



**University of Houston  
DOWNTOWN**

**Protecting Our Campus Communities from  
COVID-19**

# Protecting Our Campus Communities from COVID-19

- There is substantial community spread of COVID-19 in the greater Houston area and throughout Texas and the United States. This training is intended to help you understand COVID-19 and the important role you play in reducing its spread and protecting yourself and your fellow community members.
- Our campus will be a safer, healthier educational environment if we all do our part!

# Before You Arrive on Campus

- You may access university buildings, resources, and services, and/or attending face-to-face classes, only after you:
  - Complete this training
  - Complete the Acknowledgement of Training

# Understanding COVID-19

- There is currently no vaccine to prevent COVID-19.
- The best way to prevent COVID-19 is to avoid being exposed to the virus and avoid exposing others to the virus.

# Understanding COVID-19 (cont'd)

- Experts agree that the virus can be transmitted in the following ways:
  - Between people who are in **close contact** with one another (within 6 feet for a cumulative total of 15 minutes or more over a 24-hour period).
  - By breathing in respiratory droplets when an infected person coughs, sneezes, or talks near you.
  - By touching surfaces where respiratory droplets have landed and then touching your face.
  - COVID-19 can be spread by people who are not showing symptoms.

# What is a “Close Contact”?

- Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period
- Someone you provided care to at home
- Someone you had direct physical contact with (touched, hugged, or kissed them)
- Someone you shared eating or drinking utensils with
- Someone who sneezed, coughed, or somehow got respiratory droplets on you

# What are COVID-19 Symptoms?

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

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

\*Note: the CDC continues to update this list as more is learned about COVID-19

# The Important Role You Play in Campus Prevention

- Do the required daily health self-assessment for any new COVID-19 symptoms and COVID-19 positive close contacts
- Wear a [face covering](#) that covers your nose and mouth
- Practice social distancing
- Use good hand hygiene and respiratory/cough etiquette
- Take care of your physical and mental health

# What is the **Daily Health Self-Assessment**?

- The daily health self-assessment is a requirement for you and all students and employees before they come to campus and access university facilities. This assessment includes the following steps:
  1. Take your temperature
  2. Ask yourself, “Do I have any COVID-19 symptoms *that are not related to another medical condition I have?*”
  3. Ask yourself, “Have I had close contact with a person who a doctor or lab has confirmed to have COVID-19 (within the past 24 days)?”
  4. Ask yourself, “Have I returned from international travel in the past 14 days?”

# **Your Pledge** that You are Symptoms Free With No Close Contact with COVID-19

Your presence on campus each day means that you:

- completed your daily health self-assessment and that you do not have any signs or symptoms of possible COVID-19.
- have not had close contact with someone (in the last 14 days) who had a doctor or lab confirm that they have COVID-19.
- have not returned from international travel in the last 14 days.

# Self-Quarantine/Isolation

- **Self-quarantine** is a practice used to keep someone who might have been exposed to COVID-19 away from others. It helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.
- **Self-isolation** is used to separate people infected with the virus (those who are *sick* with COVID-19 and those with no symptoms) from people who are not infected.

# When to Self-Quarantine and Self-Isolate

You should Self-Quarantine when:

- Someone in your household is lab confirmed or suspected/presumed to have COVID-19
- You have been in “close contact” with someone who has been lab confirmed or suspected/presumed to have COVID-19
- You have returned from international travel

You should Self-Isolate when:

- You are lab confirmed to have COVID-19
- You have been diagnosed with COVID-19 due to presence of [Coronavirus Symptoms](#)

# If You Have Close Contact with COVID-19

- If you have had potential exposure to COVID-19, you should:
  - Complete the [UHD COVID-19 Exposure Form](#)
  - If advised to Self-Quarantine, follow the Self-Quarantine protocols and **do not return** to campus or resume on-campus activities until you submit a [Request to Return to Campus Form](#) and receive written approval is received.

# If You Have Symptoms of COVID-19

- Students who develop symptoms associated with COVID-19 **should not come to campus.**
- If your illness impacts your ability to perform schoolwork, contact your instructors.
- Avoid coming into close contact with anyone
- Contact your health care provider or [Student Health Services](#) as necessary and follow their medical advice
- Continue to monitor your symptoms
- If you get tested and receive a positive test result, submit a [UHD COVID-19 Diagnosis Form](#) and follow the protocols for a positive test or diagnosis.

# If You are Diagnosed or Test Positive for COVID-19

- If you are on campus when you suspect or learn a diagnosis of COVID-19, go home immediately and avoid coming into close contact with anyone
- Complete the [UHD COVID-19 Diagnosis Form](#)
- Contact your health care provider or Student Health Services

# If You are Diagnosed or Test Positive for COVID-19 (cont'd)

- Stay home (except to seek medical care)
- Follow CDC guidance on what to do if you are sick
- Follow the Self-Isolation protocols
- Do not return to campus, in-person classes, or participate in on-campus activities until you submit a [Request to Return to Campus Form](#) and receive written approval to return
- If contacted by contact tracers, please cooperate with them to provide information regarding others with whom you have had close contact
- If your illness impacts your ability to perform schoolwork, contact your instructors

# You May Return to Campus If You Had Symptoms (but NOT Diagnosed with COVID-19)

- If your symptoms are a result of a pre-existing medical condition; or
- If your health care provider has advised that you have an alternative medical diagnosis that is unrelated to COVID-19 and are no longer contagious; or
- If at least 24 hours has passed since last fever without the use of fever-reducing medications and improvement in symptoms, and at least 10 days has passed since symptoms first appeared
- No written approval is required to return to campus following symptoms unrelated to COVID-19, but protocols must be followed for the timing of when you are allowed to return. For more information on this and other relevant information, consult UHD's COVID-19 webpage.

