

# Delaware State University

## *TOGETHER*

HEALTH & SAFETY  
IT ALL MATTERS !

- The purpose of this training is to help the Delaware State University community safely navigate our “new normal” during the COVID-19 pandemic.
- As COVID-19 continues to evolve, Delaware State University will update the campus community on information from leading healthcare experts and organizations.

**MEASURES TO PROTECT OUR  
COMMUNITY'S HEALTH:**





# Working Together for The Greater Good

- Students, staff, and faculty will be required to review and sign the health and safety policy which outlines their obligations to comply with social distancing and other public health practices.
- Students, staff, and faculty will complete a symptom monitoring questionnaire daily before coming to campus or leaving their residence hall.
  - All students, staff, and faculty must be symptom free in order to be on campus or participate in campus activities and/or attend in-person classes.

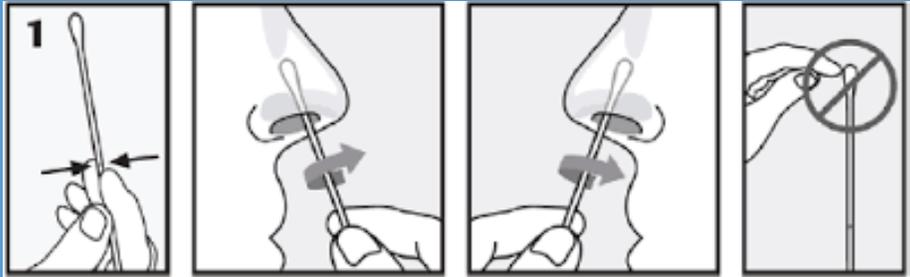


# Mandatory COVID-19 TESTING

In a world without a reliable vaccine, mass access to accurate tests is an important step in safely reopening the campus; therefore, the University has formed a strategic partnership with Testing for America, a nonprofit established by leading academics, engineers and entrepreneurs to solve the COVID-19 testing crisis.

- As the University opens in the Fall, testing will be the priority:
  - Real-time testing and screening data will enable the University to quickly respond to and control potential outbreaks by implementing interventions including treatment, contact tracing, quarantine, isolation, and cleaning.
  - Frequent testing and population screenings will be conducted to identify infected students, staff, and faculty. The screening protocol will include testing prior to reporting to campus.

# Mandatory COVID-19 TESTING



1. Register at Guardant-19 Web Portal (<https://covid19testing.guardanthealth.com/s/>)
2. Collect nasal (nose) swab by inserting the swab at least 1cm (0.5 inch) inside the nostril and firmly sample the nasal membrane by rotating the swab and leaving in place for 10-15 seconds.
3. Sample both nostrils with the same swab.
4. Place swab into the tube, place the tube into a biohazard bag, and return sample to the collection site.

# Contact Tracing

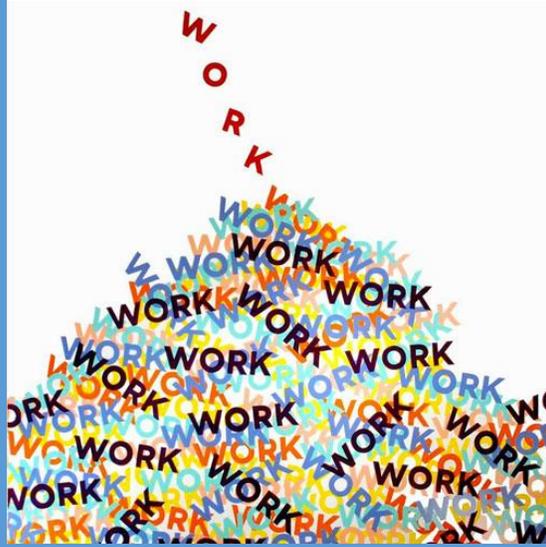


To determine the risk of potential exposure to others on campus and in the community, the University will conduct contact tracing with any student, faculty, or staff person who has tested positive for COVID-19.



