact”).
 - If you are **not** staying at the Waterfront or Docklands, but you have had close contact with other members of the Fulbright community, please quarantine yourself at home and then submit a **OneStop** ticket informing us of your situation and including the list of close contacts in the Fulbright community.
 - If you are staying at the Waterfront or Docklands and your hometown is Ho Chi Minh City, we encourage you to go and stay at your home until you recover and test negative.

Student Action Plan if F1

If you have had close contact (as defined below) with a person with COVID-19 (you are F1):

- You may continue your normal daily activities including going to class and other student activities. Ensure you are wearing a quality mask (3-ply mask such as a surgical mask, N95 mask, or better) at all times when in the presence of other people.
- If you start to get symptoms of COVID-19 (fever, cough, tiredness, chills, nasal congestion, headache, loss of taste or smell, shortness of breath) isolate yourself immediately and get a COVID test to confirm whether or not your symptoms are a result of a Covid infection.
- If you are F0 (have received a positive test for COVID-19), follow the steps in the **Student Action Plan if F0** section above.
- If you test negative, you may resume your normal activities, though if your symptoms are bad you may have a routine cold or flu, so should isolate yourself and take a rest until your symptoms pass.

Staff Action Plan if F0

If you have COVID-19 symptoms (fever, cough, tiredness, chills, loss of taste or smell, headache, shortness of breath):

- Ensure you are wearing a quality mask ((3-ply mask such as a surgical mask, N95 mask, or better) and avoid close contact with anyone else.
- If you are on campus, go to the outdoor lunch area on Level 2.
- Contact the International SOS Assistance Centre (24/7) to get advice either by using the **Assistance App** or calling directly **+(84) 28 3829 8520**.
- Go to a COVID-19 testing facility to get tested. If you are on campus, go to CarePlus.
- **If you are F0** (have received a positive test for COVID-19), follow the advice received from International SOS, and:
 - Always wear a mask and avoid close contact with anyone else.
 - Go home and quarantine yourself. Seek medical help should your symptoms worsen.
 - Make a list of those people you have had close contact with starting 2 days before the onset of symptoms. See below for a definition of “close contact”.
 - Contact your supervisor and inform them of your situation.

Staff Action Plan if F1

If you have had close contact (as defined below) with a person with COVID-19 (you are F1):

- You may continue your normal daily activities including going to work and teaching. Ensure you are wearing a quality mask (3-ply mask such as a surgical mask, N95 mask, or better) at all times when in the presence of other people.
- If you start to get symptoms of COVID-19 (fever, cough, tiredness, chills, nasal congestion, headache, loss of taste or smell, shortness of breath) isolate yourself immediately and get a COVID test to confirm whether or not your symptoms are a result of a Covid infection.
- If you are F0 (have received a positive test for COVID-19), follow the steps in the **Staff Action Plan if F0** section above.
- If you test negative, you may resume your normal activities, though if your symptoms are bad you may have a routine cold or flu, so should isolate yourself and take a rest until your symptoms pass.

Definition of Close Contact - 4 Factors to determine if you are an F1

According to the HCMC CDC, a close contact is a person who has had any one of the following exposures to an F0 case during their transmission period*:

- Having direct skin interaction such as shaking hands, hugging, kissing, etc. with an F0 case during their transmission period*.
- Interacting with F0 who are in their transmission period, while wearing masks and within 2 meters in a narrow, enclosed space for more than 15 minutes.
- Interacting with F0 who are in their transmission period without wearing masks within 2 meters or in the same narrow, enclosed space.
- Having taken care of, examining, and treating an F0 case who is in their transmission period, without proper personal protective equipment (PPE).

*The transmission period is defined as from 2 days before being identified as F0 (onset of symptoms or positive test) until having negative test result.