

# **Protecting Our Campus Communities from COVID-19**

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- *There is substantial community spread of COVID-19 in the greater Houston area and throughout Texas and the United States. This training is intended to help you understand COVID-19 and the important role you play in reducing its spread and protecting yourself and your fellow community members from COVID-19.*
- *Your campus will be a safer, healthier educational and living environment if we all do our part!*

# Before You Arrive on Campus

- A student may access university buildings, resources and services, including living in on campus housing (if applicable) and/or attending face-to-face classes, only after you:
  - Complete this training
  - Complete the Acknowledgement of Training

# Understanding COVID-19

- There is currently no vaccine to prevent COVID-19.
- The best way to prevent COVID-19 is to avoid being exposed to the virus and avoid exposing others to the virus.
- Experts agree that the virus can be transmitted in the following ways:
  - Between people who are in **close contact** with one another (within about 6 feet).
  - By breathing in respiratory droplets when an infected person coughs, sneezes or talks near you.
  - By touching surfaces where respiratory droplets have landed and then touching your face.
  - COVID-19 can be spread by people who are not showing symptoms.

# What is a "Close Contact?"

- Someone you were within 6 feet of for a “prolonged period of time” (currently considered to be about 15 minutes or more)
- Someone you provided care to at home
- Someone you had direct physical contact with (touched, hugged, or kissed them)
- Someone who you shared eating or drinking utensils with
- Someone who sneezed, coughed, or somehow got respiratory droplets on you

# What are COVID-19 Symptoms?

- People with COVID-19 have a wide range of symptoms, ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus and can include:
  - Fever (temperature greater than or equal to 100.0 degrees) or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste and/or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea

\*Note: the CDC continues to update this list as more is learned about COVID-19

# The Important Role You Play in Campus Prevention

- Do the required daily health self-assessment for any new COVID-19 symptoms and COVID-19 positive close contacts
- Wear a face covering that covers your nose and mouth
- Practice social distancing
- Use good hand hygiene and respiratory/cough etiquette
- Take care of your physical and mental health

# What is the Daily Health Self-Assessment?

- The daily health self-assessment is a requirement for you and all students and employees before they come to campus and access university facilities
- Take your temperature
- Ask yourself, “Do I have any new COVID-19 symptoms *that are not related to another medical condition I have?*”
- Ask yourself, “Have I had close contact with a person who a doctor or lab has confirmed to have COVID-19?”
- Ask yourself, "Have I returned from international travel in the past 14 days?"

# Your Pledge that You are Symptom Free With No Close Contact with COVID-19

- Your presence on campus each day means that you completed your daily health self-assessment and that you do not have any new signs or symptoms of possible COVID-19.
- Your presence on campus each day means that you have not had close contact with someone who had a doctor or lab confirm that they have COVID-19.
- Your presence on campus each day means that you have not returned from international travel in the last 14 days.

## If You Have Symptoms of COVID-19

- Students who live off campus and develop symptoms associated with COVID-19 should not come to campus. Students who are in on-campus housing and develop symptoms should report their symptoms immediately to their **Resident Assistant (RA)** and stay in their room until they receive further instructions.

# If You Have Symptoms of COVID-19 (cont'd)

- Students exhibiting symptoms of COVID-19 should:
  - **Report.** Complete the [Reporting COVID-19 Diagnosis/Symptoms](#) form on the university's COVID-19 webpage.
  - **Review.** Review the **What To Do if I'm Sick** guidelines on the university's COVID-19 webpage.
  - **Follow.** Follow the appropriate Diagnosis/Symptoms protocols on the university's COVID-19 webpage, including self-quarantine/isolation protocols.
  - **Contact.** Contact your healthcare provider or the Student Health Center and follow any care instructions and recommendations for testing.
  - **Avoid.** Avoid coming into close contact with anyone.

