Temple University Rome
Students
COVID-19 Guidelines and Regulations

Spring 2022
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.
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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.¹

Here is a helpful infographic from the CDC.

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; and/or
   - shortness of breath or difficulty breathing²

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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

In both the shared apartments and at the Residence the cleaning will be provided once a week for general cleaning. It is your responsibility to maintain a constant and daily level of disinfection and cleaning in your apartment. 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 a laundry detergent with a disinfectant if possible (disinfettante in Italian).
- We suggest using higher temperatures (>60°C/140°F) and longer circles, 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 your laundry bag\(^3\)

**Guest Policy**

The guest policy will follow the Italian government recommendations, as a general rule If Rome is designated a red or orange zone, no guests will be allowed in apartments. Students housed at the Camplus Residence will have to follow the residence directives. **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**

As for the Italian Ministry of Health mandate of December 14, 2021\(^4\) Travelers from the US are mandated to observe a 5 days quarantine upon arrival if they are NOT fully vaccinated (students who are not fully vaccinated should have already contacted Education Abroad to discuss their eligibility for the program).

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\(^3\) [https://www.aslroma2.it/attachments/article/664/Norme%20di%20comportamento%20durante%20l%27isolamento%20domiciliare.pdf](https://www.aslroma2.it/attachments/article/664/Norme%20di%20comportamento%20durante%20l%27isolamento%20domiciliare.pdf)

Temple Rome cannot provide quarantine housing upon arrival. Students needing to quarantine will need to arrange and pay for their housing independently.

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

Temple Rome will arrange required COVID tests to symptomatic students when advised by the program doctor.

Temple Rome may implement required asymptomatic testing to screen the community based on the epidemiological situation and the university doctor recommendation. If asymptomatic surveillance testing becomes necessary, you will be provided with detailed instructions. 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 directly moved to isolation housing. Students in independent housing have to make their own arrangements for isolation. If you need to test for personal reasons, you can test in one of the many pharmacies in Rome providing this type of service. The cost of an antigen rapid test ranges from 10 to 15 euros. The following are centers located near Temple Rome:

- **Farmacia Fabio Massimo.** You can book your test directly at this link [https://www.farmaciafabiomassimo.it/booking-covid-19-rapid-test/](https://www.farmaciafabiomassimo.it/booking-covid-19-rapid-test/)
  Address: Via Fabio Massimo, 78, 00192 Roma
  Tel:+39 06 324 2009
- **Data Medica** [https://www.datamedicaroma.it/](https://www.datamedicaroma.it/)
  Address: Via Ennio Quirino Visconti, 4, 00193 Roma RM.
  Tel: +39 06 321 3944
  Email: prenotazioni@datamedicaroma.it
- **Visconti Lab** [https://viscontilab.it/coronavirus/](https://viscontilab.it/coronavirus/)
  Address: Viale Giulio Cesare 2, 00192 Roma
  Tel. +39 06 36 12 890
  E-mail: laboratoriovisconti@libero.it
**Isolation**

If you test positive for COVID-19 you will need to isolate yourself.

Students in university housing will be placed in isolation in an apartment reserved by Temple Rome or in a Covid Hotel. 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 Temple Rome emergency contact.

The apartment or Covid Hotel, 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. Furthermore, breaking isolation constitutes 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**

As indicated in the document of the Ministry of Health, last updated December 30, 2021⁵, if you have been a close contact to a positive case your quarantine will vary depending on your vaccination status:

- Asymptomatic close contact who:
  - have received the booster dose, or

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○ have completed the primary vaccination course within the last 120 days, or
○ recovered from SARS-CoV-2 infection within the last 120 days,
Are not required to quarantine. They must wear an FFP2 mask for 10 days and self
monitor their health for 5 days. FFP2 masks can be purchased in any pharmacy.

● Students who have completed the primary vaccination cycle more than 120 days
prior to the close contact, if asymptomatic:
○ Must quarantine for 5 days. At the end of the 5 days, they will need to take
a molecular or rapid antigen test with a negative result.

● Unvaccinated students or those who have not completed the primary vaccination
course (have received only one dose of the two planned vaccines) or who have
completed the primary vaccination course for less than 14 days:
○ Must quarantine for 10 days starting from the last exposure to the case, at
the end of which period a molecular or antigen test is performed. A
negative test result is required for ending the quarantine;

We ask you to collaborate with our staff to make the contact tracing process as easy as
possible.
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. You must
monitor your health and inform the program’s Doctor whether you start having any
flu-like symptoms.

While you are in quarantine in your shared apartment or dorm, 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. 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\(^6\).

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 or dorm room. Garbage service will be provided.

You will not be able to leave the apartment/dorm room. 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**

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 December 30, 2021\(^7\):

- For positive asymptomatic (no symptoms) cases

\(^6\)https://www.salutelazio.it/isolamento

\(^7\)https://www.trovanorme.salute.gov.it/norme/renderNormsanPdf?anno=2021&codLeg=84773&parte=1%20&serie=null
If you have received the booster dose, or have completed the primary vaccination course within the last 120 days: Following a positive covid test (antigen or molecular) you can re-enter the community following medical advice after an isolation period of at least 7 days since testing positive, at the end of the isolation period you will need to take a PCR molecular test OR an antigen rapid test with a negative result (7 days + negative test).

If you are unvaccinated or have completed the primary vaccination cycle more than 120 days ago: Following a positive covid test (antigen or molecular) 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 OR an antigen rapid test with a negative result (10 days + negative test).

For positive symptomatic (with symptoms) cases:
- If you have received the booster dose, or have completed the primary vaccination course within the last 120 days: Following a positive covid test (antigen or molecular) you can re-enter the community following medical advice after an isolation period of at least 7 days since the symptoms onset (without considering the loss of the ability to taste and smell that will persist over time) together with a negative PCR molecular test OR Negative Antigen rapid test after at least 3 days without symptoms. (7 days, of which 3 days with no symptoms + negative test).
- If you are unvaccinated or have completed the primary vaccination cycle more than 120 days ago: Following a positive covid test (antigen or molecular) you can re-enter the community following medical advice after an isolation period of at least 10 days since the symptoms onset (without considering the loss of the ability to taste and smell that will persist over time) together with a negative PCR molecular test OR Negative Antigen rapid test after at least 3 days without symptoms. (10 days, of which 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.

**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 our 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 those people can be identified and quarantined if needed.

**Medical Emergencies**

Call 112 and the Temple Rome emergency phone.

**Travel Outside of Italy**

To reduce the risk of COVID-19 transmission or complications caused by crossing borders and/or quarantine requirements, students must remain in Italy during the Spring Semester.
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.