



INSTITUTIONAL POLICY: D4032

Safety, Health and Wellness – Respiratory Illness Mitigation

Category: Facilities, Health and Safety
Subject: Respiratory Illness Mitigation
Effective Date: December 2, 2025
Updated: N/A

1. Authority

2. Background / Purpose:

At the Niazee College of Osteopathic Medicine, the health and safety of our students, faculty, staff, patients, and visitors is our top priority. We adhere closely to the latest state, national, and internationally accepted guidelines in all health-related decision-making processes, ensuring that our practices align with the highest standards of public health. This policy refers to possible contagious illness, especially of the respiratory tract. This includes but is not limited to the “common cold”, COVID-19, Respiratory Syncytial Virus (RSV), and Influenza Virus.

3. General Guidelines:

3.1 Students, Faculty, Staff, Administration experiencing new onset of symptoms for a respiratory or contagious illness, please seek appropriate medical attention and avoid coming to campus. Symptoms may include fever, chills, cough, runny nose, nasal congestion, sore throat, nausea, vomiting, and diarrhea.

3.2 While these guidelines cover all respiratory infections that are contagious, if COVID-19 or Influenza are a concern, please see your medical provider, employee health, or Student Health (for students only) to have point of care testing.

3.3 Return to campus and normal activities when:

3.3.1 Symptoms are improving overall; and

3.3.2 No fever for 24 hours (without using fever-reducing medication)

3.4 When returning to campus, students faculty and staff will take the added precautions for the next five (5) days:

3.4.1 Enhanced hygiene (especially handwashing)

3.4.2 Physical distancing when possible

3.4.3 Wearing a surgical mask.

3.5 If fever develops or symptoms worsen AFTER resumption of normal activities (including returning to campus), return to the steps above.

3.5 If positive for a respiratory illness, but have no symptoms, please follow the directions of your healthcare clinician. If you are in close indoor spaces, wearing a surgical mask, physical distancing, and using proper handwashing hygiene is recommended.

4. COVID-19/INFLUENZA

4.1 If faculty, students or staff believe they have been exposed, it is best to get tested using a readily available home testing kit.

4.1.1 The CDC/IDPH does not currently recommend quarantine specific to COVID-19 or influenza.

4.1.2 Students, Faculty, staff and administration should stay home until fever free for 24 hours (without taking fever-reducing medication) and symptoms are improving.

4.2 Clinical Settings:

4.2.1 Members of the NCOMMUNITY (students, faculty, and staff) who work in clinical settings must follow the policies of the specific site in which they practice while they are on site at those locations.

4.2.2 While on campus at NCOM, healthcare personnel will follow the NCOM Guidelines listed by the CDC at https://www.cdc.gov/covid/hcp/infection-control/?CDC_AAref_Val=https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html

5. NCOM will continue to have hand sanitizer stations and masks available in classroom settings. Individual programs and/or courses may decide that masks should be worn if higher risk is determined.

6. NCOM leadership will continue to monitor both the local, regional, and national status of contagious respiratory illnesses that could impact the NCOMMUNITY. These policies are subject to change at any time if it is deemed necessary to protect our community members.

Signed by:



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