

ILAC COVID-19 PREPAREDNESS PLAYBOOK

Creighton University has had a presence in the Dominican Republic through the Institute for Latin American Concern (ILAC) since the mid-1970s. We have a strong partnership with the Centro de Educación para la Salud Integral (CESI) Center in Santiago and are in regular communication with the CESI leadership team regarding the unfolding COVID-19 pandemic in the Dominican Republic. We constantly monitor the CDC, WHO, and other global and local Dominican sources to help us make informed decisions about Creighton-ILAC programming in the Dominican Republic.

The purpose of this **Preparedness Playbook** is to address the many plans, protocols, and procedures that will be in place at the ILAC/CESI Center for programs sponsored by Creighton University in the Dominican Republic. The ILAC/CESI team aims to provide our visitors with an exceptional experience while implementing health and safety measures that call each of us to proactively care for our ILAC/CESI and Dominican communities.

This playbook provides a way of proceeding that seeks to mitigate health risks. Throughout the COVID-19 pandemic, the ILAC/CESI policies will be rooted in the health and safety of our students, faculty and staff, as well as of the public with whom we interact. Our plans and procedures will continue to be aligned and consistent with local and global guidelines and recommendations.

Please note, this guide is a working document and, as such, may be updated as necessary as knowledge and understanding of the novel coronavirus and its spread continue to evolve and as ILAC/CESI policies and procedures change.

To help protect you and your families, your colleagues, and classmates from the spread of COVID-19, all faculty, staff, students, group leaders, and chaperones must abide with the plans, protocols and procedures outlined in this guide.

COVID-19 CONTEXT IN THE DOMINICAN REPUBLIC

The Dominican Republic began a government-mandated nation-wide quarantine in March 2020 and began a 4-phase plan for reopening in May 2020. Tourism and airports resumed operations in July 2020.

- Link: [Dominican Republic Ministry of Tourism information](#)
- Link: [Arriving to Dominican Republic – Airport Protocol](#)

Many organizations track the evolving infection rate and local conditions related to COVID-19 in the Dominican Republic. Some provide advice regarding travel and health within the country. Every visitor should remain informed about the global and local conditions:

- Link: [Ministerio de Salud Pública – República Dominicana](#) (Dominican Republic Department of Health)
- Link: [World Health Organization COVID-19 Weekly Epidemiological Updates](#)
- Link: [Johns Hopkins Coronavirus Resource Center: Dominican Republic](#)
- Link: [Global Health Security Index](#)
- Link: [Our World in Data Coronavirus Pandemic \(COVID-19\)](#)
- Link: [Worldometer: Dominican Republic](#)
- Link: [U.S. Department of State Travel Advisories – Dominican Republic](#)
- Link: [U.S. Centers for Disease Control and Prevention – Dominican Republic](#)
- Link: [U.S. Embassy in the Dominican Republic](#)
- Link: [Dominican Republic Diplomatic Mission in the U.S.](#)

COVID-19 TESTING REQUIREMENTS

Requirements for Travel to the Dominican Republic

As of February 2021, there is no requirement for travelers from the United States to provide a negative COVID-19 test upon arrival. Instead, airports and other ports of entry will perform a quick, aleatory breath test to between 3% and 15% of passengers, and all those who present symptoms, upon arrival. (Source: [Dominican Republic Ministry of Tourism Website](#))

Travelers will be required to fill out and submit a Traveler’s Health Affidavit. Through this form, passengers declare they have not felt any COVID-19 related symptoms in the last 72 hours and provide contact details for the next 30 days. This form will be distributed on the airplane along with the customs form [or may be completed online before travel](#).

