

COVID-19 Prevention and Control Strategies for Institutions of Higher Education (IHE)

ECHO #1

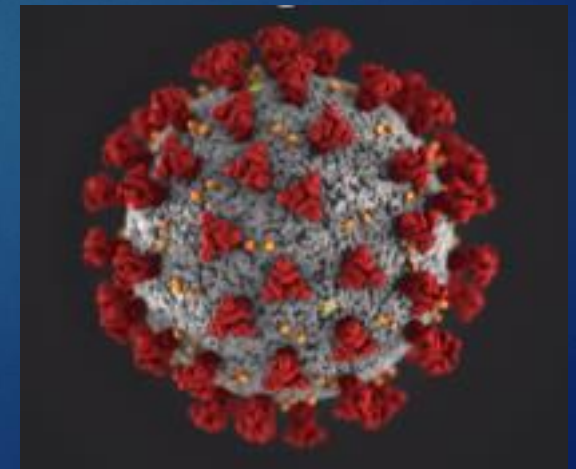
MAY 28, 2020

IHE ECHO Series

1. May 28 – COVID Overview
2. June 4 – Prevention Strategies on Campus
3. June 11 – Case and outbreak management

What is Coronavirus and COVID-19

- ▶ **Coronaviruses** are a type of viruses
- ▶ There are many different kinds, some cause disease including common cold symptoms and more severe symptoms
- ▶ The newly identified type called SARS-CoV-2 is the cause of recent outbreak called **COVID-19**



COVID Symptoms

- ▶ Symptoms are typically mild to moderate, but there are cases of severe illness and death
- ▶ People with these symptoms may have COVID-19:
 - ▶ Cough
 - ▶ Fever
 - ▶ Shortness of breath or difficulty breathing
 - ▶ Chills
 - ▶ Muscle pain
 - ▶ Sore throat
 - ▶ Headache
 - ▶ New loss of taste or smell
 - ▶ Gastrointestinal symptoms like nausea, vomiting, or diarrhea

Symptoms are non-specific
and any symptom should
trigger consideration for COVID

Severe Symptoms

- ▶ Look for **emergency warning signs** for COVID-19
 - ▶ Trouble breathing
 - ▶ Persistent pain or pressure in the chest
 - ▶ New confusion
 - ▶ Inability to wake or stay awake
 - ▶ Bluish lips or face
- ▶ If someone is showing any of these signs, **seek emergency medical care immediately**

Case #1



1. Which of these symptoms could be related to an infection with COVID?
2. How would recommend the RA respond to this student?
3. Who needs to be educated about the symptoms of COVID?

How is it spread?

- ▶ **Close personal contact** is the main mechanism of spread
 - ▶ Through coughing, sneezing, talking, singing
 - ▶ Virus droplets rarely transmit beyond 6 feet through the air
 - ▶ Likelihood of becoming infected is based on proximity and duration
 - ▶ Spread is more likely when people are in close contact with one another (within about 6 feet) for prolonged periods of time (greater than 10 minutes)
- ▶ People can **spread virus directly** through touching surfaces
 - ▶ We touch our faces (eyes, nose and mouth frequently), then touch our cell phones, computers, door knobs and other things potentially contaminating items
 - ▶ This is a less common mechanism of spread

How long from exposure to developing symptoms?

- ▶ Symptoms usually appear 5-7 days after exposure
- ▶ Almost all people who develop symptoms will do so within 14 days of infection
- ▶ The number of people with an infection who do not know it is unclear
 - ▶ Various studies report from 20% and 80%

Who is high risk?

- ▶ High-risk conditions - especially if not well controlled
 - ▶ Asthma (moderate to severe)
 - ▶ Diabetes
 - ▶ Cancer
 - ▶ Immunocompromised for any reason
 - ▶ Extreme obesity (BMI>40)
 - ▶ Any chronic disease (heart, lung, liver, kidney)
 - ▶ Age >65

Prevention strategies help to protect you as well as others

Case #2



1. What advice would you give this student?
2. How would you support this student through quarantine?
3. How would you approach teaching this student?

How do we identify people who may have COVID?

- ▶ Screening for COVID
 - ▶ Symptom Checking
 - ▶ Temperature Checking
- ▶ COVID testing
 - ▶ Molecular tests
 - ▶ Serologic (Antibody tests)

- Symptom checkers help people identify their risk based on symptoms and high-risk characteristics
- Temperature higher than 101.4

How to prevent spread?

- ▶ Personal Protective Equipment (PPE)
- ▶ Face Coverings
- ▶ Physical distancing
- ▶ Hand hygiene
- ▶ Respiratory etiquette



Case #3



1. Why is self-monitoring for symptoms important?
2. What concerns may arise from wearing a face covering?
3. How can you support students, faculty and staff in living with the “new normal?”

We're all in this together...
Six feet apart!

