

COVID: what would you do?



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ITINERARY



1. Icebreaker
2. Scenarios: What *would* you do?
3. Science: What *should* you do?
4. Myths about COVID-19
5. Educational Information
6. Questions



Scenario 1:

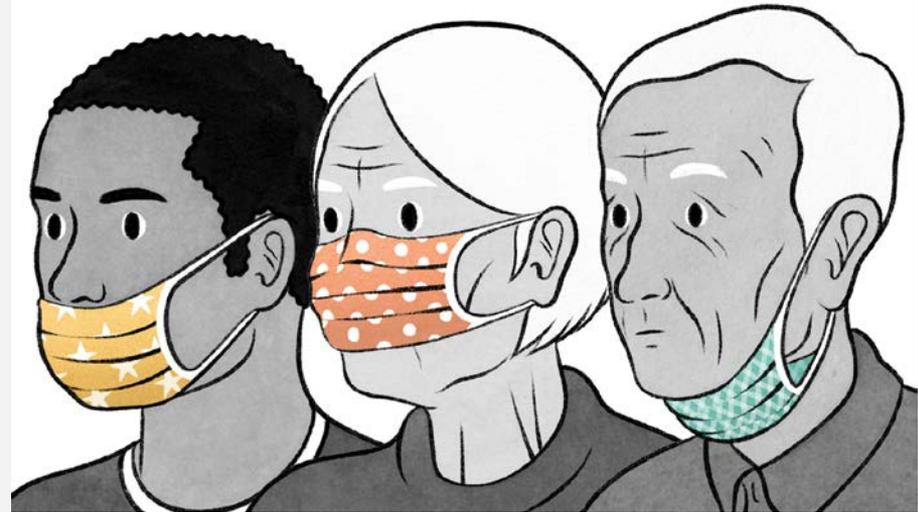
You run into someone on campus who isn't wearing a mask in areas where they aren't able to maintain a social distance of 6 feet. What do you do?

(Reminder: wearing a mask on campus is mandatory when unable to maintain social distancing including in class, the cafe, the library, walking to and from class and in any on campus building building. There will be disciplinary actions against those who refuse to wear a mask on campus.)



What happens if I do not wear a mask?

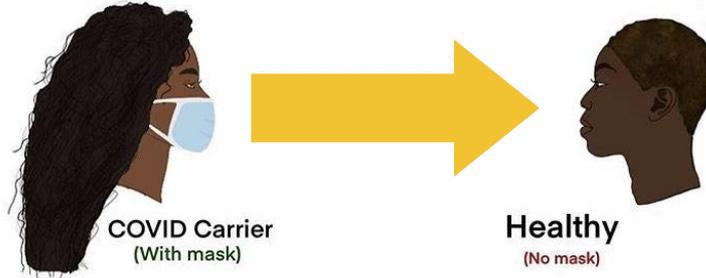
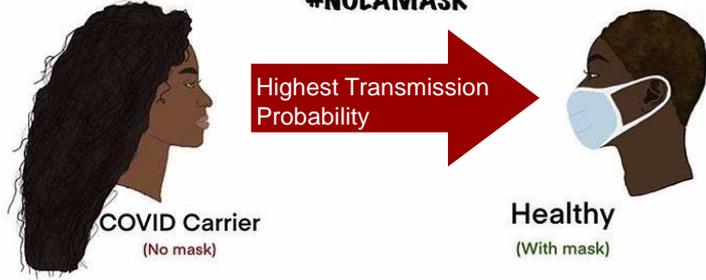
- It is considered a **disruption of orderly conduct**
- First, the student will receive a **warning** by either their professor or staff
- If the student continues to fail to comply with the College health and safety protocols, they may experience **disciplinary action** or may be **dropped from the class**