Requirements for Travel from the Dominican Republic to the United States

As of January 26, 2021, all air passengers arriving to the US from a foreign country are required to get tested no more than 3 days before their flight departs and to present the negative result or documentation of having recovered from COVID-19 to the airline before boarding the flight. (Source: [CDC Travel Website](#))

Testing Procedures Before Departing from the Dominican Republic

All students, faculty, staff, group leaders, and chaperones participating in a Creighton-ILAC program must comply with COVID-19 testing requirements as detailed by the CDC before traveling from the Dominican Republic to the United States. Creighton-ILAC has partnered with multiple lab testing facilities in and around Santiago, DR to administer the required tests. No more than 72-hours prior to departure, each traveler will be given a COVID-19 antigen test. These tests will be arranged by Creighton-ILAC and transportation to the testing facility will be arranged (if required) or the lab technicians may travel to the ILAC/CESI campus. The test results will be available to the traveler within 24 hours after receiving the test.

The cost of the antigen test may range from RD\$2,000 - RD\$3,000 (approximately \$35 - \$50 USD). The cost of this test and transportation as needed will be the responsibility of the traveler, unless communicated otherwise.

AGREE TO THE ILAC/CESI CENTER COVID-19 COMMUNITY STANDARDS

As members of the Creighton community participating in a Creighton-ILAC program, everyone is responsible for helping each other stay safe and healthy. Those responsibilities are outlined in the ILAC/CESI Center COVID-19 Community Standards. **All students, faculty, staff, group leaders, chaperones, and visitors must complete this commitment prior to gaining access to the ILAC/CESI Center campus.**

Creighton-ILAC student participants will complete this requirement in the Jays Abroad Application Portal. Faculty, staff, group leaders, and chaperones will be required to sign the community standards form and return the signed form to ilac@creighton.edu. **This completed form must be received before travel.**

To review the ILAC/CESI Center COVID-19 Community Standards, please refer to the Appendix at the end of this document.

SELF-MONITORING & SYMPTON-REPORTING

COVID-19 SYMPTOMS

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face.

All ILAC/CESI staff, visitors and Creighton-ILAC program participants must agree to the following safety protocols:

- **Have their temperature checked upon arrival to the ILAC/CESI Center. If the person has a fever of 99.9 degrees Fahrenheit (37.7 degrees Celsius) or higher, the following steps will be taken:**
 - **CREIGHTON-ILAC PROGRAM PARTICIPANTS** will immediately be assigned to an isolation space where they must remain until an ILAC partner physician can evaluate the situation. The participant will be required to undergo COVID-19 testing. If they test negative and are fever-free for 24 hours without fever-reducing medications (such as Tylenol or ibuprofen) they will be cleared to join the program and access the ILAC/CESI Center campus. If they test positive, they must quarantine for 10 days and self-monitor for 14 days (individuals cannot test out of the 10-day quarantine as someone who has been exposed to COVID-19 can take anywhere from two to 10 days to develop enough virus in their system to develop symptoms).