# Written Approval is Required to Return to Campus After Diagnosis or Positive Test of COVID-19

- **You must be approved** to return to campus before resuming your normal school, work, and related activities.
- To request approval to return to campus, **complete the [Request to Return to Campus Form](#)** on UHD's COVID-19 webpage.

# Social Distancing Helps Reduce the Risk of COVID-19 Transmission

- Put distance between yourself and other people who you do not live with.  
Remember that some people without symptoms may be able to spread the virus.
- **Stay at least 6 feet (about 2 arms' length) away from other people.**
- Avoid gathering in groups.
- Stay out of crowded places and avoid mass gatherings.
- Keeping distance from others is especially important for those who need to take extra precautions and **are at higher risk of getting very sick.**
- Minimize the use of other students' phones, devices, tools, and equipment, and clean them off first with a disinfecting wipe if you do use them.
- In communal or enclosed spaces, including elevators, keep 6 feet separation if possible and wear face coverings.

# Good Hand Hygiene Reduces the Risk

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- Wash or sanitize your hands upon arrival to campus and frequently while on campus.

# Face Coverings Reduce the Risk

- The University of Houston-Downtown **requires** face coverings for all students and employees while on campus, in the following areas:
  - Indoor public areas on campus, except where marked, even if you are alone. This includes all non-private office or common spaces, such as lobbies, restrooms, classrooms, teaching and research laboratories, conference rooms, and break rooms; and
  - Outdoor spaces where 6 feet or more of physical distancing is difficult to reliably maintain.

# Face Coverings Reduce the Risk (cont'd)

- Face coverings are **not required** in the following limited circumstances:
  - When working alone in a single office
  - When engaging in physical activity outside
  - When doing so poses a greater mental or physical health, safety or security risk
  - While operating outdoor equipment if not appropriate from a safety standpoint
  - When consuming food or drink
  - When engaging in personal hygiene activities

## Face Coverings Reduce the Risk (cont'd)

- Individuals, who, due to a specific health-related or other condition, cannot wear a face covering can request an accommodation. Requests for an accommodation due to a health-related or other condition for students will be handled by the [Office of Disability Services](#).

# Use of Face Coverings

- You could spread COVID-19 to others even if you do not feel sick. The cloth face cover protects other people in case you are infected.
- Cloth face coverings should
  - Cover your nose and mouth
  - Fit snugly but comfortably against the side of the face
  - Be secured with ties or ear loops
  - Include multiple layers of fabric
  - Allow for breathing without restriction
  - Be able to be laundered and machine dried without damage or change to shape

## Use of Face Coverings (cont'd)

- The CDC recommends routinely washing face coverings depending on the frequency of use.
- Continue to keep 6 feet between yourself and others. The cloth face cover is **not** a substitute for social distancing.
- To read more about face coverings, please read the [UHD Face Covering FAQs](#).

# Respiratory and Cough Etiquette Reduces the Risk

- **If you do not have on your face cloth covering, remember to always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

# Staying Aware Reduces the Risk

- Stay aware that COVID-19 poses an ongoing threat in the greater Houston area, including to you and your campus community.
- Stay aware by conducting a daily self-assessment of your health each day you plan to be on campus, which includes taking your temperature. If you begin to experience COVID-19 symptoms, do not come to campus.
- Stay aware of who you are in close contact with, especially for extended periods of time, so that contact tracing (notifying your close contacts of potential COVID-19 exposure) can be performed if you become symptomatic.
- Stay informed by checking our UHD COVID-19 website and sources like CDC and DSHS for updates.

# Shared Responsibility

- Our University Communities must unite on a common mission to prevent the pandemic from disrupting our individual goals and our Universities' academic and research pursuits.
- To be successful as a University, each community member must commit to protect ourselves, and each other, from contracting and spreading this virus using a strategy that starts with our first line of defense: Mask On.
- Community members who do not comply with face coverings and daily health assessment requirements will be subject to disciplinary action.

# Some of the Steps University of Houston System Campuses are Taking to Reduce the Risk

- To ensure the health and safety of our campus community members, facilities are maintained using aggressive cleaning protocols as recommended by health and safety authorities. This includes increased custodial cleaning and the availability of hand sanitizer dispensers at entrances, common areas and elevators.
- Custodial staff are required to wipe highly touched surfaces, including handrails, push/pull door handles, drinking fountains, tables and other furniture continually touched during the course of the day. UHD has increased the frequency that restrooms and common areas are cleaned.
- UHD encourages and recommends that students supplement these efforts by frequently cleaning and disinfecting common areas, classroom desks, individual workstations, and personal items before use.

**Thank you!** Your awareness and compliance with these requirements are integral to the prevention of the spread of COVID-19 and are needed to protect you as well as your campus community.

Further information and answers to your questions can be found on the [UHD's COVID-19 webpage](#).