Delaware State University

TOGETHER

HEALTH & SAFETY MATTERS
“New Normal”

As COVID-19 continues to evolve, Delaware State University will update the campus community on information from leading healthcare experts and organizations.

Objectives
• Facts about COVID-19
• Protect Yourself and Others
• How to Maintaining a safe Environment
• Guidelines of Living with Coronavirus.
  • Tracing
  • Isolation
  • Quarantine
• You must sign the university safety and health agreement, if you are Student and Staff remaining on campus.
TOGETHER!
Face Coverings are Required on Campus

- Common Areas
- Residence Halls
- Classrooms
- Laboratories
- Work Spaces
- Outdoors where social distancing is not possible.
- Not in the privacy of their rooms or suites.

Other Areas of Responsibility

- Follow all social distancing markings on the walls and floors.
- Utilize hand sanitizer in all common spaces frequently.
- All areas will have modified occupancy.
- Signs are posted to promote everyday protective measures.
- Commuters who are on campus must follow up with testing protocol.
What is COVID-19

COVID-19 is an illness caused by a coronavirus called SARS-CoV-2, which can spread from person to person.

Infected from respiratory droplets through:
  • Coughing
  • Sneezing
  • Talking

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 COVID-19.

COVID-19 symptoms can range from mild (or no symptoms) to severe illness. 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

Spreading COVID-19
• 2 days before you start showing symptoms you can spread it.
• Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19.
• Asymptomatic: You may have COVID-19 and not show any symptoms.

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
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 – 10 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
Mandatory COVID-19 Testing

The University has formed a strategic partnership with Testing for America to provide “free” testing. Frequent testing and population screenings will be conducted to:

- Provide real-time testing and screening data
- Respond to and control potential outbreaks
- Reduce the potential of spreading the virus
How COVID-19 Testing is Performed

Viral PCR Test
1. Self Administered
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.
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. You will be given the option to return to your home or move to a residential hall which has private rooms for self-quarantine. It is expected for you to cooperate with the Contact Tracer.

- Close contact means you were within 6 feet of a person with COVID-19 for at least 15 minutes.
  - You will be quarantined 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.
    - Self-quarantine means staying home, monitoring yourself, and maintaining social distancing (at least 6 feet from others at all times).
    - Students must notify the Student Health Center if they have been in close contact with someone positive for COVID-19.
    - 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.
What Happens if I am positive for COVID-19?
A Positive Covid-19 Test Result

• To determine the risk of potential exposure the University community we will **conduct contact tracing with any student, faculty, or staff** person who has tested positive for COVID-19.

• We need you **to be honest** with your contact tracer information in order to ensure everyone’s safety.

• We exercise **confidentiality** with your test results during isolation and quarantine. **Your name will not be revealed** to those you came in contact with, even if they ask.

• **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.
Isolation and Quarantine of Students

- Students will be required to undergo COVID-19 testing immediately upon returning to campus, if they test positive for COVID-19. Students will be placed in isolation on campus or will return home to isolate.
- Students living in on-campus housing who have been diagnosed with COVID-19 will be moved to a housing unit, Warren Franklin East & West until medically cleared to return to their housing assignment.
- Student Health Services will provide access to telehealth services for ongoing care and support.
- Mental Health Services will also be accessible via tele-mental health.
- A list of professional staff members from Student Affairs who are able to drop off food to the isolated and quarantined students.
- Refrigerators and microwaves will be purchased for those designated rooms as well.
- The Division of Academic Affairs will support quarantined or isolated students to ensure minimal disruption to their academic progress.
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 diagnoses with COVID-19.
  - If you tested positive for COVID-19 but do not have symptoms:
    - Stay home until after 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.
Prevent the spread of COVID-19 if you are sick
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).

• 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
Our Housing and Residence Education staff remain dedicated to providing programs, services, and opportunities to build our virtual or in person campus community. The Housing Agreement will be modified to include conduct violations to address any student’s failure to follow the University’s COVID-19 related protocols and practices.

Health and Safety Measures:
- COVID-19 educational information will be shared and posted throughout all residential facilities.
- Student kits which contain complimentary face coverings, resources, and hand sanitizer will be supplied.
- Quarantined or isolated individuals will be restricted from residence halls that are not assigned. Nonresidents, including outside guests, nonresidential staff, etc., will not be permitted to enter residence halls.
- Be responsible for maintaining a clean and healthy living environment. Including hand hygiene, physical distancing, proper cough and sneeze etiquette, symptom assessment, and possible temperature checks.
- Frequent cleaning and sanitization of common and high-traffic areas by Facilities.
- Residential life will leverage technology such as YouTube, Twitter, Facebook, Instagram, etc. to communicate with our on-campus living community.
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.

Just leave me alone!
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.
  - Don’t touch the face covering, and, if you do, wash your hands
  - Wash the face covering when you get home
  - **Video: How to wear a cloth face covering correctly and safely**
- **Continue to keep about 6 – 10 feet** between yourself and others.
- **The cloth face cover is not a substitute for social distancing.**
Clean and Disinfect

• 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 disinfectants will work.

• Video: Cleaning and Disinfecting Community Spaces
Public Events

• The University remains committed to ensuring the health and safety of the campus community and is primarily focused. 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.
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.
If You are Sick

If you are having symptoms of COVID-19, contact your healthcare provider or 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.

• 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 (Asymptomatic)

• **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.

Summary
Please test your knowledge of COVID 19

Learn and Grow
https://forms.office.com/Pages/ResponsePage.aspx?id=FWxXGqfLFU-u1bhRMjcw5pTFDH4fFDtBaQ4kR7F-JUQUtVSzFKTFJJVVRYU0xLM0xHRINUWDIWWUy4u
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.

- 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.
• 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 disinfectants (external icon) will work.
Safety is Everyone’s Responsibility. Prevention is Key!

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.
• https://e.issuu.com/embed.html?backgroundColor=%2347c1eb&backgroundColorFullScreen=%2347c1eb&d=delawarestateuniversity_together_2020&hideIssuuLogo=true&u=delstateuniv

• https://www.coursera.org/learn/covid-19-contact-tracing/home/welcome


• https://www.edurisksolutions.org/your-campus-and-covid-19/

• “Coronavirus facts, myths, and information: Your questions, answered,” CNN, July 3, 2020