Together We Can Slow the Spread of COVID-19

CDC Safety Tips
BACK-TO-COLLEGE TIPS
Protect Yourself from COVID-19

Watch your distance
Stay at least 6 feet apart from others, when possible

Wash your hands
or use hand sanitizer with at least 60% alcohol

Wear a mask
in public spaces and common areas

The more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.

DORM
- Avoid sharing items with roommates or others.
- If you do, clean and disinfect before sharing or using.

SHARED BATHROOM
- Avoid placing toothbrushes directly on counter surfaces.
- Use totes for personal items to limit contact with other surfaces in the bathroom.

CLASSROOM
- Enroll in online classes if they fit your educational needs.
- Wipe down your desk with a disinfectant wipe if possible.
- Skip seats or rows to create physical distance between other students.
- Avoid placing your personal items (e.g., cell phone) on your desk.

DINING HALL & MEALS
- Avoid sharing food, drink, utensils or other items with people.
- Pick up grab-and-go options for meals if offered.
- Avoid buffets and self-serve stations.

LAUNDRY ROOM
- Clean and disinfect surfaces that others have touched (e.g., buttons on the washing machine).
- Wash masks in warmest appropriate water setting for the fabric.

Tip: Highly used areas should be disinfected daily

BEFORE YOU GO OUT, TAKE THE FOLLOWING:
- Mask
- Tissues
- Hand sanitizer
- Disinfection wipes (if possible)

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Slow the Spread of COVID-19

- Wash your hands often
- When out with your friends, wear a mask
- And stay 6 feet apart from others

Clean frequently touched objects

Cover your coughs and sneezes

Stay home if you are sick

Do not touch your eyes, nose, and mouth

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It’s a two-way street
Masks protect you & me

When we all wear masks, we take care of each other

Wear masks, avoid crowds, stay 6 feet apart, and wash your hands

Take all four steps for the most protection

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Take these 4 steps for the most protection.

- Wear masks
- Stay 6 feet apart
- Avoid crowds and poorly ventilated places
- Wash your hands

Tips:
- Change masks frequently and wash reusable masks in between use
- Speak with your RA or RD if you need a mask
Isolate If You Are Sick

Isolation is used to separate people infected with COVID-19 from those who are not infected. People who are in isolation should stay home until it’s safe for them to be around others.

If you think or know you had COVID-19 and had symptoms you can be with others after

- At least 10 days since symptoms first appeared AND
- At least 24 hours with no fever without fever-reducing medication AND
- Other symptoms of COVID-19 are improving

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation

Tips:
- Symptoms of COVID-19 can be minor and mimic other illnesses such as the common cold or flu
- Do not ignore symptoms or self-diagnose yourself, get tested
University Updates and Expectations
Stay Vigilant

• As the Spring Semester begins it is extremely important that we all continue to be vigilant and do our part to stop the spread of COVID-19

• Asymptomatic people can still spread the virus

• Prevention is Key: As the number of COVID-19 cases continue to increase, remember **the best way to prevent illness is to avoid being exposed to the virus**
  • Follow CDC prevention guideline
Mandatory Testing

- Mandatory testing two times per week for all students coming to campus for any activity (Classes, library, WRC, etc.)
  - Commuter students coming to campus must submit a negative COVID-19 test to covidtestresults2020@desu.edu if tested off-campus
    - If you test positive, you will need to isolate at home for a minimum of 10 days
  - Compliance will be monitored

- Testing is not a replacement for the basic prevention measures (Mask wearing, hand hygiene, physical distancing, avoiding crowds and gatherings)
Daily Screening

- Daily completion of the COVID-19 Health Screening App through Campus Shield
  - Students will have to present badge at the front gate along with ID to gain entrance on campus
  - Be prepared to present badge at checkpoints throughout campus upon request

- Stay home when sick
  - Call the Student Health Center, 302-857-6393 if you are feeling sick or have symptoms of COVID-19
    - Do not attend in person classes or go other places on campus
    - Students must notify their instructors if they will miss any classes

- No visitors
  - Only students, employees and approved vendors are permitted on campus
• Students are encouraged to limit off-campus activities
  • Campus Bubble: The goal is to create a bubble on campus to slow the spread of COVID-19 in our community
  • It is recommended that you limit your personal travel both in the US and internationally
  • Travel outside of the country
    • Mandatory 14-day quarantine at home
    • State to state travel, quarantine will be contingent upon the conditions (known hotspot) and regulations of the state
• All University travel is still suspended
  • Exception: Athletic related travel
Isolation and Quarantine

- Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

- Warren Franklin is the Residence Hall that will be used for isolation and quarantine.
  - Individuals infected with the virus are isolated for a minimum of 10 days and their close contacts are quarantined and told to monitor for symptoms for 14 days.
  - Confidentiality is always maintained.

  - If you test positive, your close contacts will not be given your name.

  - Contact the Student Health Center for clearance, even if you were medically cleared by your PCP or public health.

  - You will not be retested for 3 months as per CDC guidelines.

- Campus Quarantine Protocols:
  - Students will continue to be quarantined in Warren Franklin for 14 days and retested at day 10.