## Public Events

- The University remains committed to ensuring the health and safety of the campus community and is primarily focused on a successful transition to operations which include our students, staff, and faculty; therefore the University will significantly limit public events on campus in the Fall.
- Each event request must be approved by the University.
- We will continue to monitor data from the Division of Public Health and State of Emergency Declarations and modify this policy when appropriate.



# The Workplace

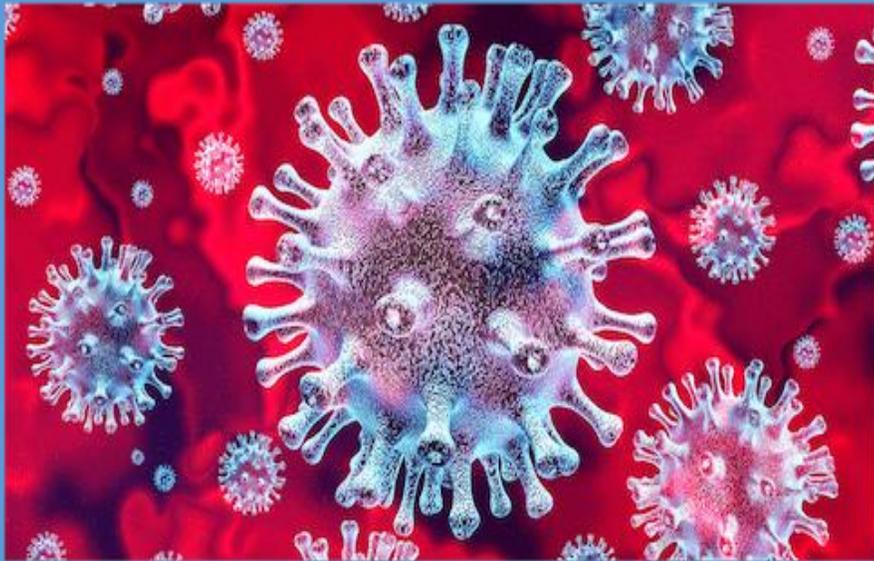
- The University will continue to limit employee reports to campus as it reopens in Fall 2020. This strategy is in line with Governor John Carney's State of Emergency Declarations which encourage employers to continue teleworking.
- As students return to campus, there will be an increased need for employees to report; however, employees will only report to work if their physical presence is necessary and/or their duties cannot be performed remotely.
- This determination will be made on a case-by-case basis by each department head.

# The Workplace

The following Human Resources process will be implemented:

- Staff and faculty will continue to be required to complete the [COVID Screening Form](#) prior to reporting to campus each day.
- Staff and faculty will be required to complete COVID-19 testing.
- Labor Relations will continue to manage employee grievances, disciplinary hearings, labor management meetings and internal investigations.
- New onboarding processes will include electronic and FedEx transmission of pre-employment documents, notarized copies of U.S identifiable documents, online consents, health screenings and virtual new hire orientations.
- All new hires must obtain a COVID-19 screening and provide proof of negative results prior to reporting to duty.

# What is COVID-19



- COVID-19 is an illness caused by a coronavirus called SARS-CoV-2, which can spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- Coronaviruses are a large family of viruses that are common in people. Currently there is no vaccine or known treatment. Some people recover and unfortunately some people will die from it.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness. Some people recover and unfortunately some people will die from it.
- People who have no symptoms can still spread the virus.
  - 40% of the general population and 80% of young adults under the age of 20 are asymptomatic

# Symptoms of COVID-19

- People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19.
- You can spread COVID-19 **2 days** before you start showing symptoms even if you don't have any symptoms.
- You may have COVID-19 and not show any symptoms. This is called **asymptomatic**.

