

The background of the slide is a deep red color. It features several microscopic images of COVID-19 virus particles. On the left side, there is a large, detailed cluster of virus particles. In the top right corner, there is another large cluster. In the center, there are three smaller, individual virus particles. The text 'COVID-19' is prominently displayed in the center-right area, enclosed within a white L-shaped bracket.

# COVID-19

Student In-Person  
Instruction Training



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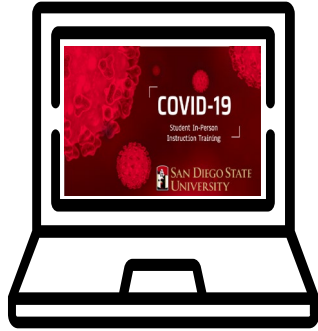
## Purpose

- To inform students who are taking classes on campus about COVID-19, how to recognize symptoms, protect themselves, and prevent spreading the virus.
- To prepare students for in-person instruction.
- To share resources and inform students about: SDSU Coronavirus Information and U.S. Center for Disease Control and Prevention (CDC), San Diego County, and California Department of Public Health guidance.

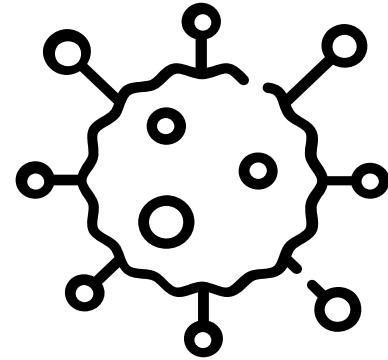


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## Training Agenda



- Information on COVID-19
- Risk factors
- Symptoms
- When to seek medical attention
- SDSU COVID-19 testing
- Controlling the spread
- Prevention
- SDSU policies and guidelines
- Test your knowledge



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# What is the Coronavirus?

- Coronaviruses are a family of viruses that can cause respiratory illness.
- These viruses cause illness ranging from the common cold to more severe diseases like:
  - Pneumonia
  - MERS
  - SARS
- Coronavirus Disease 2019 (COVID-19) is a respiratory disease caused by the SARS-CoV-2 virus.
- It is a “novel” coronavirus which means it is a new coronavirus that has not been previously identified.
- The virus causing coronavirus disease 2019 (COVID-19), is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.
- Research is ongoing to develop preventive measures such as a vaccine, as well as medications to reduce the severity of the illness of those infected.



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## Higher Risks for Serious Illness:

People of all ages with underlying medical conditions, particularly if not well controlled including, but not limited to:

- Serious heart condition
- Diabetes
- Liver disease

Refer to the CDC ([www.cdc.gov](http://www.cdc.gov)) for the latest information and details on medical risks

People:

- Who are immunocompromised: cancer treatment, smoking, organ transplantation, immune deficiencies, poorly controlled HIV or AIDS
- Aged 65 years or older
- Who live in a nursing home or long-term care facility



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## Self-Monitoring Symptoms:

Symptoms may appear 2-14 days after exposure

Know the symptoms of COVID-19, which include:













*Studies have shown that some COVID-infected individuals can spread the virus when not showing any symptoms. This is known as asymptomatic.*



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# Symptoms

People with COVID-19 have reported a wide range of symptoms.

Symptoms	Coronavirus <small>Symptoms range from mild to severe</small>	Cold <small>Gradual onset of symptoms</small>	Flu <small>Abrupt onset of symptoms</small>
 Fever	Common	Rare	Common
 Fatigue	Sometimes	Sometimes	Common
 Cough	Common* (usually dry)	Mild	Common* (usually dry)
 Sneezing	No	Common	No
 Aches and pains	Sometimes	Common	Common
 Runny or stuffy nose	Rare	Common	Sometimes
 Sore throat	Sometimes	Common	Sometimes
 Diarrhea	Rare	No	Sometimes for children
 Headaches	Sometimes	Rare	Common
 Shortness of breath	Sometimes	No	No

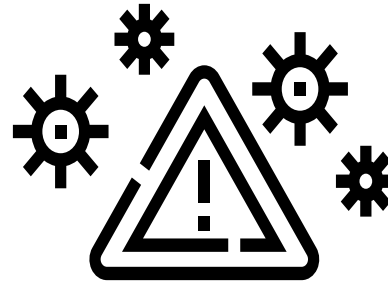
Sources: World Health Organization, Centers for Disease Control and Prevention

# When to Seek Emergency Medical Attention

## Look for Emergency Warning Signs

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



*This list does not include all symptoms.  
Call your medical provider for other symptoms.*



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# Displaying Symptoms?

