

How to: COVID & College

Aggies Elevated Summer Prep

July 29, 2020

What is COVID-19?

- It is a brand-new virus that was discovered in December 2019. (That's what the 19 means, not that there were 18 other COVIDs before it.)
- Since it's so new, scientists are still studying it and learning about it. (That's why it seems like the information changes a lot—because it does.)
- Viruses can make people sick. This one is making a lot of people sick all over the world. That's why it's called a pandemic.

Why is it Dangerous?

- IT'S SO NEW, we're still learning about it.
- There is no vaccine (like a flu shot).
- You can spread it to others BEFORE you have any symptoms.
- It can affect any age group.
- There's no way to know if you'll get sick.
- Some people don't get any symptoms at all, some people only get a little sick, some people get sick and stay sick for a couple of months, some people die.

What are the Symptoms?

If you have any of the following symptoms, please return home and isolate until you are well.



Fever
(100.4°F or greater)



Cough



Shortness of breath or difficulty breathing



Sore throat



Muscle aches and chills



Decreased sense of smell or taste

The Utah Department of Health recommends anyone with just one of these symptoms should be tested for COVID-19.

How Does it Spread?

- <https://www.youtube.com/watch?v=0Tp0zB904Mc>
- Skip 0:49-1:52, end 7:20

**Mask
Reminder,
AGAIN**

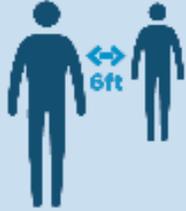
**FACE
COVERING
REQUIRED
HERE.**

**You must wear a face
covering or mask when
entering this building**

in accordance with USU and state of Utah directives.



How Can We Stop the Spread?



Practice social distancing - 6 feet apart.



Wear a cloth face mask when around others.



Cover your coughs and sneezes - use your elbow if you don't have a tissue.



Wash your hands - 20 seconds with soap and water.



Avoid shaking hands.



Stay home when you're sick - even if your symptoms are mild.

Hand Washing

- <https://www.youtube.com/watch?v=-gfOHEaHdjo>
- What about hand sanitizer? Is it enough by itself?

Where Can I Find Info?

usui.edu/covid-19/studentfaq

UtahStateUniversity | Coronavirus/Covid-19

Home If You Are Sick Staying Healthy Students Employees University Operations Community COVID-19 Tracker

Student COVID-19 FAQ

Updates on Classes

Get the latest information about classes from the USU Registrar.

Where can I seek health care right now?

The Health Center is continuing to provide medical, psychiatry and counseling care to students through telehealth. The center will also continue to offer in-person urgent care services for non-COVID issues, but these patients are first prescreened through a telehealth consultation with a provider. To schedule any appointment, please call 435-797-1860 or book online at applehealth.usu.edu. USU Student Health does not provide COVID-19 testing. [Learn more about testing.](#)

What should I do if I think I have COVID-19 or have had a positive diagnosis?

Fill out the [COVID-19 Questionnaire](#) immediately. Your information will help us ensure you are supported if you have received a COVID-19 diagnosis. The symptoms of COVID-19 are varied, and you should stay home and avoid contact with others [if you are sick](#) with any illness, however mild your symptoms. If you have any of the following symptoms, you should seek a COVID-19 test: fever, cough, shortness of breath, muscle aches and pains, decreased sense of smell, or a sore throat.

On This Page

- Where can I seek health care right now?
- What should I do if I think I have COVID-19 or have had a positive diagnosis?
- What should I do if my housemate or roommate has COVID-19?
- Where can I get help for increased anxiety right now?
- How do I know how my classes will be taught this fall?
- How will classes be taught the week of Thanksgiving and after?
- Will students be required to leave USU Housing between Thanksgiving and the end of the semester?
- What is USU doing for high-risk students in the classroom?
- What is USU doing for high-risk students in on-campus

SCCE Rules

- You will have to use the north (parking lot) or east (CPD) doors.
- If you want to go to the Bistro, you have to use the south (playground) door.
- The first time you come to the building every day, you will:
 - Be asked questions about how you're feeling and where you've been.
 - Have your temperature taken.
 - Get a sticker or wristband so you can leave and come back in without having to do it again.

Home Base Rules

- Masks are required.
- No more than 12 people in the room at a time.
 - That means up to 6 student/mentor pairs.
 - No social activities.
- One person to a table during class.
 - You and your mentor can sit together for meetings IF you are both wearing masks.
- Wipe table and chair before you leave.
- One person in the study room (no mentor meetings).
- Students cannot use the microwave or fridge.
- No eating. No drinking unless you have a straw.
- You will have to wait in the hallway (big windows looking at the parking lot) to get into class. There will be stickers on the floor to show where to wait.

How to be Safer on Campus

- Take your temperature every morning.
 - You will need to have a first-aid kit with a thermometer.
- Wear a fresh mask every day.
 - You need a minimum of 8 masks.
 - Keep a spare in your backpack in case it gets gross.
- Wash your hands. (Hand sanitizer AFTER, not INSTEAD).
 - Make sure you have a bottle of sanitizer in your backpack AND in your room.
- Keep at least 1 pool noodle space between you and other people.
- Don't gather in large crowds.

Homework

- With your parents, read through the USU COVID-19 web site for students www.usu.edu/covid-19/students/faq
- Submit a plan for how you will monitor your health while on campus and communicate with your parents about your health.
- Due at midnight on August 4.