## Common Symptoms

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



# Protect yourself and prevent the spread of COVID-19

- COVID-19 is highly transmissible, about twice as contagious as the flu. The average person infected with COVID-19 passes the virus on to two or three other people and so on (CNN, July 3, 2020). You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- The virus can live on surfaces for hours to days. If you touch these surfaces or objects and then touch your eyes, nose, or mouth, you can become infected.
  - [Video Coronavirus 101: What You Need to Know](#)
  - How to Protect Yourself & Others  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

# Wash Your Hands Often



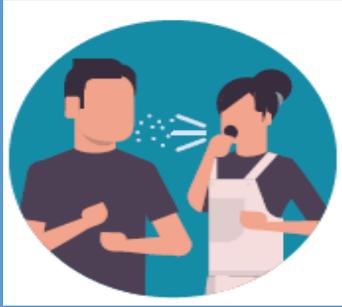
- [Wash your hands](#) often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

[Hand Washing Video: Washing your hands is your #1 personal defense!](#)



## Avoid Close Contact

- **Avoid close contact by social (physical) distancing.**
- **Avoid close contact with people who are sick, even inside your home.** If possible, maintain 6 – 10 feet between the person who is sick and other household members.
- **Put distance between yourself and other people outside of your home.**
  - Remember that some people without symptoms may be able to spread virus.
  - [Stay at least 6 feet \(about 2 arms' length\) – 10 feet from other people.](#)
  - Keeping distance from others is especially important for [people who are at higher risk of getting very sick.](#)



# Cover Your Mouth and Nose With a Cloth Face Cover When Around Others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a [cloth face cover](#) when they have to go out in public, for example to the grocery store or to pick up other necessities.
  - Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Protect yourself and others by wearing a cloth covering, correctly covering your mouth and nose.
  - Your cloth face covering may protect them. Their cloth face covering may protect you.
- Continue to keep about 6 – 10 feet between yourself and others. The cloth face cover is not a substitute for social distancing.



Cover Your  
Mouth and Nose  
With a Cloth Face  
Cover When  
Around Others

Make sure you use face covering properly:

- Wash your hands before putting on
- Place over your nose and mouth and secure under your chin
- Try to fit snugly against the sides of your face
- Make sure you can breathe easily
- Don't touch the face covering, and, if you do, wash your hands
- Wash your hands after removing
- Wash the face covering when you get home

[Video: How to wear a cloth face covering correctly and safely](#)



## Cover Coughs and Sneezes

- If you are around others and do not have on your cloth face covering, remember to **always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



## Clean and Disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common EPA-registered household disinfectants will work.

[Video: Cleaning and Disinfecting Community Spaces](#)



# Monitor Your Health

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or [other symptoms of COVID-19](#).
  - Especially important if you are [running essential errands](#), going into the office or workplace, and in settings where it may be difficult to keep a [physical distance of 6 feet](#).
- **Take your temperature** if symptoms develop.
  - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- Follow [CDC guidance](#) if symptoms develop.
- Don't neglect your mental health, these are stressful times. It's important to take care of yourself.

Prevent the spread of  
COVID-19 if you are sick



## If You Are Sick

**If you are having symptoms of COVID-19, contact your healthcare provider and notify Student Health Services as soon as possible at 302-857-6393.**

- **Stay home except to get medical care.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Avoid public transportation,** ride-sharing, or taxis.
- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
  - Wash these items thoroughly after using them with soap and water or put in the dishwasher.

# If You Are Sick

- **Separate yourself from other people**
  - As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
  - Additional guidance is available for those living in [close quarters](#) and [shared housing](#).
- **Call ahead before visiting your doctor**
  - If you have a medical appointment that cannot be postponed, call your doctor's office, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.
  - **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf> (English)

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things-spanish.pdf> (Spanish)

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things-chinese.pdf> (Chinese)

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things-korean.pdf> (Korean)



# When to Seek Emergency Medical Attention

- 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
- \*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
- **Call 911 or call ahead to your local emergency facility:** Notify the operator that you are seeking care for someone who has or may have COVID-19.

What happens if I am positive  
for COVID-19?



# If You Are Diagnosed With COVID-19

- If you are diagnosed with COVID-19, a Contact Tracer who is an employee from Student Health Services will call you to check-in on your health, discuss who you've been in contact with and, and ask you to stay home and self-isolate.
- It is expected for you to cooperate with the Contact Tracer and adhere to University policies and procedures.
  - Your name will not be revealed to those you came in contact with, even if they ask.
    - Isolation means staying at home in a specific room away from other people and pets, and using a separate bathroom, if possible.
    - Isolation is critical to protecting those who you live with as well as your community.
    - Self-isolation helps slow the spread of COVID-19 and can help keep your friends, family, and the DSU Community healthy.
  - Seek medical care if symptoms become severe. Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.

