

COVID-19 Awareness Training

A quick guide to interacting at UA

**For the most up-to-date information, please visit the dedicated
Return to Campus website at: www.uakron.edu/return-to-campus**

Disclaimer: Although UA cannot guarantee the safety of its students, the information contained in this training, and on the Return to Campus web page, is designed to help our community minimize the spread of COVID-19 as we return to campus. UA has used the most up-to-date sources and information at the time of preparation of this training and will continue to update the Return to Campus page during the semester.

OVERVIEW

YOU play a vital role in helping ensure a healthy educational, recreational, and living environment for all Zips.

As a community, we have a responsibility to keep our University safe and healthy.

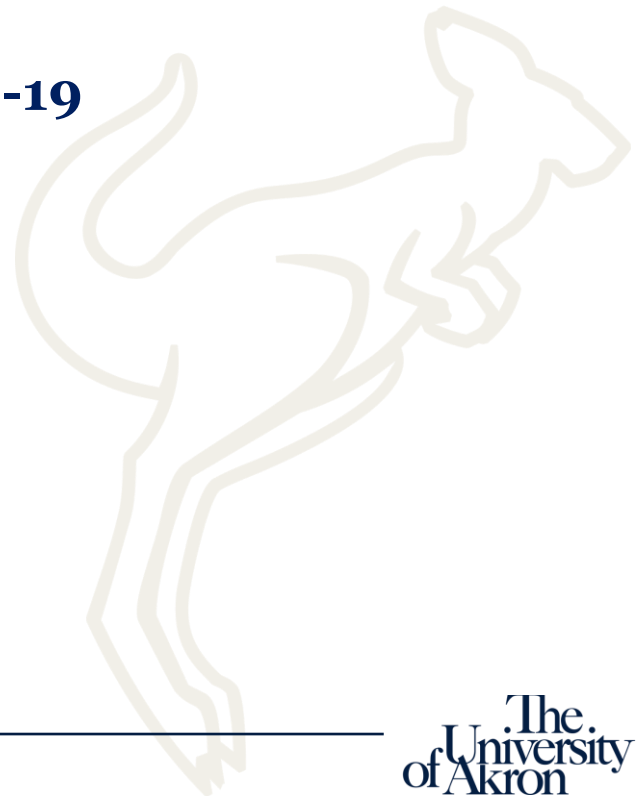
1. General Information about COVID-19

2. Return to Campus

- Classroom and workplace expectations
- Dining, Living, Working, and Engagement

3. Wellbeing & Support

- Where to go
- What to do
- Resources



ZIPS RISE TOGETHER.

*Each member of our University plays an important role in creating a responsible **AKRON** community. We ask all Zips to follow the A.K.R.O.N. pledge.*

- **A** lways wear a mask while on campus
- **K** eep at least 6 feet away from people
- **R** efrain from touching your eyes, nose, and mouth
- **O** ften wash or sanitize your hands and keep your space clean
- **N** otice any symptoms? Stay home and call your doctor or Health Services right away.

Faculty, staff, students, and guests must join together to create a safe working and educational environment.

Here's how YOU can help and what is expected of every Zip!



WHAT IS...

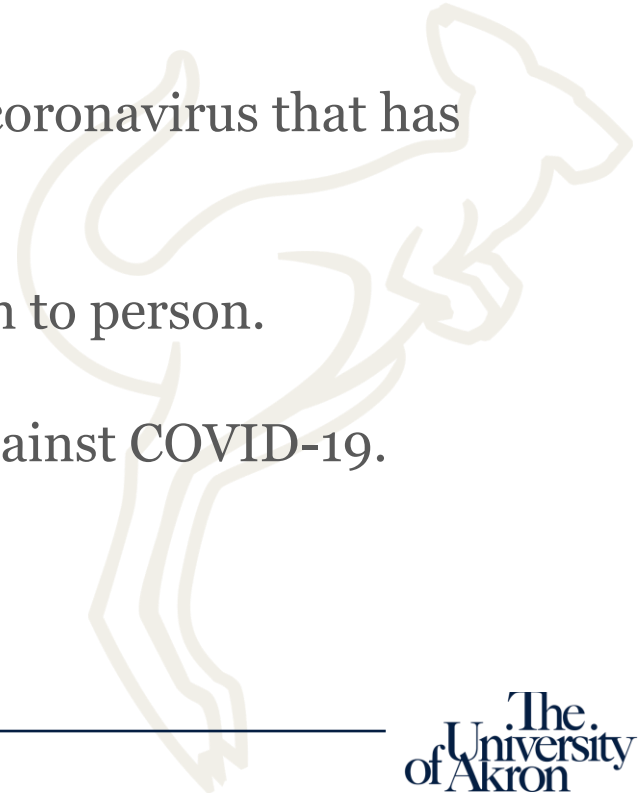
COVID-19

www.uakron.edu/coronavirus



CORONAVIRUS

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2).
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 is primarily spread from person to person.
- There is currently no vaccine to protect against COVID-19.



