



International or Recently Traveled Students 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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Health Resources

Health & Wellness Services is Here for YOU

Let it be known that WSU's H&WS welcomes and appreciates everyone regardless of race, creed, religion, country of origin, documentation or sexual orientation.

Health & Wellness Services (H&WS) is the **primary health care clinic for international students** who carry United Health Care Student Resource (UHCSR) insurance.

H&WS can offer you the most affordable health care services ranging from acute injuries, to medical management of mental health, to lab testing—which includes **testing for COVID-19**. We recommend using our services before seeking care at another

Health & Wellness Services is located right on campus in **IWC 222**. We **offer telehealth** (virtual) **and in-person appointments** as needed. We are currently not offering walk in appointments.

We ask that you follow the outdoor signage by entering through the Johnson Street doors (by Memorial Hall) and come alone to the appointment. This will help us reduce the amount of exposure to potential COVID cases.

Call to schedule an appointment at 507.457.5160

Ask A Nurse

Have questions about your health or COVID-19? Call or email Ask-A-Nurse. If you call, please leave a message with your name and phone number. We will return the call as soon as we can.

Ask-A-Nurse Message Line 507.457.2292
Ask-A-Nurse email askanurse@winona.edu



**Health,
Counseling,
& Wellness
Services**



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Counseling Services

Counseling Services is here for you through it all. We have professionally trained counselors who are ready to hear you through your toughest days to your every day stresses.

Counseling Services offers tele-counseling appointments via zoom for all students. Call or email to schedule an appointment.

Appointment Line 507.457.5330
Email counselingservices@winona.edu

Pharmacies that Deliver

Goltz

274 East 3rd Street | 507.457.2547
stores.healthmart.com/goltzpharmacy

Winona Clinic Pharmacy

750 Mankato Ave | 507.457.7688
www.winonahealth.org

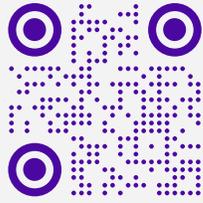
HyVee

1475 W Service Drive | 507.452.5254
www.hy-vee.com/my-pharmacy

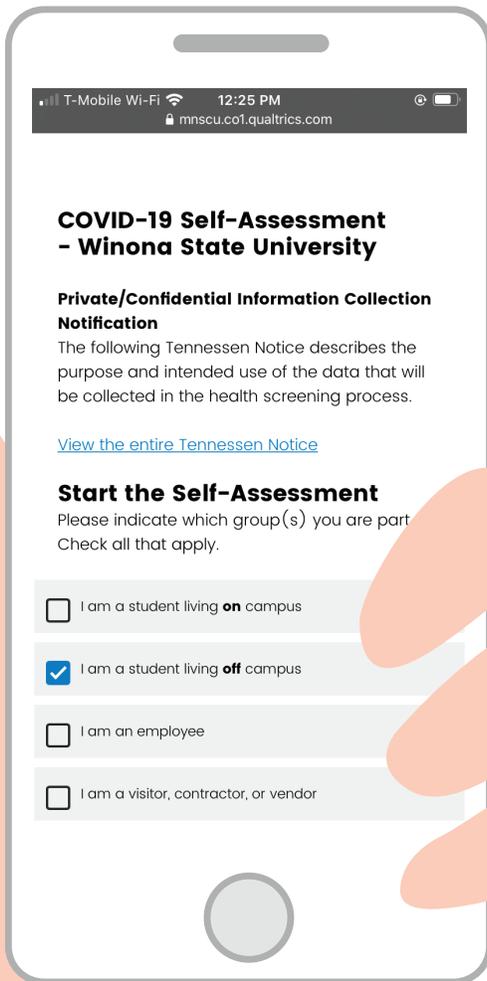
Emergencies

Are you experiencing a medical emergency such as a broken limb or not being able to breath? **Call 911** immediately.

In the event of an emergency, you may need to go to **Winona Health** (located on Mankato Ave). They have an emergency department that is open 24/7.