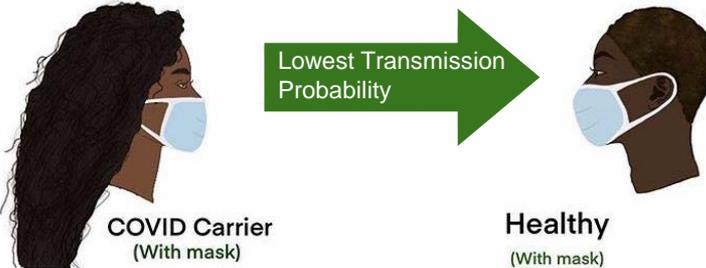
Transmission Probabilities

#NOLAMASK

Highest Transmission Probability



Lowest Transmission Probability



Why it is important to wear a mask!

- Some people with COVID-19 are asymptomatic
- Virus can spread among individuals interacting in proximity
- Students often travel home on weekends, spend time studying off campus, invite friends to campus, have on and off campus jobs, purchase food off campus, etc.
 - This allows more opportunities to be in contact with an individual with the virus that could be asymptomatic.
- **Do not wear masks with valves, bandanas, or neck beaters/fleece.**
 - These masks are not effective, and the transmission rate of droplets are far greater than N95/surgical/cotton masks
 - Effectiveness of face-coverings and masks varies significantly with each mask

DO NOT BRING DOWN YOUR MASK TO THE CHIN



Exposed
area

The inside of the
mask will be
contaminated

Mouth and nose will
be infected by
bacteria or virus or
germs

When you want to eat, drink or do any activity where you have to remove your mask, just remove it completely.

The best way to store your mask would be in a ziploc bag or a paper bag. Be sure to store the mask properly to avoid cross contamination.

The **East Midlands Ambulance Service** has posed a handy graphic, explaining the issue

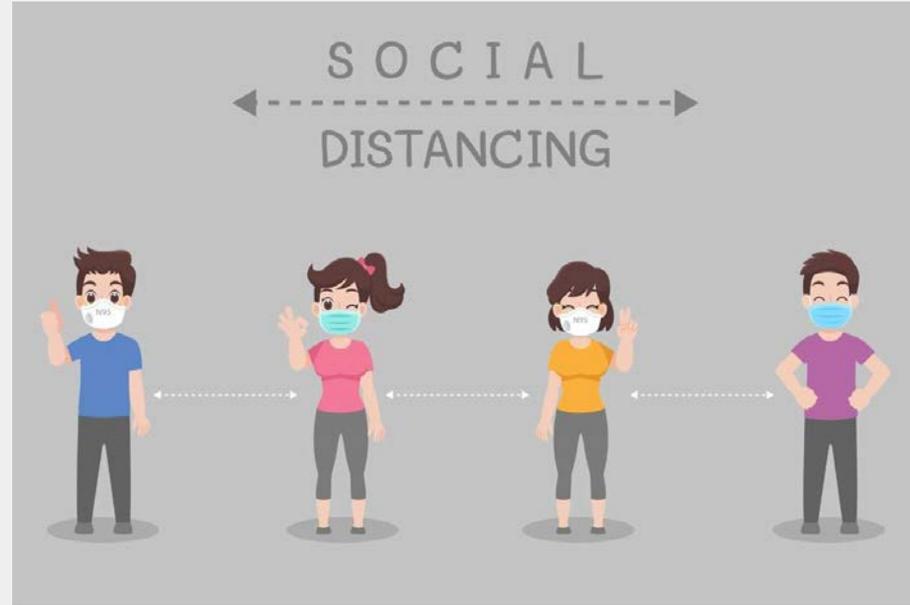
Scenario 2:

Someone who you either don't know/ don't live with is not maintaining a good social distance (6 feet) between you and them which is making you uncomfortable. What do you do?