[Resource: www.CDC.gov](http://www.CDC.gov)

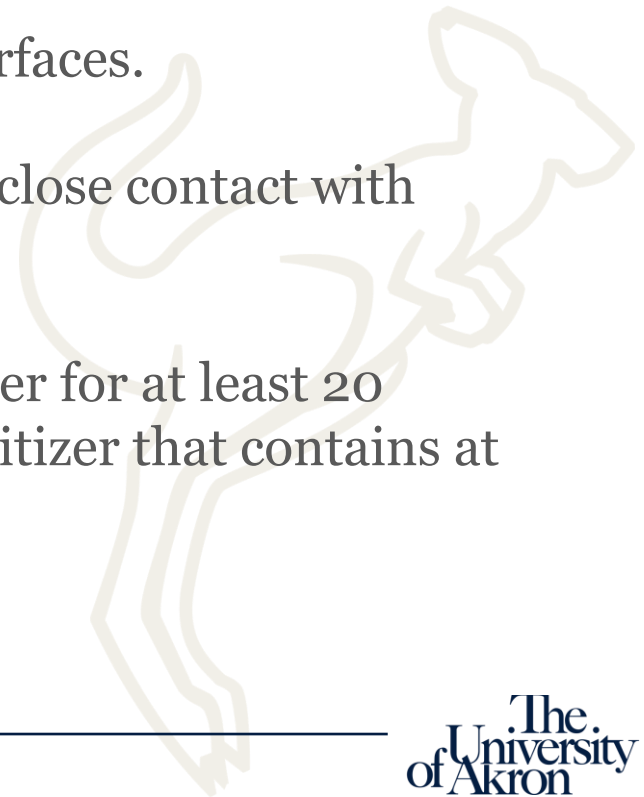
CONTACT TRACKING & ACTION NEEDED

Risk Category	Description	Actions
High Risk	Persons with symptoms of and/or diagnosed with COVID-19	Requires Isolation
Medium Risk	<ul style="list-style-type: none">• Exhibits no active COVID-19 symptoms.• Persons who have possible exposure based on travel.• Persons who have possible exposure based on close contact case of COVID-19 (positive or suspected)	Requires Quarantine
Low Risk	<ul style="list-style-type: none">• Exhibits no active COVID-19 symptoms.• Persons who have possible exposure based on proximate contact case of COVID-19 (positive or suspected)• Persons who are a contact of a contact	Requires Self-Monitoring

[Resource: Florida Atlantic University](#)

STOP THE SPREAD

- Stay home if you are sick, except to get medical care.
- Wear a cloth face covering that covers your nose, mouth, and chin in public settings.
- Clean and disinfect frequently touched surfaces.
- Stay home as much as possible and avoid close contact with others.
- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



[Resource: www.CDC.gov](http://www.CDC.gov)

Stop the Spread Pop Quiz!

What are three ways you can help stop the spread of COVID-19?
Click on the correct response.

1. Disobey official guidelines
2. Don't worry, you probably won't get it
3. Do the Hokey Pokey and turn yourself around

1. Wash your hands often
2. Wear a facemask in public spaces
3. Watch your distance: keep 6 feet between you and the next person

My Fellow Zip

I had COVID-19.

These are serious times. I hope you never have to experience COVID-19 symptoms or the aftermath of it.

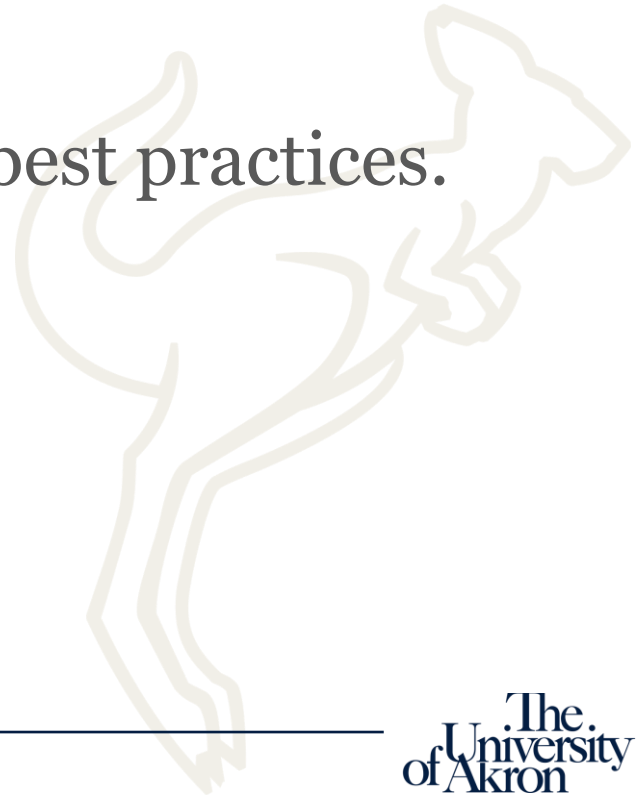
I also hope you never have to see a loved one suffer from COVID-19.

