Returning to a Socially Distanced Campus

COVID-19 Guide
A Message from Health & Wellness Services

Your wellness is our top priority. Health & Wellness Services is here to help you stay healthy and safe in this unique and challenging time. We’re here for all of your health needs all year long. We offer telehealth appointments as well as on-campus appointments as needed.

As the school year starts, remember to “lay low” the first two weeks to help prevent the spread of COVID-19. While we all want you to continue to have fun, protecting yourself against Coronavirus is more important. Here are some tips to keep in mind:

- Wash or Sanitize Your Hands Frequently
- Maintain Physical Distance of at Least 6 Feet Apart
- Wear your Face Mask
- Avoid Touching Your Face

Let it be known that WSU’s Health & Wellness Services welcomes and appreciates everyone regardless of race, creed, religion, country of origin, documentation or sexual orientation.

Let it be known that at WSU’s Health & Wellness Services you are valued not despite your differences but with full appreciation of your differences.

Let it be known that at WSU’s Health & Wellness Services you are safe, protected and not judged.

Let it be known that WSU’s Health & Wellness Services stands with you not just when there is a horrible incident that makes the news but day to day with all that you face, during the challenges that only you may know, we stand by you.
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WSU students, faculty, staff & visitors are expected to fill out this self-assessment daily.

This self-assessment offers the best guidance on the next steps you should take based on your symptoms.
Everyday ESSENTIALS

Keep your face mask on you at all times!
The CDC strongly recommends the use of cloth face coverings to help prevent the spread of COVID-19.

Keep hand sanitizer close by!
The CDC recommends the use of hand sanitizer with an alcohol content above 60%.

Keep extra wipes near by!
H&WS recommends keeping wipes with you to help sanitize shared spaces and high touch surfaces.

Bring water with you!
H&WS recommends bringing a full water bottle to your classes to avoid high touch surface areas such as water fountains.

Don’t forget snacks!
H&WS recommends bringing healthy snacks with you to your classes that overlap meal times. This can help avoid unnecessary trips to the vending machine, which is another frequently touched surface.

PRO TIP: Keep these items in your backpack!
Low Risk

Virtual
Attending classes held online via Zoom or other online softwares.
Meeting with professors virtually by zoom, email, or phone.
Using campus resources at a distance by calling or emailing.
Utilizing virtual tutoring or writing support.
Studying at home or hosting a virtual study session with classmates.

RESOURCES
Online Tutoring Service winona.edu/tutoring
Library winona.edu/library
Warrior Success Center winona.edu/wsc
Access Services winona.edu/accessservices

Moderate Risk

Outdoor
Filling out and passing the Daily Self-Assessment daily—regardless if you are coming to campus or not.
Attending classes held outdoors when possible. This provides the most amount of space and air ventilation.
Sitting 6 feet apart (12 feet if exerting oneself).
Utilizing microphones in the classroom to amplify instructors and presenters voices.
Meeting with professors outdoors.
Studying outside or with roommates.

Higher Risk

Indoor with Precautions
Filling out and passing the Daily Self-Assessment daily before coming to campus.
Following campus signage directing the flow of traffic—following behind the people in front of you.
Wearing a mask.
Attending small in-person classes with 10-24 people.
Using personal equipment. Keeping your materials and supplies with you!
Spreading 6 feet apart throughout the classroom.
Opening the windows in the classroom in increase air ventilation.
Disinfecting shared spaces, such as desks, before and after use.
Studying with your friends.

Highest Risk

Indoor without Precautions
Not filling out or failing the Daily Self-Assessment before coming to campus.
Walking against the flow of traffic—walking towards others.
Not wearing a mask.
Attending large or long in-person classes with over 24 people lasting more than 1 hour.
Sharing lab supplies.
Sitting less than 6 feet apart (less than 12 feet if exerting oneself).
Closing the windows.
Not disinfecting in between class sessions.
Hanging out around your classroom after your class has ended.
Going to campus unnecessarily.
Studying in the library or in another public setting for long periods of time.
Face coverings are recommended, even when physical distancing is possible, inside ALL residence halls.

Health & Wellness Services recommends keeping your mask with you at all times.

Face coverings are optional when you are alone outdoors and physical space is easy to maintain.

Face coverings are optional when you’re alone in personal spaces such as car, office, or room.
Dos & Don’ts of Wearing a Face Mask

**DO:** Cover your mouth, nose, and chin

**DON’T:** Have your mouth or nose exposed

**DO:** Remove face mask by holding only the ear loops.

Remember to wash or sanitize your hands after removing your mask.

Wash mask & replace filter after each use.
Best Shape of Mask

Cone style masks that form to your face provide the most amount of protection.

Check product dimensions on sizes to find the correct size to purchase.

2-Layer Masks with Filters

Filters help boost effectiveness of the mask. The filter should be "sandwiched" between the outermost and innermost layers.