DAILY Self-Assessment for COVID-19



DAILY

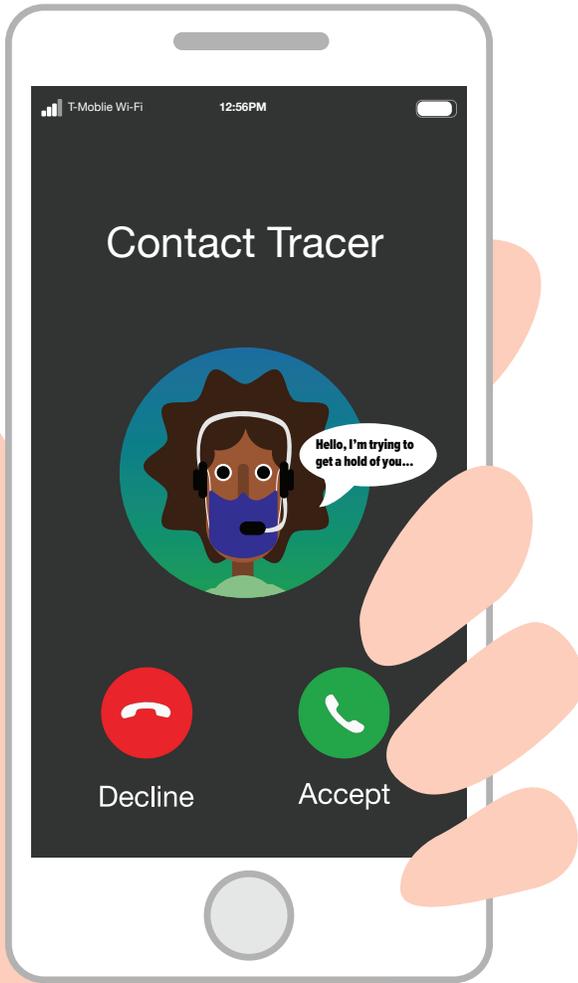
WSU students, faculty, staff & visitors are expected to fill out this self-assessment daily.

**NEXT
STEP**

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



Answer the Call



Know the Lingo

Contact Tracing: Public health staff begin contact tracing by **notifying exposed people** (contacts) of their potential exposure as rapidly and sensitively as possible, not **revealing the infected patient's identity**.

Case Investigation: Public health staff work with a patient to **help them recall everyone they have had close contact** with during the time they may have been infectious.

Contact Support: Contacts are provided with **education, information, and support to help them understand their risk**, what they should do to separate themselves from others who are not exposed, and how to monitor themselves for illness. In addition, they are informed of the possibility that they can spread the infection to others even if they do not feel ill.

Self-Quarantine: Contacts are encouraged to **stay home, monitor their health, and maintain social distance** (at least 6 feet) from others until 14 days after their last exposure to the infected patient, in case they also become ill.

Contact tracers will ask for personal information such as your birthday and where you live. They will **NEVER ask for sensitive personal information such as credit card information or social security number**.

If you have been in close contact with someone who has COVID-19, a public health worker may call you to inform you that you've been exposed to a confirmed case.

If you are diagnosed with COVID-19, a public health worker may call you to check-in on your health, discuss who you've been in contact with, and ask where you spent time while you may have been infectious.

Essential Travel: The Basics

1 Stay Home When Appropriate



People who are sick or have recently had a close contact (closer than 6 feet for at least 15 minutes regardless of mask) to a person with COVID-19, should not use public transportation and should stay home except to seek medical care.

Airlines and trains may offer you a waiver, call to see what is possible.

2 Practice Respiratory Etiquette

Wear a cloth face covering when physical distancing is difficult. Cloth face coverings are meant to protect other people in case the wearer is unknowingly infected but does not have symptoms. Follow the CDC's recommendations on face masks and avoid neck tubes, scarves, and bandannas.



Avoid touching your face, eyes, nose & mouth with unwashed hands.

Cover your mouth & nose with a tissue or your sleeve (not your hands) when coughing or sneezing. If you do sneeze or cough, sanitize your hands immediately after.

3 Practice Good Hand Hygiene

Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available. The CDC recommends at least 60 percent alcohol concentration to maximize effectiveness.



Carry hand sanitizer with you and keep it close by throughout your travel.

4 Practice Physical Distancing

During travel, keep at least 6 feet (2 meters) from people who are not in your household. Follow signage guidelines in the airport, on the plane, at the bus stop, or on a rideshare app.



Essential Air Travel

7 Tips for On the Plane

1 Keep a face covering on for the entirety of the ride.

2 Use saline nasal spray before and after the flight.

The plane air is so dry and that dries out your mucus membranes, which reduces your resistance to infection, but keeping these membranes moist with saline spray may help.