Click to
continue 

Nice job!

Wash hands, wear a mask, and watch your distance are three things that will help slow the spread.

They aren't perfect but they are best practices.



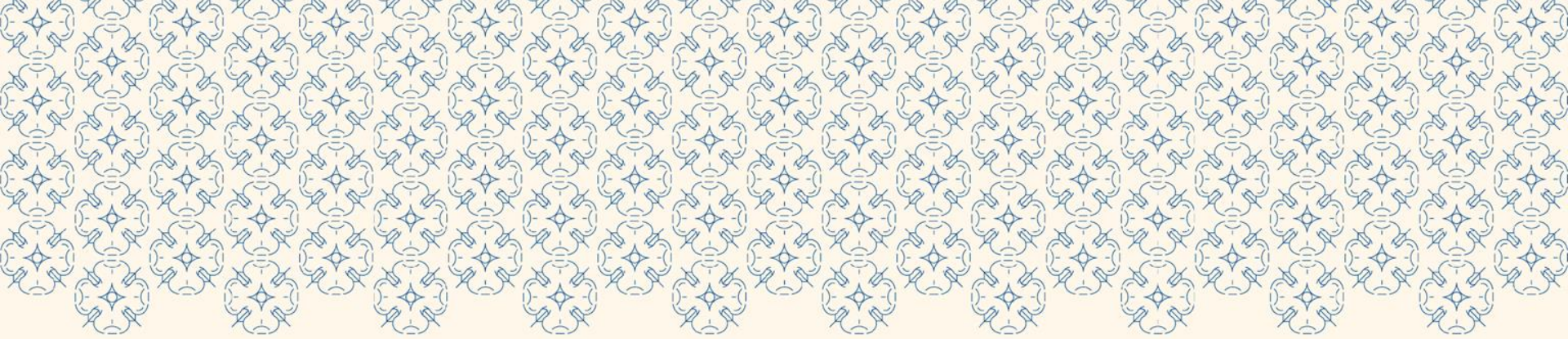


CREATING A SAFE..

CAMPUS ENVIRONMENT

www.uakron.edu/return-to-campus



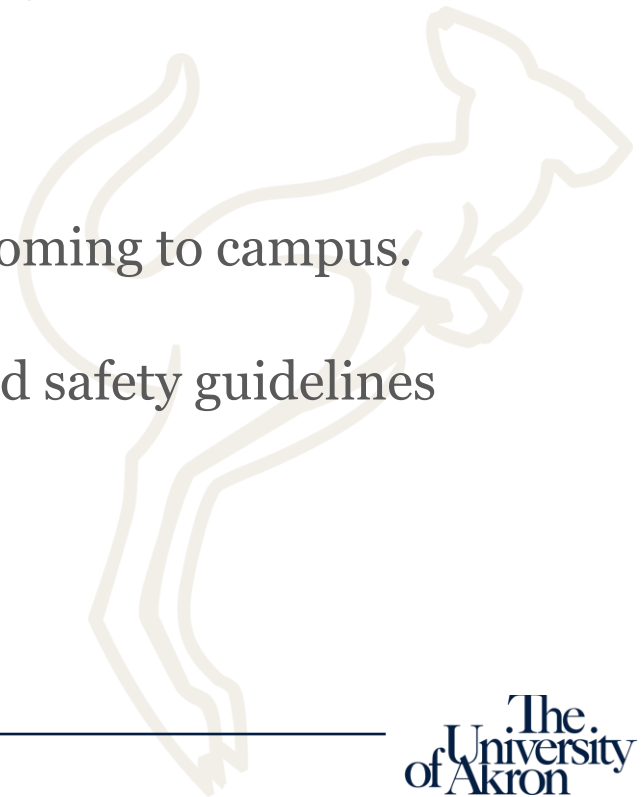


GENERAL INFORMATION

- The University plans to reopen for the Fall 2020 semester
- Campus committees, comprised of over 60 staff, faculty, and students, have been working since April to prepare for the semester and regular updates have been shared.
- Campus this fall will include a combination of face-to-face, hybrid and online courses.
- The University will continue to follow guidance and regulations set forth by the CDC and State of Ohio

CAMPUS EXPECTATIONS

- Cloth face coverings that cover the nose, mouth and chin must always be worn in public except while eating or alone in a private room, laboratory, or work area as recommended by the Centers for Disease Control and Prevention (CDC) and in accordance with state, county, and city laws.
- Maintain six feet of social distancing.
- Temperature checks are required before coming to campus.
- Follow posted signage as well as health and safety guidelines communicated by the University.



