BACK TO EASTERN!

Safety First! Returning amid the pandemic.
When completing this training,* students will be able to:

✓ Identify how infectious diseases spread
✓ List the ways to combat the spread of infectious diseases
✓ Explain the etiquette for proper handwashing
✓ Define and identify ways to practice respiratory etiquette
✓ Help protect other students from the spread of disease
✓ Know what to do if contracting COVID-19

*Much of this training is based and modeled from Texas A&M’s Covid-19 program.
How Viruses Spread

**DIRECT CONTACT**
- Handshake
- Hugging
- Kissing
- Skin-to-skin

**DROPLET SPREAD**
*This is the spray that is produced from Sneezing, Coughing, Singing, or Talking*

**AIRBORNE TRANSMISSION**
Dust or small droplets suspended in the air.

**THINGS WE TOUCH!**
- Door Handles
- Phones
- Elevator buttons
- Stairway Rails
- Desks
- Tables
People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Some may not have any symptoms at all but can still spread the virus!
TOGETHER, WE CAN LIMIT THE SPREAD OF COVID-19
We can all help stop the spread of COVID-19 by these simple steps:

- Wear a mask!
- Keep at least 6 feet apart from each other!
- Wash your hands regularly!
- Respiratory Etiquette!

Limit the Spread
Limit the physical distance (at least 6’) between yourself and others to decrease risk of droplet exposure. Don’t share items!
Eastern Connecticut State University REQUIRES everyone (faculty, staff, and students) must wear masks on our campus. Just do it!

Wear a mask ALWAYS when indoors or outdoors on campus, except in your room or office.

Wear a Mask!

EASTERN CONNECTICUT STATE UNIVERSITY
To Properly Wear Face Coverings:

- Cover mouth and nose.
- Fit snugly but comfortably.
- Be secured with ties or ear loops.
- Be made of multiple layers of fabric.
- Allow for breathing without restriction.
- Be able to be laundered and machine dried without damage or change to shape.
**Masks and Face Coverings**

All students MUST wear masks or face coverings on campus, covering their mouth and nose. Students must wear a mask or face covering to enter and while present in any academic, administrative, residential, food service, or recreational building.

Additionally, students must wear masks or face coverings in any outdoor location on campus (including walking to and from class), where six (6) feet of physical (social) distancing is not possible. All traditional in-person/on-ground classes will be off-limits to students who refuse to wear face coverings or masks. Students are permitted to remove their mask or face covering to eat and drink.

Students who do not want to wear a mask or face covering may only participate in remote learning and online classes.

If a student is not able to wear a mask due to a documented disability or medical reason, the student must seek an accommodation from Disability/AccessAbility Office prior to arriving on campus.

*Possible sanctions for disciplinary violations range from a warning to expulsion from the institution.*
Frequent hand washing can remove infectious particles from your hands that may have been acquired from touching objects.

When to wash hands:

☑ After you have been in a public place
☑ Before touching your eyes, nose, or mouth
☑ After using the bathroom
☑ Before, during, and after preparing food
☑ Before eating
☑ Before and after caring for someone who is sick
☑ After changing diapers or cleaning up a child
☑ After blowing your nose, coughing, or sneezing
☑ After touching an animal, animal food, or animal waste
☑ After touching garbage
Steps for proper handwashing:

**Wet** your hands with clean, warm running water, turn off the tap, and apply soap.

**Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

**Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

**Rinse** your hands under clean, running water.

**Dry** your hands using a clean towel or air dry them.

If soap and water is not available, use hand sanitizer and
Many infectious diseases are spread through respiratory secretions (ex: coughing, sneezing, sniffles, speaking, laughing, heavy breathing, etc.)

**COVER** your coughs and sneezes with tissues! Then throw those tissues away!

**WASH** your hands for at least 20 seconds!

**CLEAN** and **DISINFECT** surfaces that may come into contact with droplets! (Think 6 feet around you.)
WHAT DO TO IF YOU FEEL SICK
If you THINK you may have COVID-19, please follow these steps!

1. Call your doctor or the Health Center.
2. Take care of yourself and monitor your symptoms.
3. STAY HOME! If you must go out, stay away from others.
If you THINK you may have COVID-19, please follow these steps!

✓ Separate yourself from others. It’s important you don’t spread any virus.
✓ Stay in your room or one assigned by the University away from other students and pets.
✓ If you must be around anyone else, wear a face mask.
✓ Avoid public transportation and riding in cars with others.
✓ Monitor your symptoms and follow care instructions from your doctor or the Health Center on campus.
Think ahead! Plan steps now in the event you or a roommate gets sick.

- Create a contact list and share with your roommates. (Family, friends, healthcare providers, employers, etc.)
- If you can’t leave your apartment, choose a room or space that is separate from other household members.
- Always watch for symptoms. Limit close contact. Seek medical attention.
- Take preventative steps: wash your hands, avoid touching your face, stay home if you are sick, clean and disinfect surfaces!
Preparing With Roommates

✓ Regularly clean all “high touch” surfaces frequently, like phones, remotes, counters, tables, doorknobs, bathroom fixtures, light switches, keyboards, tablets, bedside tables, etc.

✓ DO NOT share personal items like drinking glasses, cups, eating utensils, towels, or bedding. (Thoroughly wash your items after use!)
SELFLESS SERVICE!
RESPECT EVERYONE!
You have the right to share your personal boundaries with others, and to have your boundaries respected.

It’s okay to ask friends to wear masks when they are invited over.

It’s okay to request that someone stay at least six feet away from you.

It’s okay to avoid large crowds and gatherings for now. Just be safe!
Bystander Intervention is recognizing a potentially harmful situation or interaction and choosing to respond in a way that might positively influence the outcome.

**DIRECT** – Directly and respectfully address the behavior.

- “Please wash your hands.”
- “Can you give me some space?”
- “Remember, one person per elevator.”

**DELEGATE** – If you do not feel comfortable or safe intervening, delegate someone else to do it.

Ask a friend, employee, or professor for help.

- “That person is not wearing a mask and standing close to other people. Can you help?”

**DISTRACT** – Draw attention away from the behavior.
THE WARRIOR PROMISE
THE WARRIOR PROMISE

I promise to stop the spread of COVID-19 on Eastern's Campus.

Together, I will protect my health, we will protect others, and we will protect the Eastern community.

PROTECT MYSELF

- Monitor for symptoms of COVID-19 and report to Health Services if I experience any of these symptoms.
- Wash my hands often with soap and water or use hand sanitizer.
- Wear my mask in all public and common spaces.
- Get vaccinated for the flu in the fall.

PROTECT OTHERS

- Maintain appropriate social distancing, especially in classroom settings, meeting rooms and residence halls.
- Stay home if I feel ill or after exposure to someone who is ill or has tested positive for COVID-19.
- Wear my mask in all public and common spaces.
- Be positive, attentive and supportive to anyone around you who may be in need of support.
- This virus does not discriminate and neither will I.

PROTECT THE EASTERN COMMUNITY

- Keep my clothing, belongings, personal spaces and shared common spaces clean.
- Report any known or potential exposure to COVID-19 to Health Services.
- Participate in testing and contact tracing honestly to determine who I may have potentially exposed to COVID-19.
- Carefully observe instructional signs and follow directions given by institution officials.

HAVE YOU MADE YOUR PROMISE YET?

#WARRIROPROMISE

*Adapted From Purdue University*