## Should I attend class?

- Stay home or immediately go home and seek medical care if you display symptoms. (See earlier slide titled “Symptoms”)
- **Do not return until:**
  - At least 1 day (24 hours) has passed since last fever, defined as resolution of fever without the use of fever-reducing medications AND
  - Improvement in symptoms (e.g., cough, shortness of breath) AND
  - At least 10 days have passed since symptoms first appeared.
- If you are diagnosed with COVID-19, contact your instructor to inform them of your diagnoses.
- Report positive tests via the [SDSU COVID-19 Reporting form](#) (your information is private)
- Stay home if you experience any recurrence of symptoms.



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# COVID-19 Safety: COVID-19 Testing

Student Health Services offers COVID-19 testing

## Location and Hours

Students can access COVID-19 testing at the Calpulli Center Information Booth. Testing is available Monday - Friday, 10 a.m. to 12 p.m. and 1 p.m. - 3:30 p.m.

## Scheduling Appointments

Testing is available by appointment only. Students can schedule appointments by calling 619-594-4325. Online scheduling is available through HealtheConnect, SDSU's secure online health portal.

## Cost

For all current students with a valid RedID, there is no cost for testing.

## Testing Specifics

Students will be asked to self-collect their PCR test specimen with a nasal swab onsite. This will be observed by a SHS team member in order to ensure proper collection.

## Results

Results are typically available in two to three days and will be sent via HealtheConnect. If students test positive, they will also receive a follow-up phone call.



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## How Does COVID-19 Spread?

- Person-to-person is the primary form of transmission and occurs during close (within about 6 feet) contact with an individual with COVID-19.
- Respiratory droplets are produced when an infected person coughs, sneezes, or talks. Droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- Research indicates that droplets are the primary source of transmission of the virus particles. The information we learn about the virus is continually evolving and because the virus is so small and light, the potential for airborne aerosol transmission is now being evaluated by the scientific community.
- People who are not showing symptoms can be infected and transmit COVID-19.
- COVID-19 can spread from contaminated surfaces or objects.
- Transmission occurs when an individual touches a surface or object that has the virus and then touches their mouth, nose, or eyes.

## CORONAVIRUS PREVENTION



## Student Responsibilities

Every student must contribute to a safe and healthy environment. In consideration of classmates, and for the safety of all others, students are responsible for the following:

- Monitor yourself for symptoms every day before coming to class or going out in public. Use the [SDSU Student Daily Health Screening](#). It is a self-assessment tool intended to provide guidance regarding campus access during the COVID-19 pandemic. If experiencing symptoms, do not report to class or work, and contact your instructor.
- Following the policies and expectations of the university for in-person instruction.

Familiarize yourself with SDSU policy. This is critical for staying safe during class.



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# Hand Washing

Watch this video to learn more about hand washing.



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## Wear a Face Covering

SDSU requires that everyone on campus and campus property wear a facial covering. Watch this video to learn how to properly wear a facial covering.



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## Please Remember to:



MAINTAIN **DISTANCE** FROM  
ONE ANOTHER



**COVER** YOUR **FACE**



FREQUENTLY  
**WASH**  
YOUR **HANDS**  
WITH **SOAP**



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## A Message From Libby Skiles Director, Student Health Services

Watch this video to learn more about Coronavirus and SDSU's commitment to health and safety.

*Please note this video was created for SDSU faculty and staff. It is included in the training because the information is equally as important for SDSU students taking classes on campus.*



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## COVID-19 Safety: Student COVID Policies

Students are expected to adhere to and uphold the following policies as a commitment to their personal safety and well-being, and that of the entire SDSU community.

- Facial coverings must be worn over the nose and mouth at all times on campus.
- Facial coverings may be cloth or disposable and may not have vents or exhalation valves (other than approved NIOSH rated N95 masks).
- Students enrolled in an in-person course that are unable to wear a facial covering should contact the Student Ability Success Center



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# COVID-19 Safety: Student COVID Policies Continued

Additional policies include:

- A minimum distance of not less than six feet from others while on campus must be maintained at all times. Avoid clustering or gathering with others.
- Facial coverings may be removed while a student is in their own residence hall room or apartment, is actively eating, drinking, or strenuously exercising. Physical distance from others must be maintained when engaging in these activities.
- Students who enter buildings and facilities and who are not wearing a facial covering over their mouth and nose will be asked to do so or leave.