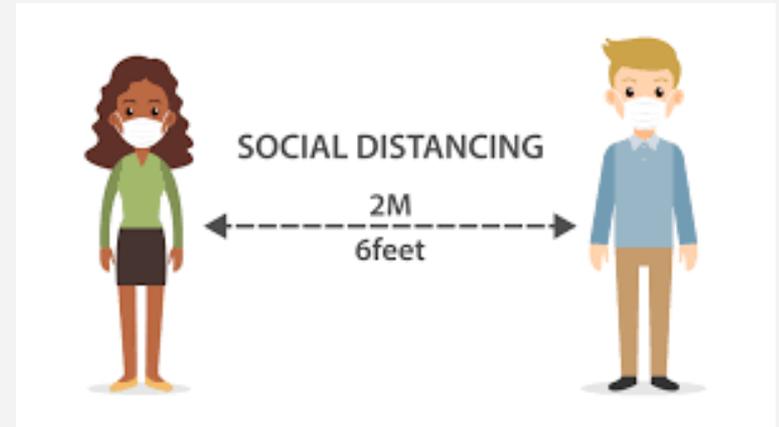
So what should I do?

- Politely ask them if they can distance themselves! **Don't be intimidated** by upperclassmen, many people will understand!
- If you feel uncomfortable asking, then try removing yourself from that position
- Remember your **RA** can discuss any concerns you have with your roommate, so talk to your **RA**!
- Capacity limits will be enforced in campus spaces such as classrooms, the dining hall, and other large meeting rooms.
- Furniture is arranged or marked to designate socially distanced seating.



Why maintaining a social distance of 6 feet is important!

- “COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period
- Social distancing helps limit instances of two people concurrently touching a surface and indirectly transmitting the disease to one another
- Although the risk of severe illness may be different for everyone, anyone can contract and spread COVID-19



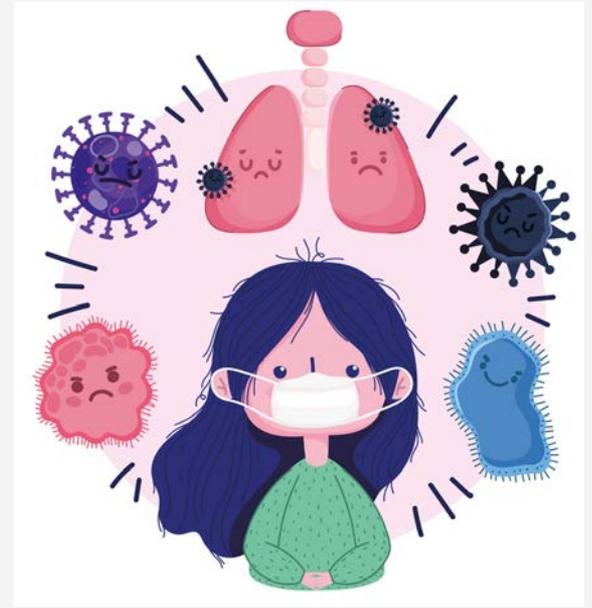
Scenario 3:

Your roommate(s) want to have a lot of people over in your dorm but you are uncomfortable with that. What do you do?



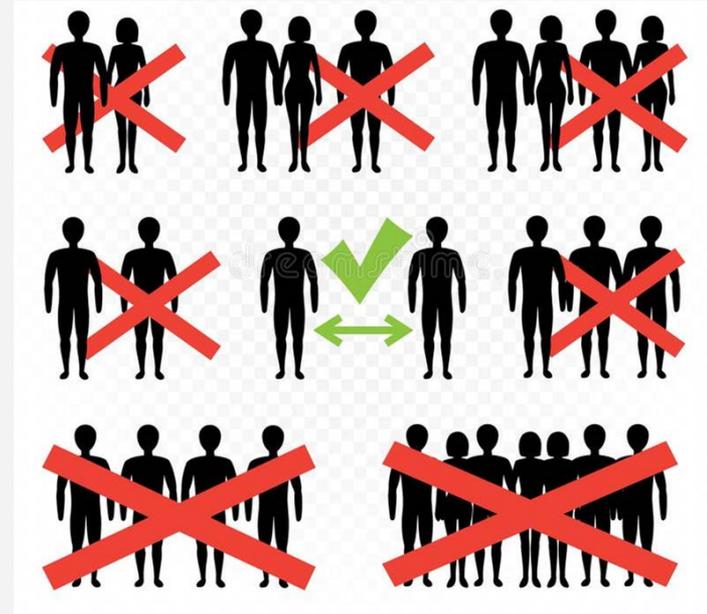
So what should I do?