Types of Filters
- HEPA Filters
- Carbon Filters
- Coffee Filters

Homemade Filter
Use a piece of synthetic (hydrophobic) material such as; nylon, polyester, acrylic, or spandex.

Remember to wash or replace filter after each use.

3-Layer Masks

Layer 1 (outer layer)
Non-absorbent (hydrophobic) material such as polyester or poly-blend.
This helps to keep other airborne particles from coming into your mask.

Layer 2 (middle layer)
Filter layer made of synthetic (hydrophobic) material or fibers such as nylon.
This acts as a barrier to help prevent particles from coming in and going out.

Layer 3 (inside layer)
Absorbent (hydrophilic) material such as cotton.
This helps to absorb particles coming out.

Do your Wear Glasses?

Look for masks that have a nose wire. This will provide a more "snug fit" and help decrease the amount of air coming out.

Place your glasses OVER the face mask to help prevent fogging.

Apply anti-fog spray to your glasses or wash with soapy water. This adds a protective barrier to your glasses that helps prevent fogging.

Glasses still fogging up? Use medical tape to tape the mask onto your face.

What types of face coverings are NOT recommended?

Avoid neck tubes, scarves, bandannas, and exhalation valves as they have not been proven to be more effective. Exhalation valves pose a risk of increased particles going in and out of the mask.
The CDC recommends cleaning and disinfecting frequently touched surfaces daily. This includes tables, light switches, door knobs, counter tops, handles, desks, toilets, faucets, and sinks. E-surfaces include phone, remotes, controllers, and keyboards.

6 STEPS FOR SAFE & EFFECTIVE DISINFECTING AGAINST COVID-19

Cleaning removes dust, debris, and visible dirt from a surface by scrubbing, washing, and rinsing.
Disinfecting destroys or inactivates both the bacteria and viruses identified on the product’s label (like influenza and SARS-COV-2) on hard surfaces.

1. Check that your product is EPA-approved
Find the EPA registration number on the product. Then, check to see if it is on the EPA’s list of approved disinfectants at: [epa.gov/listn]

2. Read the Directions
Follow the product’s directions. Check “use sites” and “surface types” to see where you can use the product. Read the “precautionary statements.”

3. Pre-Clean the Surface
Make sure to wash the surface with soap and water if the directions mention pre-cleaning or if the surface is visibly dirty.

4. Follow the Contact Time
You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.

5. Wear Gloves & Wash Your Hands
For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19. Wash your hands after removing the gloves.

6. Lock It Up
Keep lids tightly closed and store out of reach of children and pets.

FREQUENTLY TOUCHED SURFACES
(=High Touch Surfaces)

Health & Wellness Services
What should I do if...
I’ve been in close contact with someone...

- ...who is being tested?
  - Be extra aware and mindful while waiting for their results, in case of need to quarantine

- ...who has tested positive for COVID-19?
  - Quarantine for 14 Days since last contact, Self-Monitor AND Get Tested
  - Continue to quarantine for 14 days regardless of YOUR test result
  - Continue to Practice Physical Distancing, Wash Hands & Wear a Mask

- ...who has tested negative for COVID-19?
  - Self-Monitor, Practice Physical Distancing, Wash Hands & Wear a Mask

- ...who is a close contact of a positive case...
  - Be extra aware and mindful while waiting for their results, in case of need to quarantine
  - If you become symptomatic, isolate 10 days from onset of symptoms AND 24 hours fever free

- ...and IS experiencing symptoms?
  - Continue to Practice Physical Distancing, Wash Hands & Wear a Mask

- ...but IS NOT experiencing symptoms (yet)?
  - Be extra aware and mindful while waiting for their results, in case of need to quarantine

- ...who has been in close contact with someone ELSE who might have been exposed?
  - Continue to Practice Physical Distancing, Wash Hands & Wear a Mask

Information sourced from: MIT Medical and H&WS Medical Staff July 2020
Am I experiencing symptoms of COVID-19?

Quarantine
asks healthy people to stay home to avoid becoming sick.

Isolation
asks a sick person to stay home and separate themselves from others, including people in their household.

No
Have I been in close contact with someone who has symptoms?

No
Practice Physical Distancing, Wash Hands & Wear a Mask

Yes
Yes
Did I develop symptoms during my 14 days of quarantine?

No
Stay home as much as possible. Use online services to get essential needs. If you need to go out into public, wear a mask, stay 6 feet apart, don’t touch your face, and wash your hands often.

Yes
Students call Ask-A-Nurse & Employees call your local clinic and go in to get tested. Do not use public transportation or rideshare to get to the clinic.

COVID Symptoms Include:
fever, cough, shortness of breath, chest pain, sore throat, loss of taste or smell, headache

Health & Wellness Services
507.457.5160

WHILE IN ISOLATION...
- Stay home and do not go out into public
- Stay away from people in your home as much as possible
- Wear a facemask during every interaction with your caretaker
- Avoid sharing personal household items such as bedding, towels, and dishes

Information sourced from: CDC, MDH, and H&WS Medical Staff July 2020