3 Wipe down arm rests and your tray table with sanitary wipes, and avoid touching the handle on the bathroom doors.

4 Keep the air vents above your seat open during your flight to improve ventilation, ideally pointing them away from your face.

5 If possible stay seated & don't get up until the flight is over.

6 Avoid contact with sick people.

If you are seated next to someone sick, ask a flight attendant if it's possible to move. Passengers sitting within two seats or a row of a passenger with a respiratory illness have an 80% higher risk of getting sick.

7 Upon your arrival to your destination quarantine for 14 days. If you develop symptoms of COVID-19 from a trip, self-isolate & call Ask-A-Nurse.



Travel Checklist

Keep these items close by during all times of travel



✓ Sanitizing Wipes

✓ Hand Sanitizer (60% alcohol)

✓ Cloth Face Covering

✓ Food & Water



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Essential Public Transportation Travel



7 Tips for On the Ride



If you're using a rideshare service such as Uber or Lyft, ask the driver for the name of the passenger before entering the vehicle. Verify that it is the correct car and license plate with the app.

1

Keep a face covering on for the entirety of the ride.

2

If possible, wipe down your seat, seatbelt, door handles and other frequently touched surfaces before the ride starts.

3

Handle all of your personal belongings.

4

Physical distance yourself in the vehicle and sit apart from others. If you are using rideshare, sit in the backseat on the passenger side—diagonally behind the driver

5

Keep windows open or air on in the vehicle when possible.

6

Avoid contact with sick people. If you notice that someone around you is exhibiting symptoms of COVID-19, distance yourself as much as possible.

You may get off the bus at the next stop and wait for another bus, or ask your ride share driver to stop the car and order another ride.

7

Upon your return...if you develop signs or symptoms of COVID-19 after you get home from a trip, self-isolate & call Ask-A-Nurse.

Travel Checklist

Keep these items close by during all times of travel



✓ Sanitizing Wipes

✓ Hand Sanitizer (60% alcohol)

✓ Cloth Face Covering



Traveling with Others



7 Tips for On the Ride



1

Keep a face covering on for the entirety of the ride.

2

If possible, wipe down your seat, seatbelt, door handles and other frequently touched surfaces before the ride starts.

3

Handle all of your personal belongings.

4

Physical distance yourself in the vehicle and sit apart from others. Sit in the backseat on the passenger side—diagonally behind the driver.

5

Keep windows open or air on in the vehicle when possible.

6

If you are returning home to quarantine or isolate, limit the number of passengers, wear a mask, distance yourself from others as much as possible, and sanitize hands often.

Stay in the vehicle until you have reached your final destination.
Try your best to make it home without any stops.

7

Upon your return...if you develop signs or symptoms of COVID-19 after you get home from a trip, self-isolate & call Ask-A-Nurse.



Travel Checklist

Keep these items close by during all times of travel



✓ Sanitizing Wipes

✓ Hand Sanitizer (60% alcohol)

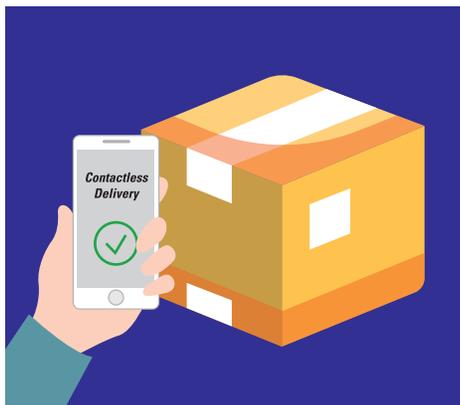
✓ Cloth Face Covering

✓ Food & Water



Know The Risk: Essential Errands

Low Risk



Delivery

Ordering food with contactless delivery or cooking a meal at home.

Ordering packages online.

Pumping gas with mask on. Wipe down the gas pump before and after use, pay at the pump and sanitizing hands after use. Wash your hands when you return home.

Getting medications delivered to you by a pharmacy.

Using online banking whenever possible. Several banks have apps that let you make transfers and deposit checks.

Paying for your items virtually through an online shop or order.

Information approved by
H&WS Medical Staff

Moderate Risk



Pick-Up

Picking up food from a restaurant or going through a drive-thru.

Using curbside pickup for essential shopping.

Pumping gas with mask on. Wipe down the gas pump before and after use, and pay at pump.

Using the pharmacy drive-thru to get medication.

Using bank ATMs. Wipe down the machine and buttons before and after use, and wash or sanitize hands after returning home.