- You are **not** allowed to have non-AC or other students not living in your designated hall to visit
- First: student will be warned; Second: will be possible disciplinary action; Third: student may face removal from campus housing or the College.
- Establish boundaries (roommate contract) **before** you get to school or start classes
- Respect your roommate(s) boundaries so they will respect yours
- Remember you can always speak to your RA/RM/AC if you feel like you are uncomfortable or need help in how to approach a situation
- Austin College cares about you and wants you to always feel safe so **never** be afraid to reach out



Why it is important to limit the amount of people you surround yourself with!

- If Austin College has a **COVID** capacity for classes **you** can for your dorm as well!
- In a small dorm with one or more roommates it is hard to have a group of people over and maintain a social distance
- Having more people means more **risk of exposure**



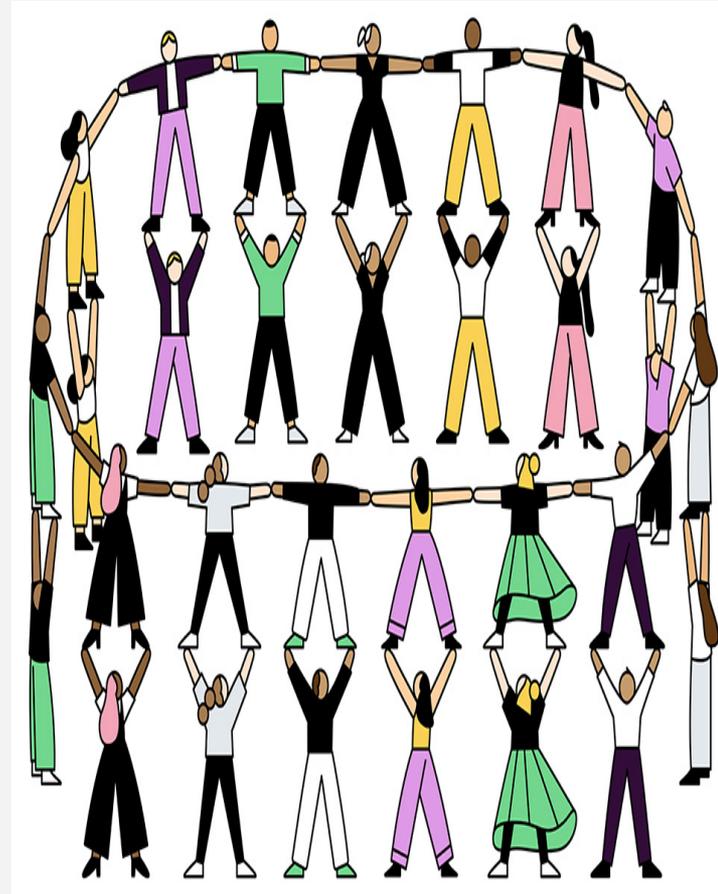
Scenario 4:

Your friends suggest you and a group of friends should go to a party but you are concerned about possible exposure. What do you do?



So what should I do?

- Avoid large gatherings including parties until it is safe to do so
- Remember that AC is a small school and almost all parties are **packed tightly** with people and considering that Austin College have a very diverse student body.
- We can't prevent you from partying so it is up to you and your friends to hold each other responsible for their actions and remember ACPD will be on the lookout!
- It is a community effort, so the quicker you follow the rules the quicker we can overcome this!



