



Staying Fit COVID-19 Guide



Health &
Wellness
Services



**ASK A NURSE
MESSAGE LINE**
WSU Health & Wellness Services
507.457.2292





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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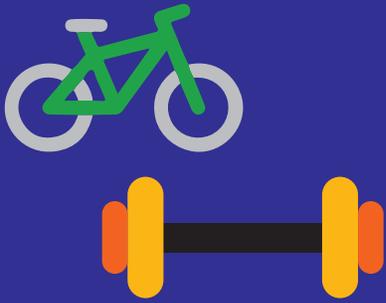
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Check out our Wellness Blog on
**What You Need to Know about
Exercising during a Pandemic**
<https://bit.ly/2CFLfjg>



Know The Risk: Physical Activities

Low Risk



Individual

- Yoga
- Weightlifting at Home
- Dance
- Running and Walking
- Swimming and Diving
- Hiking
- Biking
- Roller Blading
- Skate Boarding
- Join a virtual 5K
- Attending virtual work-out classes

Information approved by
H&WS Medical Staff

Moderate Risk



Small Group

- Golfing and Frisbee Golf
- Kayaking, Canoeing, and Paddle Boarding
- Archery
- Skiing and Snowboarding
- Track and Field such as Pole Vaulting, High Jump, Long jump etc.
- Running events such as Marathons, Triathlons and Cross country
- Badminton
- Tennis

Higher Risk



Low-Contact Sports

- Lacrosse
- Hockey
- Fencing
- Cycling in a Group
- Running in a Close Group
- Volleyball
- Soccer
- Basketball
- Baseball
- Softball
- Multi-Person Rowing, Kayaking, Canoeing



Highest Risk



High-Contact Sports

- Going to the Gym
- Football
- Rugby
- Boxing
- Wrestling
- Group Dance
- Group Cheer
- Judo
- Karate
- Taekwondo



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Everything you need
to know about
MASKS



REQUIRED

Face coverings are required **at ALL times in the classroom.**



Face coverings are required inside **all buildings, outdoor campus grounds, & high traffic areas.**

RECOMMENDED

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.**

OPTIONAL

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



Face coverings are optional is when you're **alone in personal spaces** such as car, office, or room.



WINONA
STATE UNIVERSITY

**Count
on me**



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Dos & Don'ts of Wearing a Face Mask



DO: Cover your mouth, nose, and chin



DON'T: Have your mouth or nose exposed



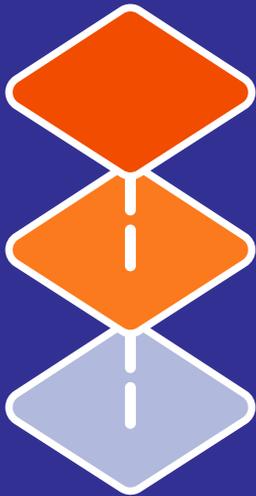
DO: Remove face mask by holding only the ear loops.

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

Wash mask & replace filter after each use.

Everything You Need to Know When Shopping for a Cloth Face Mask

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.

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.



Do you 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.



Best Shape of Mask

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

Look for masks with a nose wire to provide a more “snug fit” to the face.

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



Test Your Mask

Flashlight Test

Can the light shine through my mask?

Candle Test

Can I blow out a candle with this mask?

If you can't shine a light through or blow out a candle your mask has enough layers!

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.



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

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."

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.



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.

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.

Lock It Up

Keep lids tightly closed and store out of reach of children and pets.



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WELL WARRIORS

Close contact is being within 6 feet of a positive case for 15 minutes regardless of if a mask was worn.

What should I do if... I've been in close contact with someone...

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

...who is being tested?

Be extra aware and mindful while waiting for their results, in case of need to quarantine

...who has tested negative for COVID-19?

...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

If you become symptomatic, isolate 10 days from onset of symptoms AND 24 hours fever free

High Risk

Moderate Risk

Low Risk

...who is a close contact of a positive case...

...and IS experiencing symptoms?

...but IS NOT experiencing symptoms (yet)?

Self-Monitor, Practice Physical Distancing, Wash Hands & Wear a Mask

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

- High Risk
- Moderate Risk
- Low Risk

Am I experiencing symptoms of COVID-19?

Quarantine VS. Isolation

asks healthy people to stay home to avoid becoming sick.

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

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

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No

Have I been in close contact with someone who has symptoms?

Yes

No

Practice Physical Distancing, Wash Hands & Wear a Mask

Yes

Self-quarantine for 14 days and monitor symptoms, it may take up to 14 days for symptoms to appear after exposure.

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.

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.

If you have symptoms, please isolate for 10+ days since the onset of symptoms AND until you are fever-free for 24 hours without using fever-reducing medication.

No

Did I develop symptoms during my 14 days of quarantine?

- 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 care taker
 - Avoid sharing personal household items such as bedding, towels, and dishes



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