www.uakron.edu/return-to-campus



FACE COVERINGS

- [Facemasks](#) have been shown to be effective at limiting the spread of COVID-19.
- The use of face coverings helps protect our fellow Zips and build a healthy campus community.
- Cloth face coverings that cover the nose, mouth and chin must always be worn in public. Facial shields, by themselves, do not provide the same protection as cloth facial coverings
- Mask use is strictly enforced for everyone's safety.
- Violation of the [policy](#) puts others at risk; therefore, violators are subjected to discipline through the Office of Student Conduct and Community Standards or the Office of Human Resources.
- **Students:** If you have been advised not to wear face coverings due to health reasons, please contact the Office of Accessibility at access@uakron.edu to request medical accommodation.
- **Employees** (professional & student): If you have been advised not to wear face coverings due to health reasons, please contact Human Resources at benefits@uakron.edu to request medical accommodation.

[Reference: www.uakron.edu/return-to-campus/face-coverings](http://www.uakron.edu/return-to-campus/face-coverings)

DAILY HEALTH MONITORING

Before coming to campus for class, work, or recreation:

- Conduct self-assessment and **do not** enter a facility if you are exhibiting symptoms or have been exposed to COVID-19.
 - Resource: [CDC Symptom Self Checker](#)
- Take your temperature
 - If you have a temperature reading of 100.4°F/38°C or above the following actions must be taken
 - Individuals should self-isolate until they are fever-free without medication for more than 72 hrs.
 - Individuals should continue to monitor new or worsening symptoms.
 - Individuals should seek medical attention if condition worsens.
 - To ensure an accurate temperature measurement please
 - Take temperature before taking any fever reduction medicines, such as Tylenol.
 - Do NOT take temperature within 30 minutes of physical activity such as working out.

[Reference: www.uakron.edu/return-to-campus](http://www.uakron.edu/return-to-campus)

UNDERSTAND TERMS & KNOW WHAT TO DO.

This image provides guidance on when you should contact a healthcare provider and defines a few key terms.

WHAT TO DO COVID-19 Decision Tree
https://www.uakron.edu/healthservices/docs/decision-tree.pdf?language_id=1

Do I Need to Stay Out of Circulation for COVID-19?

This guide is for people **WITHOUT SYMPTOMS** of COVID-19 who are **NOT HEALTH CARE WORKERS**.



PERSON WHO TESTED POSITIVE FOR COVID-19



SHOULD BE IN ISOLATION



SITUATION A = CLOSE CONTACT with COVID-19:
Self-quarantine for 14 days. Watch for symptoms. If symptoms develop, call Student Health Services (students) or your healthcare provider (faculty/staff).



SITUATION B:
Practice social distancing. If you develop symptoms, call Student Health Services (students) or your healthcare provider (faculty/staff).



SITUATION C:
Practice social distancing. If you develop symptoms, call Student Health Services (students) or your healthcare provider (faculty/staff).



PERSON WHO WAS TESTED & IS AWAITING TEST RESULTS



SHOULD BE IN ISOLATION



SITUATION X = CLOSE CONTACT with person being tested:
 Follow the guidance for **Situation A** until you learn if they tested negative. If they test positive, keep following advice for **Situation A**.



SITUATION Y:
 Follow the guidance for **Situation B** until you learn if they tested negative. If they test positive, keep following advice for **Situation B**.



SITUATION Z:
Practice social distancing. If you develop symptoms, call Student Health Services (students) or your healthcare provider (faculty/staff).



PERSON WHO FEELS WELL BUT TRAVELED IN A LEVEL 3 AREA



SHOULD BE IN QUARANTINE



SITUATION 1 = CLOSE CONTACT with the person who traveled:
Practice social distancing. Watch for symptoms. If you develop symptoms, call Student Health Services (students) or your healthcare provider (faculty/staff).



SITUATION 2 or 3:
Practice social distancing. If you develop symptoms, contact Student Health Services (students) or your personal health care provider (staff/faculty).



DEFINITIONS & TERMS:

Isolation is for people with symptoms.

Quarantine is for people without symptoms.

Symptoms of COVID-19 are fever/cough/shortness of breath.

Close contact means being within 6 feet (2 meters) of a person for greater than 15 minutes period of time OR having direct contact with infectious secretions (e.g., coughed/sneezed on).

Social distancing means avoiding gatherings, staying 6 feet (2 meters) away from other people, working from home, if possible, etc.

NOTES:

- If you have a connection that is **more distant** than the options described above, **practice social distancing** (recommended for everyone).
- Everyone, regardless of symptoms, should keep track of where they've been in the past 7-10 days (other counties, classes, events, gatherings, stores, etc.) in case symptoms develop later on.