Why staying away from parties is important!

- COVID-19 spreads through prolonged close contact and respiratory droplets. At parties, where students are crowded together and breathing more forcefully as they try to talk over the music or as they're dancing, it is almost impossible to not put **yourself at risk**
- The "highest risk of COVID-19 spreading in 'large gatherings' is large in person gatherings where it is difficult for people to remain at least 6 feet apart and attendees travel from **outside** the local area (CDC,2020)."



Scenario 5:

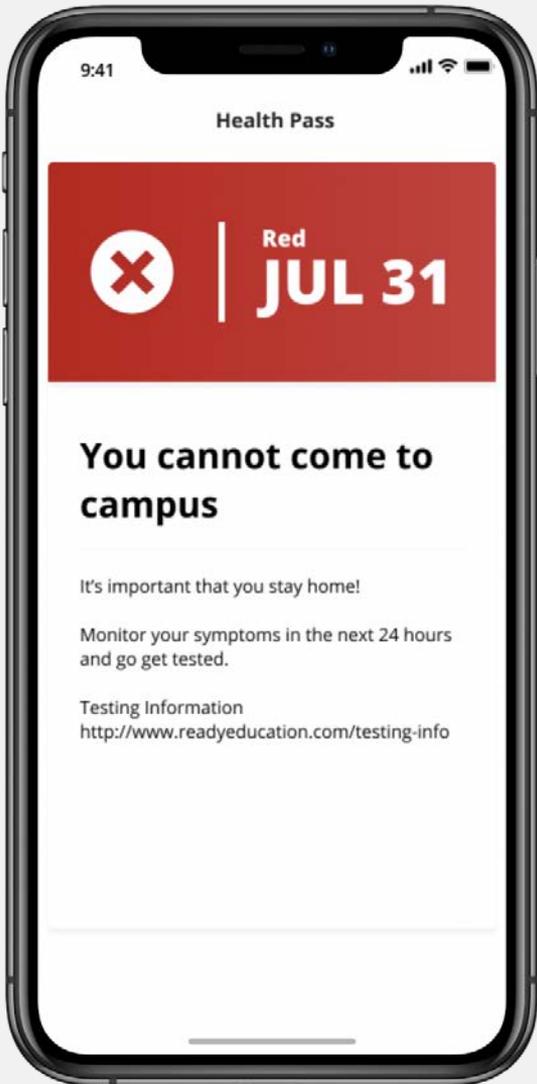
Your friend/roommate says they might have been exposed to COVID-19 and you are concerned about your well-being and theirs. What do you do?



So what should I do?

- Do **NOT** go to class
- Get ahold of the Adams Center on campus by phone (*903.813.2247*)
- Inform people you have been around that you are feeling ill
- Contact **professors/faculty** about your situation
- Get **TESTED**