- **ILAC/CESI CENTER STAFF** with a fever will be asked to go home immediately. The staff member will be required to undergo COVID-19 testing. If they test negative and are fever-free for 24 hours without fever-reducing medications (such as Tylenol or ibuprofen) they will be cleared to return to the ILAC/CESI Center campus. If they test positive, they must quarantine for 10 days and self-monitor for 14 days (individuals cannot test out of the 10-day quarantine as someone who has been exposed to COVID-19 can take anywhere from two to 14 days to develop enough virus in their system to develop symptoms).
- **VISITORS** with a fever will not be allowed on the premises. They will be asked not to return to the ILAC/CESI Center for another 10 days and until that individual has had at least 24 hours symptom free without fever-reducing medications (such as Tylenol or ibuprofen).
- **INDIVIDUALS WHO HAVE RECEIVED THE COVID-19 VACCINE** with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all of the following criteria:
 - It has been at least two weeks since the individual's final vaccine dose,
 - It has been within three months or 90 days of the individual's final vaccine dose,
 - The individual has remained asymptomatic since the COVID-19 exposure. ([Source: CDC website on vaccine clinical considerations](#))
 - Vaccinated individuals who **do not** meet all 3 of the above criteria should continue to follow current quarantine guidance after exposure to someone with suspected or confirmed COVID-19.
- **Self-monitor for symptoms of illness:**
 - **CREIGHTON-ILAC PROGRAM PARTICIPANTS** must monitor and report their symptoms daily by breakfast time (8:00 AM) using the *ILAC Clear Form*. Furthermore, all program participants will have their temperature checked daily before entering the dining room for breakfast. If the participant has a fever of 99.9 degrees Fahrenheit (37.7 degrees Celsius) or higher, they will immediately be assigned to an isolation space where they must remain until an ILAC partner physician can evaluate the situation. The participant will be required to undergo COVID-19 testing and will be tested approximately 5 days out from the possible exposure. If they test negative and are fever-free for 24 hours without fever-reducing medications (such as Tylenol or ibuprofen) they will be cleared to join the program and access the ILAC/CESI Center campus. If they test positive, they must quarantine for 10 days and self-monitor for 14 days (individuals cannot test out of the 10-day quarantine as someone who has been exposed to COVID-19 can take anywhere from two to 14 days to develop enough virus in their system to test positive).
 - **ILAC/CESI CENTER STAFF** must report to their manager or program leader if they are experiencing any possible COVID-19 symptoms. If they are experiencing symptoms, staff will be asked to go home immediately and will be required to undergo COVID-19 testing approximately 5 days out from the possible exposure. If they test negative and are fever-free for 24 hours without fever-reducing medications (such as Tylenol or ibuprofen) they will be cleared to join the program and access the ILAC/CESI Center campus. If they test positive, they must quarantine for 10 days and self-monitor for 14 days (individuals cannot test out of the 10-day quarantine as someone who

has been exposed to COVID-19 can take anywhere from two to 14 days to develop enough virus in their system to test positive).

- **VISITORS** with possible COVID-19 symptoms will be asked to go home and not to return to the ILAC/CESI Center for another 10 days and until that individual has had at least 24 hours symptom free without fever-reducing medications (such as Tylenol or ibuprofen).
 - **INDIVIDUALS WHO HAVE RECEIVED THE COVID-19 VACCINE** with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all the following criteria:
 - It has been at least two weeks since the individual's final vaccine dose,
 - It has been within three months or 90 days of the individual's final vaccine dose,
 - The individual has remained asymptomatic since the COVID-19 exposure. ([Source: CDC website on vaccine clinical considerations](#))
 - Vaccinated individuals who **do not** meet all 3 of the above criteria should continue to follow current quarantine guidance after exposure to someone with suspected or confirmed COVID-19.
- Wear a face covering in public spaces at the ILAC/CESI Center (including the dining room, chapel, hallways, offices, surgical center, and prosthetics lab), unless eating a meal.
 - Follow social and physical distancing guidelines to the greatest extent possible – maintaining a space of at least six feet from the nearest person.
 - Practice good/frequent hand hygiene.

HIGH RISK OF COVID-19 EXPOSURE

Individuals are considered at high risk of exposure if they have been within 6 feet of a person with COVID-19 symptoms or diagnosis for a cumulative 15 minutes or longer in a day without a face covering. If they are wearing a face covering the exposure risk is considered lower.

QUARANTINE & ISOLATION AT THE ILAC/CESI CENTER

If a Creighton-ILAC program participant comes into contact with somebody who tests positive or shows symptoms of COVID-19, s/he must immediately report this to the program leader or Creighton-ILAC Staff. For the program participant's own comfort and the protection of other participants and ILAC/CESI staff, the exposed individual will be moved to a private room to self-quarantine for 10 days and will undergo COVID-19 testing on the 5th day (approximately) from the possible exposure. These individuals cannot test out of the 10-day quarantine as someone who has been exposed to COVID-19 can take anywhere from two to 14 days to develop enough virus in their system to test positive.

If two participants of the same gender have been exposed to the same source and are asymptomatic, they may be placed in a private room together, each having a separate twin size bed.

During the quarantine period the program participant will be asked to isolate in the assigned room and not interact with others at the ILAC/CESI Center. The room will have a private bathroom and WiFi access. Meals will be brought to the participant during this time, so they avoid interaction with others at group mealtimes. A special schedule will be in place so the participant may safely enjoy outdoor breaks.