# If You Are Named As A Close Contact Of Someone With COVID-19

- If you have been in close contact with someone with COVID-19, a Contact Tracer who is an employee from Student Health Services will call to inform you that you've been named as a contact. They will advise you to return to your home and self-quarantine.
  - It is expected for you to cooperate with the Contact Tracer and adhere to University policies and procedures.
  - Close contact means you were within 6 feet of a person with COVID-19 for at least 15 minutes.
  - You should stay at home and self-quarantine for 14 days, starting from the most recent day that you were possibly exposed to COVID-19. The contact tracer will inform you of the dates of your self-quarantine.
    - You should remain in a specific room separate from other non-exposed people and pets in your home, and use a separate bathroom, if possible.
    - If you need to be around other people or animals in or outside of the home, wear a cloth face covering. This will help protect the people around you.
    - Self-quarantine helps slow the spread of COVID-19 and can help keep your friends, family, and the DSU Community healthy.
  - You should monitor yourself for any symptoms of COVID-19 and notify your health care provider or Student Health Services if you develop symptoms. Seek medical care if symptoms become severe. Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.

# COVID-19: Quarantine vs. Isolation



**Quarantine** separates and restricts the movement of people who were exposed to COVID-19 to see if they become sick.

- If you had close contact with a person who has COVID-19:
  - Stay home until 14 days after your last contact.
  - Check your temperature twice a day and watch for symptoms of COVID-19.
  - If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

**Isolation** keeps someone who is sick or tested positive for COVID-19 with or without symptoms away from others, even in their own home.

- If you are sick, and think or know you have COVID-19:
  - Stay home until after 3 days with no fever and symptoms improved and 10 days since symptoms first appeared.
  - You will not be able to come to campus for 14 days after being diagnosed with COVID-19.
- If you tested positive for COVID-19 but do not have symptoms:
  - Stay home until after 10-14 days have passed since your positive result.
  - If you live with others, stay in a specific “sick room” or area and away from people or animals, including pets. Use a separate bathroom if available.

# Summary



Safety is  
Everyone's  
Responsibility.  
Prevention is Key!

- The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
- **Wash your hands often** with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.

Safety is  
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- **Avoid close contact**
  - Remember that some people without symptoms may be able to spread virus.
  - Stay at least 6 feet (about 2 arms' length) – 10 feet from other people.
  - Avoid shaking hands.
  - Don't handle other people's items.
  - Don't share items.
- **Cover your mouth and nose with a cloth face cover when around others**
  - You could spread COVID-19 to others even if you do not feel sick.
  - The cloth face cover is meant to protect other people in case you are infected.
- **Continue to keep about 6 – 10 feet between yourself and others.** The cloth face cover is not a substitute for social distancing.

Safety is  
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- **Clean and disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones (**including cell phones**), keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common EPA-registered household disinfectant  will work.

Safety is  
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## Monitor Your Health Daily

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or [other symptoms](#) of COVID-19.
- Take your temperature if symptoms develop.
- Follow [CDC guidance](#) if symptoms develop.
- Don't neglect your mental health, these are stressful times. It's important to take care of yourself.



# References

- [https://e.issuu.com/embed.html?backgroundColor=%2347c1eb&backgroundColorFullscreen=%2347c1eb&d=delawarestateuniversity together 2020&hideIssuuLogo=true&u=delstateuniv](https://e.issuu.com/embed.html?backgroundColor=%2347c1eb&backgroundColorFullscreen=%2347c1eb&d=delawarestateuniversity%20together%202020&hideIssuuLogo=true&u=delstateuniv)
- <https://www.coursera.org/learn/covid-19-contact-tracing/home/welcome>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
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- “Coronavirus facts, myths, and information: Your questions, answered,” CNN, July 3, 2020