



# The Universities

AT SHADY GROVE

## COVID-19 HEALTH & SAFETY

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August 2020

# WHEN RETURNING TO CAMPUS

**As the Universities at Shady Grove community prepares to return to campus, we thank students, faculty and partner staff for your service and ongoing support throughout this crisis. It is important for everyone to watch this presentation to understand specific requirements and expectations for returning to the USG campus.**

**This presentation provides an overview for how we plan to return to our campus while keeping employees and students safe. Your readiness to return to campus can be demonstrated by carefully reading the following slides and completing the community responsibility pledge at the end of the presentation.**

**Viewing this presentation and signing the pledge lets your supervisor or program director know that you reviewed and understood the materials.**

# THE NEW NORMAL

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As we transition back to the USG campus, it is important that we realize that our “new normal” has changed. Please be prepared to see the following changes on our campus:

- **REMOTE WORK AND ONLINE INSTRUCTION MAY CONTINUE FOR SOME TIME**
- **USG STUDENT SERVICES CONTINUE TO BE OFFERED VIRTUALLY**
- **ONLY PRESENT TO CAMPUS IF YOU RECEIVE NOTICE**
- **KEEP YOUR USG ID WITH YOU SO WE CAN VERIFY YOUR IDENTITY**
- **BRING YOUR OWN MASK TO THE CAMPUS (IF POSSIBLE)**

# SAFETY REQUIREMENTS & PRACTICES

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For the safety of our campus and USG community, we ask students, faculty and staff to complete the following items and to comply fully with the health and safety guidelines outlined in this presentation.

## I. WATCH THE PRESENTATION

## II. VIEW THE USG COMMUNITY RESPONSIBILITY PLEDGE



*(Image: Two people watching a presentation)*

# SAFETY REQUIREMENTS

There are two (2) safety requirements and six (6) safety practices that all students, faculty and staff on campus must adhere to on a daily basis.

The two safety requirements are:

- 1. COMPLETE THE SYMPTOM SCREENING FORM PROVIDED BY YOUR HOME INSTITUTION**
- 2. EVALUATE YOUR DAILY EXPOSURE RISK**



*(Image: Checklist)*

# 1. SYMPTOM MONITORING

For the safety of the USG community, please complete the symptom screening required by your home university. Additionally, please self-screen, report any symptoms and seek help as needed before you come to campus.

## SELF-SCREENING

- Check for symptoms including:
  - Fever of 100.4° F or higher, chills, fatigue
  - Cough, difficulty breathing, congestion, sore throat
  - Muscle or body aches
  - New loss of taste or smell
  - Nausea, vomiting, diarrhea



(Image: COVID-19 Symptoms)

## REPORTING

- If you experience symptoms or tested positive for COVID-19, please stay home and notify your supervisor or program director.

## HELP

- Contact your primary care provider or your university's health center for medical advice



## 2. EXPOSURE ASSESSMENT

The second requirement is to assess your daily exposure to COVID-19. If you have been in close contact (within six (6) feet) with someone who is symptomatic or has tested positive for the virus, please do the following:



*(Image: Patient calling provider)*

### SEEK ADVICE

from a healthcare provider and notify your supervisor or program director



*(Image: Patient quarantining)*

### QUARANTINE

for 14 days or as recommended by your provider



*(Image: COVID-19 test results)*

### REPORT

the results of your test to your supervisor or program director immediately

# HEALTH & SAFETY PRACTICES

We are now going to discuss the six (6) health and safety practices guiding our day-to-day operations. (Please note: In addition to the health and safety practices outlined in this presentation, you may also receive department-specific training and instruction.)

The six health and safety practices are:

- 1) STAY HOME AND REST IF YOU ARE SICK**
- 2) WEAR A FACE COVERING**
- 3) KEEP A SIX (6) FEET SOCIAL DISTANCE**
- 4) COVER YOUR SNEEZE OR COUGH**
- 5) AVOID TOUCHING YOUR FACE**
- 6) WASH YOUR HANDS FREQUENTLY**

# 1. STAY HOME IF YOU ARE SICK

If you are sick or exhibit any symptoms associated with COVID-19, you should stay home, rest, and call your healthcare provider or your University Health Center. Consult with your supervisor or program director about your leave of absence.



*(Image: Person staying home)*

*(Image: People feeling sick)*

## SYMPTOMS TO MONITOR FOR:

- Fever of 100.4° F or higher
- Chills
- Fatigue
- Cough
- Difficulty breathing
- Congestion or runny nose
- Sore throat
- Headache
- Muscle or body aches
- New loss of taste or smell
- Nausea, vomiting or diarrhea

## 2. WEAR A FACE COVERING

Wearing a face covering helps us to stop the spread of the virus and to stay protected. You can choose to wear your own mask, as long as it is appropriate for a professional environment.