Paying in person with a contactless card—sanitizing hands after payment.

Higher Risk



Outdoor

Eating outdoors at a restaurant.

Going into a store with a mask on. Wipe down shopping cart and washing hands before entering and after leaving.

Pumping gas without wiping down the pump and paying inside.

Going into the pharmacy with a mask on to get medication.

Going through a bank drive-thru—wiping down canister and sanitizing hands after leaving.

Paying in person with a card using the keypad and sanitizing hands after payment.

Highest Risk



Indoor

Eating indoors at a restaurant or drinking at a bar.

Going into a store without a mask on.

Pumping gas and paying inside without mask on.

Going into the pharmacy without a mask on.

Going into the bank without a mask on.

Paying in person with cash.

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



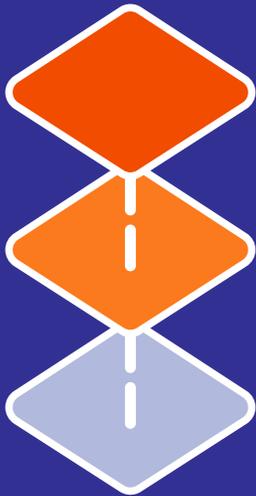
DO: Remove face mask by holding only the ear loops.

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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507.457.5160

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

What happens if I am experiencing symptoms of COVID-19?

COVID-19 Symptoms

People with COVID-19 have a wide range of symptoms ranging from mild to severe. Symptoms may appear 2-14 days after exposure to the virus.

- Fever (100.4°F/38.1°C) or Chills
- Congestion or Runny Nose
- Muscle or Body Aches
- Chest Pain
- Loss of Taste or Smell
- Fatigue
- Nausea or Vomiting
- Cough
- Shortness of Breath
- Headache
- Difficulty Breathing
- Diarrhea

If you are experiencing symptoms of COVID-19, call Ask-A-Nurse at 507.457.2292.

From that call, you will be given advice from a nurse on if you are recommended to come in for testing. Depending on the results of your test, you will be given more health guidance and education on what your next steps should be and how to combat symptoms.

Seek emergency care and call 911 if you are experiencing the following:

- Trouble Breathing
- Persistent Pain or Pressure in the Chest
- New Confusion
- Inability to Wake or Stay Awake
- Bluish Lips or Face

If you have tested positive for COVID-19...

You must isolate for 10+ days since symptoms started and symptoms are improving, AND until you are fever free for 24 hours without the use of fever reducing medicine (Tylenol & Ibuprofen). Isolation separates sick people with a contagious disease from people who are not sick.

Isolation means that you are in your room alone, and only in contact with your caretaker(s). Use online shopping and contactless delivery to get your essential needs.

Expect a confidential call from a contact tracer who will ask for some personal information such as birthday and where you live. They will never ask for sensitive information such as credit card number or social security number. Please answer the phone.

Consume adequate fluid and nutritional intake as tolerated. Take Tylenol or Ibuprofen for pain as needed and get plenty of rest.

If you are living in the dorms, Housing and Res Life has plans in place if you need to isolate. Dining services will deliver meals to you.

If you have tested negative for COVID-19...

Continue to quarantine for 14 days since symptoms started. Quarantine separates and restricts the movement of people who were exposed to contagious disease to see if they become sick.

During your 14 days of quarantine, stay home as much as possible. Limit your outings into public and interactions with others.

You are still able to run essential errands such as getting groceries, medicine, or going to the bank. We recommend using online shopping and curbside pick up to help reduce the spread.

If you do need to go out into public, practice physical distancing of stay 6 feet (2 meters) apart, wear a mask, wash your hands often, and avoid touching your face.



What is Isolation?

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

The technical definition of isolation is that one who is sick a contagious disease separates themselves from people who are not sick.

What does this mean?

1. Stay home and do not go out into public.

This means not leaving your house for an extended period of time. Use contactless delivery to get your essential needs, food and meals.

2. Stay away from other members in your household.

This means staying in your room or designated zone within your household, and not roaming around the house or residence hall.

3. Avoid sharing personal items.

Do not share any personal items with others within your household. Designate a separate set of blankets, pillows, sheets, towels, dishes, cups, and utensils for someone who is ill.

4. Wear a mask during every interaction with your caretaker.

You will most likely be having someone checking in on you while in isolation. Remember to wear your mask and keep as much physical distance as possible during every interaction with your caretaker.