Quarantine Calculator

HOW TO CALCULATE WHEN YOUR QUARANTINE PERIOD ENDS

You will need to stay in quarantine for 14 days from the date that you last had close contact with an infected person.

Close Contact-Being in contact with another person less than 6 ft. (2 meters) apart for greater than 15 minutes, or having direct contact with infectious secretions (e. g., coughed/sneezed on, sharing of utensils or saliva or providing care without wearing appropriate protective equipment).

WHAT IF I DO NEED TO QUARANTINE?

This Quarantine Calculator provides guidance on (if exposed) how long you will need to stay in quarantine.

1. You have no further contact with the infected person

Your last day of quarantine is 14 days from the date when you last had close contact with them.

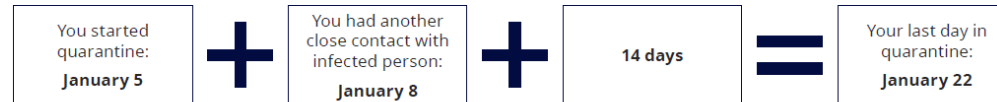


2. You continue to have contact with the infected person (For example, you live with and/or care for the person with COVID-19)

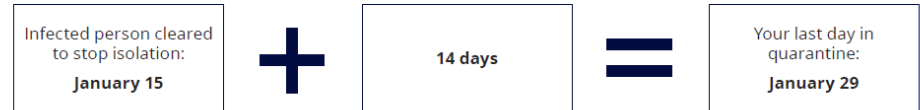
A. If you can avoid close contact, your last day of quarantine is 14 days from the date the infected person(s) in your household started to follow Home Isolation Instructions for People with COVID-19.



If you have close contact with that person at any point, the 14-day quarantine period will have to restart from the last day that you had close contact.



B. If you cannot avoid close contact, your last day of quarantine is 14 days from the date the infected person was told that they are “cleared” to stop isolation.



3. You received a Quarantine Order but don't know when you were exposed

Your last day of quarantine is 14 days from the date of the issue on the Order.



STOP THE SPREAD – What should I do if...

○ I'm not feeling well

- Stay home if you are sick or exhibiting any symptoms.
- Contact Student Health Service or your medical provider.
- **Students:** Notify your instructors via your University email and do not attend in-person classes
- **Employees (professional & student):** Notify your immediate supervisor.

○ I've been instructed to quarantine

- Stay home; avoid spending time with others; do not use fitness or indoor recreation areas.
- If you develop symptoms contact Student Health or your medical provider for guidance.
- **Students:** Notify your instructors via your University email and do not attend in-person classes.
- **Employees (professional & student):** Notify your immediate supervisor.

○ I test positive for COVID-19

- Closely monitor your symptoms and follow medical orders.
- Follow CDC guidelines for isolation.
- **Students:** Notify Student Health Services at 330-972-7808 and your instructors via your University email and do not attend in-person classes.
- **Employees (professional & student):** Notify your immediate supervisor.

○ I have a meal plan and need to self-quarantine

- Have someone pick up meals for you or have them delivered
- **Students:** Specific instructions will be shared through Dining Services and Residence Life and Housing.

[Resource: www.CDC.gov](http://www.CDC.gov)

Halftime Pop Quiz!

Who is the only MAC football team to beat Ohio State?
Click on the correct response.

Your University of Akron Zips

Kent State University

(Hint: don't click on this one unless you want to see what happens when you mess with Zippy!)

My Fellow Zip

Kent State is our rival: Click to watch this YouTube video.

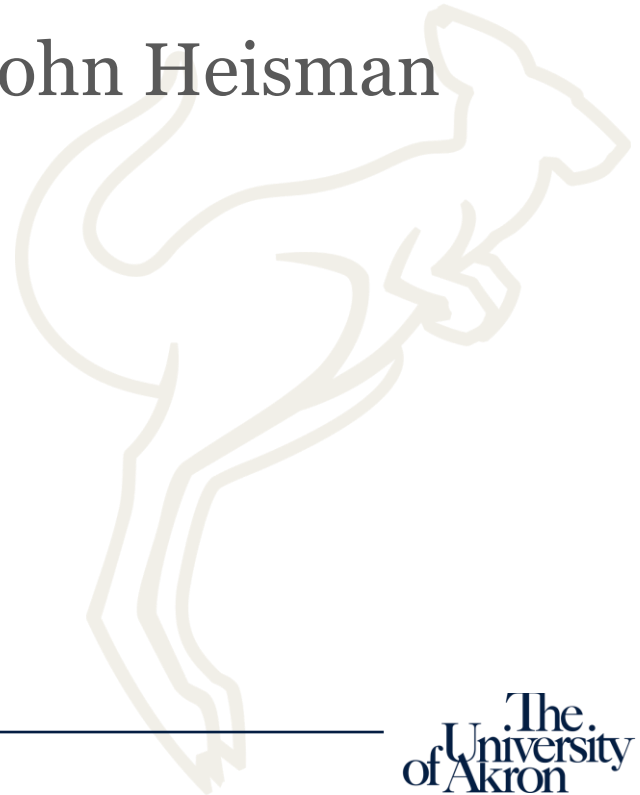


Click to
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You better believe it!