Creighton-ILAC Staff will check-in daily with any individual placed in a private room to self-quarantine or self-isolate. Medical attention will be provided as needed, either by bringing medical personnel to the ILAC/CESI Center or by taking the individual to a hospital in the Santiago area working with possible COVID-19 patients. This decision will be made in conjunction with the ILAC partner physician and an Internal Medicine physician at [HOMS Hospital](#), if needed.

QUARANTINE & LENGTH OF PROGRAM

Creighton-ILAC program participants must remain at the ILAC/CESI Center for the duration of the quarantine. In cases when the quarantine extends beyond the duration of the ILAC program, the participant must make alternative plans for returning to the U.S. after the quarantine is completed. Participants may not travel until completing the quarantine. There will be no additional charge for room and board should the quarantine extend beyond the participant's program duration. However, flight change fees and other travel costs will be the responsibility of the program participant.

HOSPITAL MEDICAL CARE & TESTING LOCATIONS

The ILAC/CESI Center has signed agreements with three hospitals in Santiago to provide care for program participants referred to them. Each has a COVID-19 designated area. These hospitals are:

- Link: [Hospital Metropolitano de Santiago \(HOMS\)](#);
- Link: [Clínica Corominas](#); and
- Link: [Unión Médica](#).

Program participants who need to be tested for COVID-19 due to exposure or symptoms but do not require medical or hospital care will be taken to the [Laboratorio Clínico Diagnósis](#) for an antigens test or to the [Banco de Sangre Dr. Liriano](#) for a quick test, or to another local lab facility with which ILAC/CESI has a relationship. The cost for the test will be covered by Creighton University for Creighton-ILAC student participants, and it will be the responsibility of the participant for non-Creighton programs. PCR tests, if required, are available at an alternative location and can be arranged by Creighton-ILAC if needed.

Creighton-ILAC program participants, faculty, staff, group leaders, and chaperones should bring the following items with them:

- Reusable/washable masks/face coverings (enough for entire stay);
- Personal protective equipment for service/clinical sites (depending on program);
- Personal hand sanitizer(s); and
- Personal medical thermometer.

In addition to asking participants to wash their hands before meals, after using the bathroom, or after touching public surfaces, hand sanitizer will be available in common areas such as the dining room, the Encuentro Dominicano classroom/lounge space, and the computer labs.

Additionally, ILAC/CESI Staff will be cleaning the dining hall tables, chairs, doorknobs/bars and the landing place where plates will be set after each meal. Similarly, the public restrooms at the ILAC/CESI Center will be cleaned on a frequent cleaning schedule.

ILAC/CESI staff will clean participants' rooms and bathrooms twice a week and provide fresh sheets and towels each time. Participants are responsible for maintaining their rooms and bathrooms clean between staff cleanings.

SOCIAL DISTANCING AT THE ILAC/CESI CENTER

Accommodations

There are different styles of accommodation at the ILAC/CESI Center.

- In "casitas," a maximum of 2 people will share a room and private bathroom. Each participant staying in a casita will have a single twin size bed.
- In student dormitories, every participant will have a single unit bed (in the rooms where there are bunk beds, only one person will sleep in each bunk bed). Each of these rooms also has a bathroom that will only be shared by room occupants.

Dining Room and ILAC Mealtimes

Meals at the ILAC/CESI Center will be served by trained ILAC/CESI staff and will no longer be self-serve. Participants must wear masks and remain six feet from the nearest person while standing in line. Staff will handle plates, glasses and cups while participants indicate their food and beverage selections. Once the selections are complete, ILAC/CESI staff will set the plate, glasses or cups in a landing place for individuals to pick up, thus avoiding direct contact with the ILAC/CESI staff serving them. Individuals must also practice physical distancing during mealtimes and remain six feet from the nearest person while sitting at tables in the dining room to eat. Meals will be served at the usual set times, unless otherwise communicated. Dining tables will be disinfected after each meal shift.

For safety concerns, single serve bottled water will be provided for all participants.