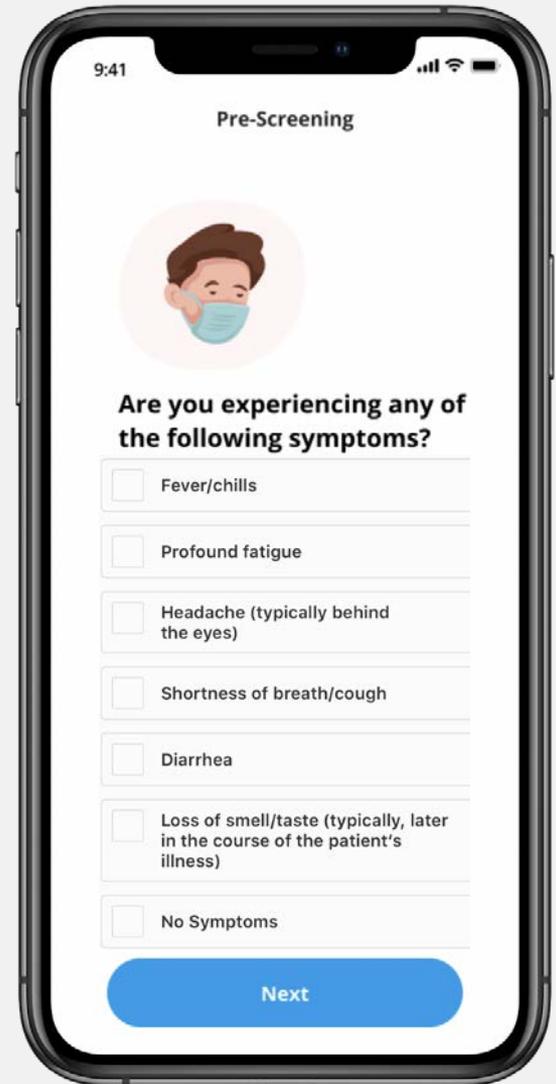




Students must do daily health screens, entering buildings and classrooms, on the **AC Mobile App!**

In order to go to class and be active on campus, the app will display a **green checkmark**, indicating students are clear to go to class!

This will be a mandatory daily screening.



Why it is important to stay home!

- Staying home/in your dorm when feeling ill is the best thing to do because it will **prevent** the spread of COVID-19 throughout AC
 - **Housing on campus has been set aside to isolate or quarantine students as needed.**
- It keeps the people around you safe!
- The AC community has diverse population of students including people with disabilities, by staying home you keep not only yourself safe but others as well!



Senario 6:

You are about to go to class and realize that you cannot find your mask. What should you do?



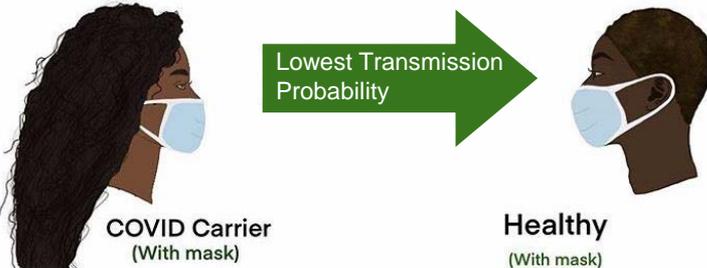
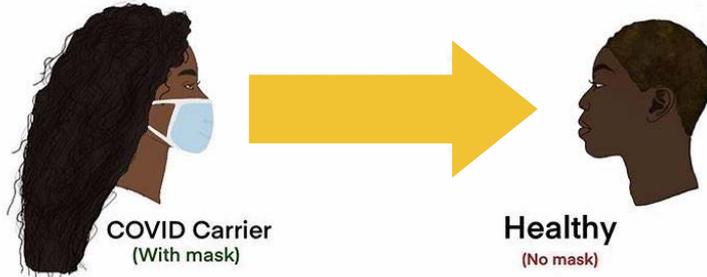
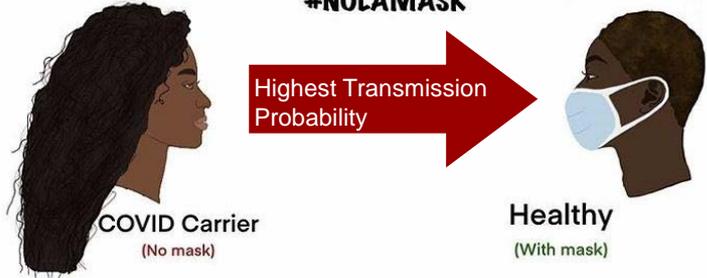
So what should I do?

- Since wearing a mask is **required** on campus no matter which building you are in, **always** have more than one mask!



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Senario 7:

You begin to feel anxious about COVID on campus and it begins to affect your mental health? What should you do?