Ok, so it was way back in 1894 when we were Buchtel College.

But we did beat them 12-6 and John Heisman was our coach!

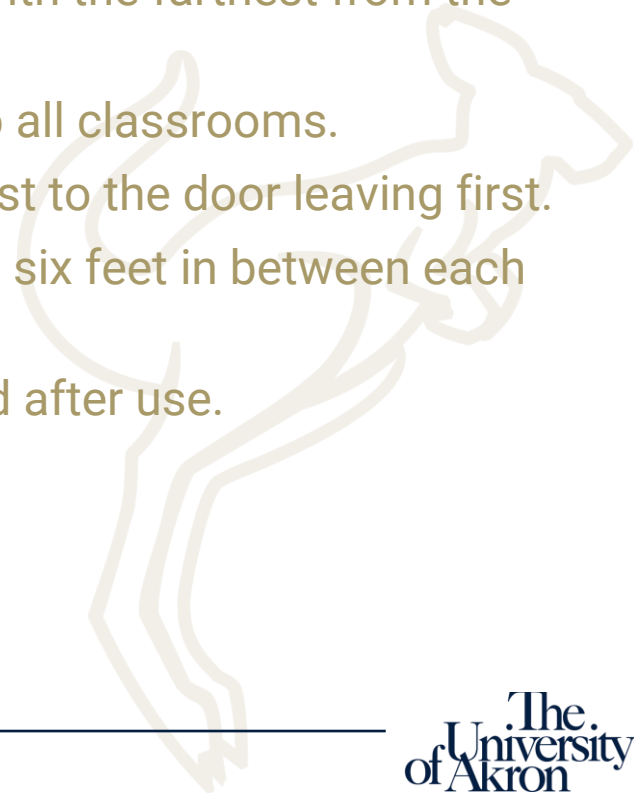


HEALTHY LEARNING & WORKING

In addition to following University-wide expectations, here is specific instruction for navigating campus.

ROOM Expectations (Classroom, meeting rooms, etc.)

- Seating will be blocked off or removed to ensure physical distancing.
- Fill in available seats as you enter starting with the farthest from the door.
- Hand sanitizer will be present at the entry to all classrooms.
- Exit rooms in small groups with those closest to the door leaving first.
- Wait patiently to move about the space with six feet in between each person.
- Desks and high-touch areas will be sanitized after use.



www.uakron.edu/return-to-campus



HEALTHY LEARNING & WORKING

In addition to following University-wide expectations, here is specific instruction for navigating campus.

Navigating BUILDINGS

- Follow posted elevator capacity signs.
- Avoid congregating in common spaces.
- Adhere to signage and space protocol.
- Maintain six-foot separation lines.



[Reference: www.uakron.edu/return-to-campus](http://www.uakron.edu/return-to-campus)

CREATING A SAFE ENVIRONMENT

○ Sanitizing & Cleaning Protocols

- Hand sanitizing stations have been stationed throughout campus buildings.
- Water fountains have been deactivated for public health reasons. Those with bottle fillers will be able to fill water bottles.
- Virex is a work surface disinfectant product, which requires you to spray it on a surface and let it sit for 10 minutes undisturbed to kill viruses.
- Extensive cleaning and disinfecting will occur nightly by facilities personnel following CDC Guidelines.

Virex should be used to sanitize high-touch surfaces

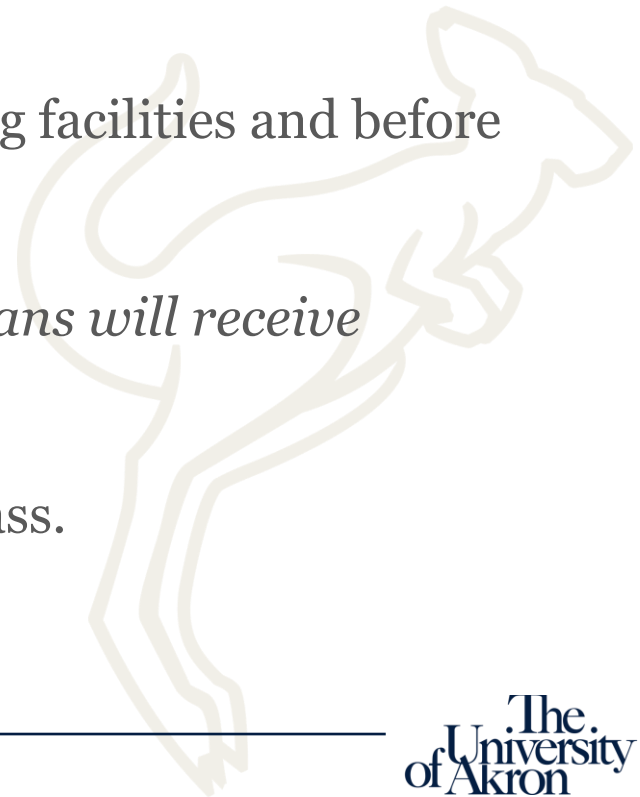
- Desks, Tables, and Countertop surfaces
- Seating and Furniture
- Door handles and buttons [such as elevator selections]
- Keyboards