**FACE COVERING  
REQUIRED  
AT ALL TIMES**

*State & County Health orders require everyone  
- campus personnel, students, & visitors -  
to wear a facial covering that covers the nose & mouth.*

**SDSU POLICY EXTENDS THIS ORDER TO:**

- *Indoors and Outdoors*
- *Even when physically  
distanced from others*

*EXCEPTIONS: Alone in a private office or  
eating outside while 6ft (2m) from others*

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[sdsu.edu/COVID19](https://sdsu.edu/COVID19)



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## COVID-19 Safety: Student COVID Policies Continued

Additional policies include:

- Students must maintain consistent hygiene practices, including frequent hand washing and cleaning of any work areas used while on campus. Students may want to consider bringing sanitizer or wipes for use in common areas.
- Students must refrain from hosting or attending gatherings of groups larger than those allocated in the guidelines provided by the state of California, San Diego County, and SDSU. When public health guidance permits group gatherings, students must maintain physical distancing and wear a facial covering.
- Students can report a student violation of COVID-19 policies



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## HEALTH & SAFETY FIRST

For more information visit [sdsu.edu/COVID19](https://sdsu.edu/COVID19)



Stay at least 6 feet (2m) from others in classrooms & hallways



A face covering is required over your nose & mouth at all times while on campus



Do not touch your eyes, nose, and mouth.



Wash your hands often and use hand sanitizer upon building entry & exit.



Clean & disinfect surfaces & equipment you use before & after class



Stay home when you are sick, except to get medical care.

***Class should end on time.***

***Pack up quickly and exit through marked door.***



## COVID-19 Safety: Classroom Expectations for Students

SDSU is taking many steps to ensure safety on our campus for our students, faculty, and staff. We recommend you familiarize yourself with all SDSU COVID-19 classroom expectations.

- **Complete daily health screening utilizing Presence.** Every day before coming to campus, all students should complete this self-screening. Once on campus, students may have their temperature checked and also may be asked to answer the screening questions before their class begins.
- Do not attend class if you are ill, or if you have recently had a close contact with a person with COVID-19. Remain home and inform your instructor.
- A face covering is required for all students and instructors.
  - Please wear your face covering when entering the space and for the duration of the class, even when you are 6 feet away from others.



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## COVID-19 Safety: Classroom Expectations for Students Continued

Additional expectations include:

- When entering a learning space, practice physical distancing of at least six (6) feet. Do not congregate in the hallways, stairways, or any other areas.
  - Please use the designated entry location and go directly to your station or seat.
- Keep your personal items (e.g., cell phones, other electronics) and personal work and living spaces clean.
- Avoid using shared equipment whenever possible. Wipe down any shared equipment and work areas before and after use with the provided cleaning supplies.
  - This step is critical even if the person before you has already done so.



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## COVID-19 Safety: Classroom Expectations for Students Continued

Additional expectations include:

- Please pack up and efficiently exit the classroom as soon as class is over. It is important that classes stay on schedule to prevent any unnecessary congregating in classrooms and hallways.
- Exit only through the marked door.
- Use available hand sanitizer located at building entrances and common areas, and wash your hands frequently throughout the day.



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## Join the SDSU Health Commitment

Each of us at SDSU have an important responsibility in reducing the spread of COVID-19. Take the pledge and make a personal commitment to taking actions in support of individual well-being and community health!



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## Useful Links:

- [COVID-19 Case alert at Student Health Services](#)
- [CDC Coronavirus self-checker](#)
- [San Diego County Coronavirus Disease 2019 information](#)
- [State of California Coronavirus 2019 information](#)
- [California Department of Public Health COVID-19 information](#)
- [SDSU Student Health Services. The Coronavirus \(COVID-19\) Information for Students](#)
- [SDSU Student Health Services. The Coronavirus \(COVID-19\) Information for Faculty and Staff](#)
- [SDSU Housing and Residential Education. Housing COVID-19 Updates](#)
- [IT Resources](#)
- [SDSU World Campus Coronavirus \(COVID-19\) Updates](#)
- [SDSU Research Foundation. Coronavirus \(COVID-19\) Information](#)
- [SDSU Library.COVID-19 Information](#)
- [SDSU Environmental Health and Safety. COVID-19 Resources](#)



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## Thank You!

Thank you for taking important steps to help prevent the spread of COVID-19.

You can test your knowledge by taking the COVID-19 Student [Training Quiz](#).



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