The dining room will be set to 50% of its usual capacity to permit adequate physical distancing during meals. If there are large groups at the ILAC/CESI Center that will exceed the reduced-capacity limits in the dining room, staggered mealtimes will be implemented so smaller groups will eat meals at different times. This information will be communicated to individuals by the program leader or ILAC/CESI Staff, as needed.

Public Restrooms

Participants should use the restroom in their own casita or dorm room and avoid using the public restroom facilities when at all possible. Participants should wash hands thoroughly after using the restroom. The public restrooms at the ILAC/CESI Center will be reserved for ILAC/CESI Staff and Visitors and cleaned on a frequent schedule.

Public Areas & Gatherings

Everyone at the ILAC/CESI Center must follow these physical distancing guidelines:

- Stay at least 6 feet (about 2 arms' length) away from other people;
- Do not gather in groups;
- Stay out of crowded places and avoid gathering; and
- Wear a face mask/covering while in public spaces. This means everywhere except for one's own casita/dorm room or office (if the individual is alone in the office).

Even when physical distancing is possible, face masks/coverings must be worn at all times by all individuals at the ILAC/CESI Center in public settings (e.g., campus outdoor spaces, dining room, classrooms, common gathering areas, stairwells, meeting rooms, etc.). Appropriate use of face masks/coverings is important in minimizing risk to the wearer and those around them. A face mask/covering is not a substitute for physical distancing or vice versa.

Track and Weight Room

Participants **are required** to wear a face mask/covering while exercising. Participants should take precautions to respect physical distancing guidelines and avoid exercising in groups. When using the track, it is recommended that runners remain 30 or more feet behind each other in order to avoid the exhaled breath condensate of the runner ahead of them.

The track will be available for exercise on a schedule and closed during designated periods when participants who are in quarantine and isolation are permitted to enjoy outdoor breaks. Please observe the track availability schedule carefully.

The ILAC/CESI Center's weight room will be closed until further notice.

STEPS TO HELP PREVENT THE SPREAD OF COVID-19

If you are sick or think you might have COVID-19, follow these steps below to care for yourself and to help protect other people.

- Stay in your room except to get medical care.
- Contact the designated Creighton-ILAC employee assigned to the group. Employees should notify their supervisor.
- Separate yourself from other people.
- Monitor your symptoms.
- Call ahead before visiting the doctor.
- Continue to wear a face covering over your nose and mouth.
- Cover your coughs and sneezes.
- Wash your hands often, for at least 20 seconds.
- Avoid sharing personal household/dormitory or casita items.
- Clean all high touch surfaces every day. High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets and bedside tables.

TRANSPORTATION & ACTIVITIES OUTSIDE OF THE ILAC/CESI CENTER

Use of public transportation (guaguas) is prohibited during this time of the COVID-19 pandemic. All Creighton-ILAC sponsored transportation outside of the ILAC/CESI Center will take place in pre-arranged private transportation (taxis or private group busses) that has been properly sanitized before each use and with trained drivers. The driver and all passengers must always wear face coverings.

Vehicle density will be assessed depending on the type of vehicle. As a general rule, participants will be asked to sit alone by a window and vehicle windows will be kept open so that there is no air condensation. Additionally, participants will only share vehicles with other participants from their same program.

Service sites and all trips outside of the ILAC/CESI Center will be continually assessed to determine if they remain reasonably safe locations for program participants. Overnight homestays in campo homes or anywhere where social distancing cannot be followed will not be included in program schedules for the time being. Campo stays may be considered if a suitable, central location for overnights can be identified and all COVID-19 precautions are met.

Participants and guests traveling outside of the ILAC/CESI Center for personal reasons (socializing, nightlife, weekend trips, etc.) must first inform the Creighton-ILAC Staff and utilize pre-approved transportation (privately arranged taxi or Uber). All travelers should follow strict hygiene precautions when traveling – wear a mask/face covering and bring personal hand sanitizer.

As a reminder, the Community Standards that all program participants sign indicates that it is an expectation that everyone follows common safety protocols off campus and in their personal lives, which also applies to all activities outside of the ILAC/CESI Center.