www.uakron.edu/return-to-campus

EATING ON CAMPUS

- Face coverings should be worn at all times, with the exemption of while you are eating or drinking.
- Observe signs, wear a face covering and keep your distance while ordering or waiting for food.
- Wash or sanitize your hands upon entering facilities and before you eat.
- *Resident students and those with meal plans will receive detailed information.*
- Refrain from eating or drinking during class.



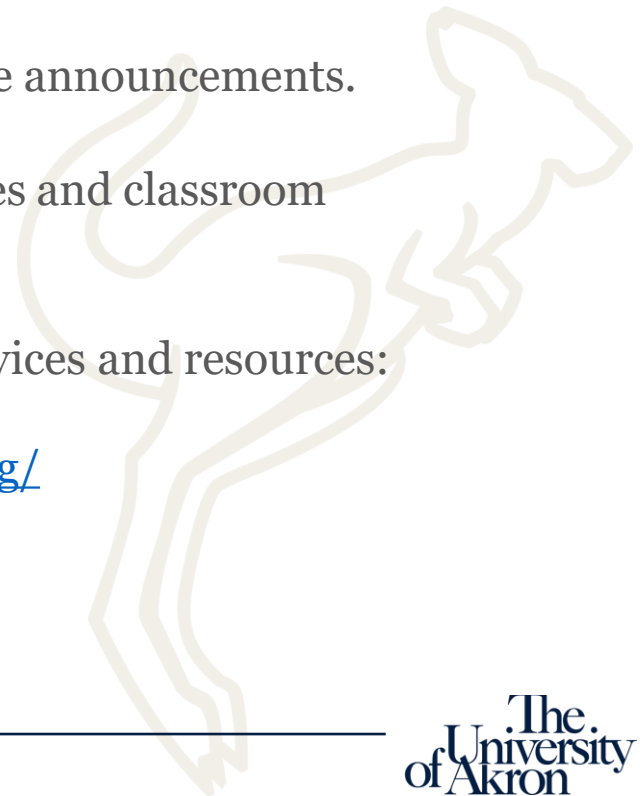
www.uakron.edu/return-to-campus

HEALTHY LEARNING & WORKING

We each make individual choices throughout our day. As a community, we have a responsibility to keep our University safe and healthy.

YOU play a vital role in helping ensure a healthy educational, recreational, and living environment for all Zips.

- Pay special attention to signage and public service announcements.
- When in doubt, ask for help to interpret guidelines and classroom protocol.
- Familiarize yourself with the remote learning services and resources:
Students: www.uakron.edu/keep-learning
Faculty: <https://www.uakron.edu/keep-teaching/>



[Reference: www.uakron.edu/return-to-campus](http://www.uakron.edu/return-to-campus)

INFORMED DECISION-MAKING:

Contributing to a healthy environment for:

- Learning
- Living
- Recreation
- Engaging!

STAY ENGAGED!

<https://www.uakron.edu/return-to-campus/>
<https://www.uakron.edu/rec/return-to-rec>



BE INFORMED:

Know Your Risk During COVID-19

On a scale of 1 to 10,
how risky is...

Ranked by physicians from the TMA COVID-19 Task Force and the TMA Committee on Infectious Diseases.
Please assume that participants in these activities are following currently recommended safety protocols when possible.



Texas Medical Association | 401 W. 15th St. | Austin, TX 78701-1680

www.texmed.org @texmed @wearotma

KNOW THE FACTS.

Help stop the spread of rumors and reduce stigma.

1. Know the facts.
2. Educate yourself and others.

Share facts about COVID-19

Know the facts about coronavirus (COVID-19) and help stop the spread of rumors.

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/share-facts.html>

FACT 1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT 2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT 3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT 4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- When in public, wear a cloth face covering that covers your mouth and nose.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT 5

You can help stop COVID-19 by knowing the signs and symptoms, which can include:

- Fever
- Cough
- Shortness of breath

Seek medical attention immediately if you or someone you love has emergency warning signs, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

NON-COMPLIANCE

Following these guidelines are a new experience for all of us.

We know there is a lot of information to remember. We have posted signage, created a dedicated Return to Campus [website](#), and have resources available.