USG will provide students, faculty and staff up to two (2) masks included in the USG Cares Package. Please follow the following guidelines:

- **Wear your mask inside and outdoors in the presence of others**
- **Avoid touching your mask and wash your hands before putting it on and taking it off**
- **Ensure the mask fits snugly around your mouth and nose**
- **Do not wear a mask that is damp or wet**



*(Image: People wearing face masks)*

### 3. KEEP A SIX (6) FEET SOCIAL DISTANCE

It is important to stay away from others, even if you have no symptoms. Employees working on-site must observe the following physical distancing practices:



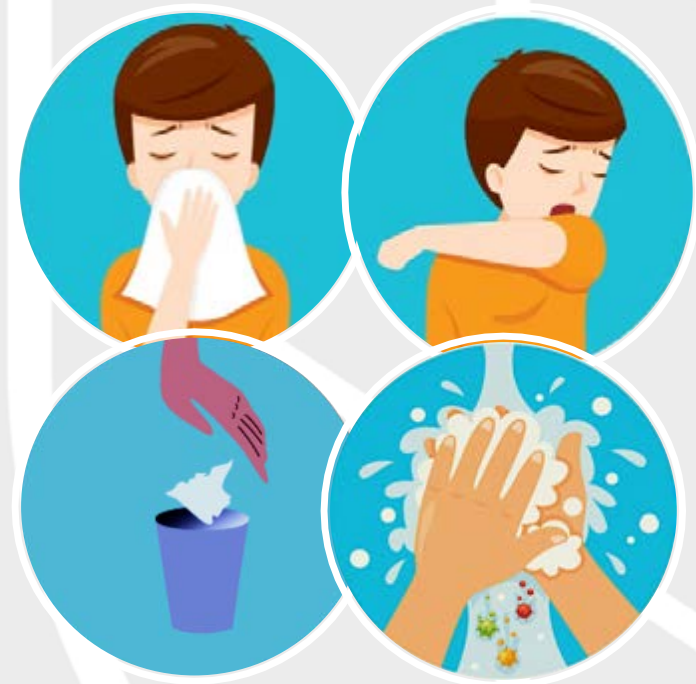
*(Image: People social distancing)*

- **Stay at least six (6) feet apart from others at all times**
- **Avoid groups and crowded places**
- **Conduct meetings virtually**
- **No more than two (2) people are allowed in the elevator at one time**
- **Keep a six (6) feet distance and wear a face covering in elevators and when using the stairs**

## 4. COVER YOUR SNEEZE OR COUGH

To reduce the spread of COVID-19 and minimize the potential contamination of your hands please abide by the following guidelines when sneezing or coughing:

- **Cover your mouth and nose with a tissue if possible**
- **Dispose of tissues immediately after use**
- **Use your arm or sleeve if a tissue is not available**
- **Wash your hands with soap and water or use an alcohol-based hand sanitizer (that contains at least 60% alcohol)**



*(Image: Techniques for covering coughs and sneezes)*

# 5. AVOID TOUCHING YOUR FACE

The average adult touches their face once every three to four minutes. Avoid touching your face, especially your eyes, nose and mouth. Bacteria, viruses, and other germs can reside on your unwashed hands, and this can lead to an infection if you touch your face.



- **Do not touch your face, especially your eyes, nose and mouth.**



*(Image: Person not touching their face)*

# 6. WASH YOUR HANDS FREQUENTLY

A critical factor in controlling the spread of COVID-19 is proper hand hygiene. Washing your hands with soap and water or using an alcohol-based hand sanitizer is especially important after you have been in a public place, touched your mask and before eating food.

- **Wash your hands often with soap and water for at least 20 seconds**
- **Wash the back of your hands, between fingers and under your nails**
- **Alternatively, use an alcohol-based hand sanitizer with at least 60% alcohol and rub your hands together until they feel dry**



*(Image: Handwashing techniques)*



# SUMMARY

In summary, before coming to campus you are expected to self-monitor for symptoms of COVID-19 and assess your risk each day.

Additionally, all students and employees should follow the six health and safety practices listed again below to ensure a safe campus for all.

## **SAFETY REQUIREMENTS**

- Self-monitor
- Assess your exposure

## **HEALTH & SAFETY PRACTICES**

- Stay home if you are sick
- Wear a face covering
- Keep a six (6) social distance
- Cover your cough and sneeze
- Avoid touching your face
- Wash your hands frequently

# SUMMARY

Thank you for taking time to watch this presentation. Together, we will reduce the spread of the virus and help keep campus safe. We must all do our part to make sure the USG community stays healthy.