APPENDIX

ILAC/CESI CENTER COVID-19 COMMUNITY STANDARDS ¹

Creighton University and the ILAC/CESI Center established community standards for the benefit of ILAC/CESI Center staff, guests and visitors during the COVID-19 pandemic. While Creighton and ILAC/CESI cannot guarantee a campus free of COVID-19 or other communicable diseases, these standards are designed, based on current public health guidance, to maximize the opportunity for each and every member of our community to stay healthy and safe while providing an in-person learning and immersion experience for our students.

Every member of the Creighton and CESI community that enters the ILAC/CESI Center is required to follow these standards. This includes all faculty, staff, students and visitors.

The following standards are in effect until further notice:

- The ILAC/CESI Center commits to enhanced cleaning processes and protocols.
- All ILAC/CESI community members (faculty, staff, students and visitors) will:
 - Check temperature daily. If temperature is 99.9°F (37.7°C) or higher (see “What is Considered a Fever?” insert), stay at or return to home/ILAC Center room and contact the designated Creighton-ILAC employee assigned to the group.
 - Submit to temperature screenings when on the ILAC/CESI Center campus.
 - Creighton-ILAC program participants and leaders: Monitor and report symptoms daily by breakfast time (8:00 AM) using the *ILAC Clear Form*.
 - ILAC/CESI staff and visitors: Do not enter the ILAC/CESI campus with COVID-19 symptoms. Staff and visitors who exhibit symptoms will be asked to go home and not to return to the ILAC/CESI Center for another 10 days and until that individual has had at least 24 hours symptom free.
 - Stay at or return to home/ILAC Center room and contact the designated Creighton-ILAC employee assigned to the group if they experience any of the following:
 - Cough, sore throat, shortness of breath, change of taste and/or smell, or otherwise feel ill;
 - Tested positive for COVID-19; and/or
 - Been exposed to anyone suspected or confirmed positive for COVID-19.
 - Practice good hand-washing (wash after touching eyes, nose or mouth; wash after blowing nose, or sneezing or coughing into hand; wash after touching contaminated surfaces; wash before preparing food or eating and after; wash frequently and for 20 seconds with soap and water) and utilize hand sanitizer.
 - Practice social distancing (6 feet/2 meters) on and off campus or while participating in University events and activities whether indoors or outdoors.
 - Wear a face covering (covering nose and mouth) at all times when in public places on the ILAC/CESI Center campus, both indoors and outdoors, and when participating in other ILAC/CESI activities off campus such as clinical or service experiences. Wearing a face covering is not

required on the ILAC/CESI Center campus when someone is: (a) alone in a private office or assigned workspace area; (b) eating; (c) in their personal ILAC/CESI Center room; (d) in their personal ILAC/CESI Center bathroom; (e) in their individual living space; or (f) as otherwise approved by Creighton's ILAC/CESI leadership.

- Follow additional site requirements when participating in clinicals, experiential learning opportunities, service events or other ILAC/CESI offsite activities.
- Demonstrate that a flu vaccine has been obtained.

Revisions to these standards will be communicated to all ILAC/CESI Center staff, guests and visitors and everyone will be expected to adhere to revised standards. As a reminder, individuals with disabilities as defined by the ADA may request accommodations. All requests for accommodations must be discussed with a member of the Creighton-ILAC team before departure to the Dominican Republic.

Noncompliance with these Community Standards can result in disciplinary action, up to and including separation from the ILAC/CESI Center program and/or Creighton.

WHAT IS CONSIDERED A FEVER?

A temperature of 100.4°F (38°C) or higher is considered a fever for oral, under-the-tongue thermometers. That is the equivalent of 99.9°F (37.7°C) or higher for forehead thermometers. A 99.9°F (37.7°C) or higher thermometer reading will be used to guide actions at the ILAC/CESI Center in the Dominican Republic.

¹ Adapted from [Caring for our Creighton Community: Reopening Campus: A Guide for Students, Faculty and Staff](#) (p.8)