- Violation of the policy puts others at risk; therefore, violators are subjected to discipline through the Office of Student Conduct and Community Standards or the Office of Human Resources.
- If you have any questions about the policies presented herein, please contact: Dale Gooding at dale2@uakron.edu

Zips Rise Together and with your help, we can maintain a safe and healthy campus.

www.uakron.edu/return-to-campus

ZIPS RISE TOGETHER.

By completion of this resource, I acknowledge that I understand and will abide by the health and safety requirements for COVID-19 set forth by The University of Akron.

I understand that I must follow the A.K.R.O.N. pledge:

- **A**lways wear a mask while on campus
- **K**ee at least 6 feet away from people
- **R**efrain from touching your eyes, nose, and mouth
- **O**ften wash or sanitize your hands and keep your space clean
- **N**otice any symptoms? Stay home and call your doctor or Health Services right away.

Each member of our University plays an important role in creating a responsible **AKRON** community.

[Reference: www.uakron.edu/return-to-campus](http://www.uakron.edu/return-to-campus)

Protect Yourself and Fellow Zips

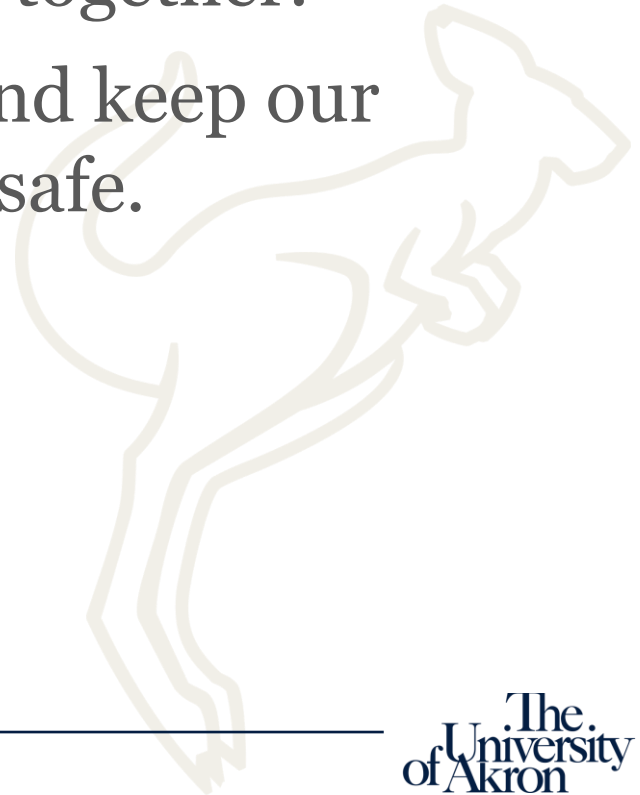
I will abide by University health and safety policies and follow the A.K.R.O.N. pledge.
Click to select your response.

I will

OK, if I must

Thank you!

We appreciate your compliance.
Remember, we are in this together.
It takes every Zip to make and keep our
campus healthy and safe.



Resources for Students



- Student Health Services
 - 330-972-7808 / uakron.edu/healthservices
 - Counseling Services
 - 330-972-7082 / uakron.edu/counseling
 - Return to Campus
 - uakron.edu/return-to-campus
 - Return to Rec
 - uakron.edu/rec/return-to-rec
 - Keep Learning
 - uakron.edu/keep-learning
 - Medical Accommodation
 - 330-972-7928 / uakron.edu/access
 - University of Akron Police
 - Main campus 330-972-2911
 - Wayne College 330-684-8910
 - University Information Line
 - 330-972-7111
-



Resources for Employees



- Student Health Services
 - 330-972-7808 / uakron.edu/healthservices
- Return to Campus
 - uakron.edu/return-to-campus/employee-protocols
- Return to Rec
 - uakron.edu/rec/return-to-rec
- Keep Teaching
 - uakron.edu/keep-teaching
- Medical Accommodation
 - benefits@uakron.edu (Human Resources)
- University of Akron Police
 - Main campus 330-972-2911
 - Wayne College 330-684-8910
- University Information Line
 - 330-972-7111



Specific Group Resources

○ Residential Students

- reslife@uakron.edu
- uakron.edu/return-to-campus/residence-halls-and-dining#halls

○ International Students

- international@uakron.edu
- uakron.edu/international/return-to-campus

○ Student Athletes

- GoZips.com/ZipsGameplan

Students: If you have questions or concerns regarding your enrollment, please contact the ZipAssist team who will provide you resources or connect you with a content expert on campus.

○ Help-A-Zip Referral Form: uakron.edu/referral

○ UA COVID-19 Decision Tree: https://www.uakron.edu/healthservices/docs/decision-tree.pdf?language_id=1df

○ Proper Handwashing: www.cdc.gov/handwashing

○ CDC Symptom Checker: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

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Updated: August 4, 2020