# Social Distancing Helps Reduce the Risk

- Put distance between yourself and other people who you do not live with. Remember that some people without symptoms may be able to spread the virus.
- Stay at least 6 feet (about 2 arms' length) away from other people.
- Avoid gathering in groups.
- Stay out of crowded places and avoid mass gatherings.
- Keeping distance from others is especially important for those who need to take extra precautions and are at higher risk of getting very sick.
- Minimize the use of other students' phones, devices, tools and equipment and clean them off first with a disinfecting wipe if you do use them.
- In communal or enclosed spaces, including elevators, keep 6 feet separation if possible and wear face coverings.

# Good Hand Hygiene Reduces the Risk

- 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.
- Wash or sanitize your hands upon arrival to campus and frequently while on campus.

# Face Coverings Reduce the Risk

- The University of Houston **requires** face coverings for all students and employees while on-campus, in the following areas:
  - Indoor public areas on campus, except where marked, even if you are alone. This includes all non-private office or residential spaces, such as lobbies, restrooms, classrooms, teaching and research laboratories, common spaces in residence halls, conference rooms, and break rooms; and
  - Outdoor spaces where six feet or more of physical distancing is difficult to reliably maintain.

# Face Coverings Reduce the Risk (cont'd)

- Face coverings are **not required** in the following limited circumstances:
  - When working alone in a single office
  - When in your own residential space
  - When engaging in physical activity outside
  - When doing so poses a greater mental or physical health, safety or security risk
  - While operating outdoor equipment if not appropriate from a safety standpoint
  - When consuming food or drink
  - When engaging in personal hygiene activities
- Exceptions will also be made for those individuals who, due to a specific medical condition, cannot wear a face covering and have received an accommodation. Requests for an accommodation due to a medical condition for students will be handled by the [Disability Services](#).

# Use of Face Coverings

- You could spread COVID-19 to others even if you do not feel sick. The cloth face cover protects other people in case you are infected.
- Cloth face coverings should—
  - cover your nose and mouth
  - fit snugly but comfortably against the side of the face
  - be secured with ties or ear loops
  - include multiple layers of fabric
  - allow for breathing without restriction
  - be able to be laundered and machine dried without damage or change to shape
- The CDC recommends routinely washing face coverings depending on the frequency of use.
- Continue to keep 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

# Respiratory and Cough Etiquette Reduces the Risk

- **If you 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.
- **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.

# Staying Aware Reduces the Risk

- Stay aware that COVID-19 poses an ongoing threat in the greater Houston area, including to you and your campus community.
- Stay aware by conducting the [daily self-assessment](#) of your health each day you plan to be on campus, which includes taking your temperature. If you begin to experience COVID-19 symptoms, do not come to campus or, if you live on campus, remain in your on campus housing until you receive further instruction.
- Stay aware of who you are in close contact with, especially for extended periods of time, so that contact tracing (notifying your close contacts of potential COVID-19 exposure) can be performed if you become symptomatic.
- Stay informed by checking our UH COVID-19 website and sources like CDC and DSHS for updates

# Some of the Steps University of Houston System Campuses are Taking To Reduce the Risk

- To ensure the health and safety of our campus community members, facilities are maintained using aggressive cleaning protocols as recommended by health and safety authorities. This includes increased custodial cleaning and the availability of hand sanitizer dispensers at entrances, common areas and elevators.
- Custodial staff are required to wipe highly touched surfaces, including handrails, push/pull door handles, drinking fountains, tables and other furniture continually touched during the course of the day. The Universities have increased the frequency that restrooms and common areas are cleaned.
- The Universities encourage and recommend that students supplement these efforts by frequently cleaning and disinfecting common areas, classroom desks, individual work stations, and personal items before use.

- Thank you! Your awareness and compliance with these requirements and protocols are integral to the prevention of the spread of COVID-19 and are needed to protect you as well as your campus community.
- Further information and answers to your questions can be found at:
- [University of Houston's COVID 19 Webpage](#)
  - [University of Houston's FAQ](#)
- [University of Houston Clear Lake's COVID 19 Webpage](#)
  - [University of Houston Clear Lake's FAQ](#)
- [University of Houston Downtown's COVID 19 Webpage](#)
  - [University of Houston Downtown's FAQ](#)
- [University of Houston Victoria's COVID 19 Webpage](#)
  - [University of Houston Victoria's FAQ](#)