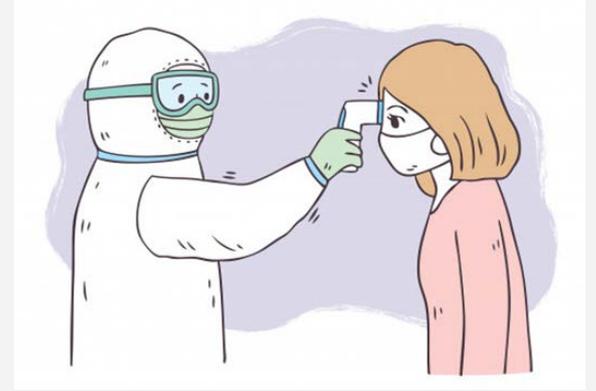
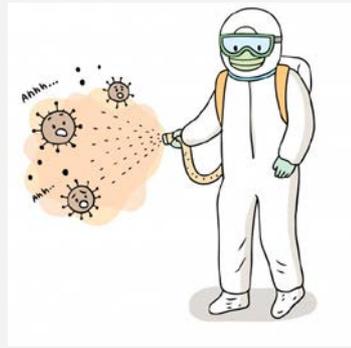


Why taking care of mental health and coping with stress important?

- There are **counselors***** on campus that are available and RA's are *alwaysthere* to discuss worrying topics
- Meditation, stretching, eating healthy, exercising, and getting sleep
- Try connecting with others and talking to peers that you trust to express how you are feeling [1 1].

****students wanting an appointment should call Adams Center at 903.813.2247 or stop by to make an appointment*





MYTH OR FACT?



You can get a face mask exempt card to stop you from wearing a face mask.

THIS IS A MYTH

TRUTH IS: The United States Department of Justice has issued a statement about these fake mask exemptions, explaining that these cards and flyers are *fraudulent*. The cards are not issued by the U.S. government and are not backed by the ADA.

Masks should **not** be worn by:

- Children younger than 2 years old
- Anyone who has trouble breathing
- Anyone who is unconscious, incapacitated, or otherwise unable to remove the mask without assistance

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/2019-novel-coronavirus-myth-versus-fact>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

The prolonged use of medical masks when properly worn, *does* cause CO₂ intoxication and oxygen deficiency

THIS IS A MYTH

TRUTH IS: It does not lead to CO₂ intoxication nor oxygen deficiency. While wearing a medical mask, make sure it fits properly and that it is tight enough to allow you to breathe normally.

Oxygen molecules (0.12 nm) and CO₂ molecules (0.23 nm) are small enough to pass through the mask (compared to the COVID-19 virus, which is 120 nm).

COVID-19 can
spread in hot and
humid climates

THIS IS A FACT

COVID can spread in every climate regardless of temperature. In fact, cases surged throughout the summer. The best way to protect yourself is by maintaining physical distance of at least 6 feet from others, wearing a face mask, and frequently cleaning your hands.

Young adults *can not* be infected by the COVID-19 virus

THIS IS A MYTH

TRUTH IS: People of **all ages** can be infected by the COVID-19 virus. *Young adults are still vulnerable to becoming sick and hospitalized.*

Older people, and people with pre-existing medical conditions appear to be *more vulnerable* to becoming severely ill with the virus.

People of **all ages** to take steps to protect themselves.

Antibody testing
shows if someone
is immune to
COVID-19

THIS IS A MYTH

TRUTH IS: Antibody testing **does not** show if someone is immune to COVID-19. Individuals that have gotten COVID or are antibody positive are susceptible to getting it again, meaning that everyone should consistently follow COVID protocols, regardless if he/she has already gotten the virus.

A vaccine to cure
COVID-19 is *not*
available.

THIS IS A FACT

There is currently no definite vaccine for the coronavirus right now. Although there are some vaccines in Phase 3 clinical trial, it has not been confirmed or released to the public.

<https://www.nih.gov/news-events/news-releases/phase-3-clinical-trial-investigational-vaccine-covid-19-begins>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/2019-novel-coronavirus-myth-versus-fact>