Isolation Safe Activities

If you become ill with COVID-19, you may be asked to self-isolate for an extended period of time. Here is a list of recommended activities that are safe for isolation to help keep you sane.

1. Color in a Coloring Book
2. FaceTime or Zoom a Friend
3. Read a Book
4. Binge Watch a New TV Show
5. Call a Relative
6. Practice Self-Care by Taking a Bath
7. Treat Yourself to a Spa Night with a Manicure or Cleansing Face Mask
8. Watch a Virtual Concert
9. Play Video Games with Friends using Discord
10. Host a Zoom Game Night with Friends
11. Write to a Pen Pal
12. Watch a Live Stream on Twitch
13. Listen to a New Podcast
14. Make an Isolation Playlist
15. Do a Puzzle
16. Learn a New Skill such as Crocheting
17. Teach Yourself New Language such as Sign Language
18. Practice Meditating or Stretching
19. Watch a Ted Talk
20. Virtually Visit a Museum or Tourist Destination



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What is Quarantine?

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

The technical definition of quarantine is that it separates and restricts the movement of people who are in close contact of a contagious disease.

What does this mean?

1. Stay home as much as possible.

Only leave your house to run essential errands such as getting groceries or other essential supplies. Limit travel for only essential needs or to relocate to a different quarantine site.

2. Physical distance yourself from others.

Stay 6 feet apart from others while running essential errands. Stay away from others within your household. Do not invite others into your home or visit others in their home.

3. Wear a mask.

Wear a mask while running essential errands and in spaces where physical distancing is difficult.

4. Wash or sanitize hands often.

Wash your hands for 20 seconds with soap and running water often. When hand washing is not available, use hand sanitizer with at least 60% alcohol content.

5. Avoid touching your face.

Avoid touching your face, especially eyes, mouth, nose, and ears with unwashed hands. If you have glasses, this may help act as an extra barrier of protections and may help you avoid touching your face.



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Quarantine Safe Activities

If you become exposed to COVID-19, you may be asked to self-quarantine for an extended period of time. Here is a list of recommended activities that are safe for quarantine to help keep you sane.

1. Color in a Coloring Book
2. FaceTime or Zoom a Friend
3. Read a Book
4. Binge Watch a New TV Show
5. Make a Throw-Back Playlist and Host Your Own Sing-A-Long
6. Practice Self-Care by Taking a Bath
7. Treat Yourself to a Spa Night with a Manicure or Cleansing Face Mask
8. Watch a Virtual Concert & Have a Dance Party
9. Play Video Games with Friends using Discord
10. Host a Zoom Game Night with Friends
11. Practice Yoga
12. Attend a Virtual Work-Out Class
13. Teach Yourself a New Recipe
14. Compete with Friends on Tik Tok to See Who Can Get the Most Likes
15. Make a Bucket List
16. Get Organized and Declutter Your Wardrobe
17. Re-Arrange the Furniture in Your Room
18. Do a DIY Project
19. Get Creative with Painting
20. Get Baking and Make Some Cookies

Essential Needs

Local Winona Businesses Curbside Pick-Up and Delivery

Living on Campus with a Meal Plan?

Order food for pick-up from Chartwells Dining Services with the mobile app.

Download GET today!



Delivery & Carry Out Meals

Call in or order meals online to be delivered to your door.

Dominos

1201 Gilmore Ave | 507.454.4545
www.dominos.com

Erberts & Gerberts

101 West 3rd Street | 507.474.3727
www.erbertandgerberts.com

Jimmy Johns

940 Frontenac Drive #105 | 507.474.4444
www.jimmyjohns.com

Pizza Hut

1630 W Service Drive | 507.454.5193
www.pizzahut.com

Toppers Pizza

129 East 3rd Street | 507.961.1100
www.toppers.com

ZaZa's Pizza

529 Huff Street | 507.452.9292
www.zazas.com

Essential Needs Curbside Pick-Up

Order groceries and essential needs online for curbside pick-up.

Walmart

955 Frontenac Drive
www.walmart.com

Essential Needs Curbside Pick-Up & Delivery

Order groceries and essential needs online for curbside pick-up or at home delivery.

Hy-Vee

1475 W Service Drive
www.hy-vee.com/grocery/

Menards

1075 Frontenac Drive
www.menards.com

Target

860 Mankato Ave
www.target.com/sl/winona/1096



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