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		Approval Date:	09/21/2020
		Effective Date:	09/24/2020
		Review Date:	2023

POLICY TITLE: PREVENTION OF COVID-19 EXPOSURE AND GUIDELINES FOR BEST PRACTICE TO REDUCE SPREAD OF DISEASE

Overview

The following policy outlines the procedure followed by the UHCON to avoid being exposed to the coronavirus and to implement practices that reduce its spread. More information can be found at <https://uh.edu/covid-19/information/general-prevention/>

Avoid Close Contact

- Put distance between yourself and other people. Remember that some people without symptoms may be able to spread the virus.
- [Stay at least 6 feet \(about 2 arms' length\) from other people.](#)
- Avoid gathering in groups.
- Stay out of crowded places and avoid mass gatherings.
- Keeping distance from others is especially important for [people who are at higher risk of getting very sick.](#)

Wear a Face Covering

- You could spread COVID-19 to others even if you do not feel sick. Wearing a cloth face covering in public protects other people in case you are infected.
- Comply with the UH System policy on [face coverings](#) while on campus.
- Continue to keep at least 6 feet between yourself and others. The cloth face cover is not a substitute for physical distancing.

Practice Respiratory and Cough Etiquette

- If you are in a private setting and do not have on your cloth face 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. This should be done often, especially after blowing noses, coughing, or sneezing, or having been in a public place.
- If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

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Follow Other Good Hygiene Practices

- Make sure to avoid touching your eyes, nose and mouth with unwashed hands and avoid personal contact with sick people.
- Avoid sharing food, cups or utensils.
- To the extent possible, avoid touching high-touch surfaces in public places and minimize handling cash, credit cards, and mobile or electronic devices.

Clean and Disinfect

- Clean and disinfect frequently touched objects and surfaces.
- Follow CDC cleaning recommendations found [here](#).

Awareness

- Be aware of your health and if you feel the onset of any [symptoms](#), stay home except to get medical care.
- Be generally aware of who you are in close contact with, especially for extended periods of time, so that contact tracing can be performed if you become symptomatic.

Students

- Contact Student Health or your health care provider for diagnosis, treatment and/or testing, as necessary
- Notify your RA if living in residential housing or the COVID-19 Response Coordinator if living off campus
- Stay home and continue to monitor your symptoms
- Follow CDC Guidance
- Complete the form Reporting COVID-19 Diagnosis/Symptoms
- If, at any time, you test positive for COVID-19, notify the COVID-19 Response Coordinator
- Follow the Self-Quarantine/Isolation protocols and do not return to campus until written approval is received. See Completion of Self-Quarantine/Isolation.

CDC Guidance: What to Do If You Are Sick

- Stay home except to get medical care
- Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- Stay in touch with your doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.

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- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people.
- As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.

For more information see <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Monitor Your Symptoms

Symptoms of COVID-19 include fever, cough, and shortness of breath but other symptoms may be present as well. Trouble breathing is a more serious symptom that means you should get medical attention. Follow care instructions from your healthcare provider.

When to Seek Emergency Medical Attention

Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19. *This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

COVID-19 Compliance

The screening process includes taking and recording your temperature, and completing the COVID-19 Questionnaire (below) each day when one is on campus or at a clinical facility.

1. Have you experienced a fever of 99.6° F or higher within the last 3 days?
2. Have you experienced a cough, sore throat, chills, fatigue or shortness of breath within the last 3 days?
3. Have you experienced nausea, vomiting or diarrhea within the last 3 days?
4. Have you experienced dysgeusia (loss of sense of taste) within the last 3 days?
5. Have you experienced anosmia (loss of sense of smell) within the last 3 days?
6. Have you been diagnosed or had pneumonia and/or flu within the last 14 days?
7. Have you had contact with anyone who has lab-confirmed Coronavirus Disease 2019 (COVID-19) within 14 days of symptom onset?

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8. In the past 30 days, have you traveled internationally?

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