



RETURNING TO CAMPUS

Safe Conduct Regarding Exposure to Viruses



“Our top priority is – and always will be – to promote the health and safety of all of our students, faculty and staff ... Aggies take care of each other. We must also serve to protect the communities in which we learn and live.”

- President Michael K. Young

LEARNING OBJECTIVES



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By the end of this training, students will be able to:

- Identify methods by which infectious diseases can spread
 - List steps to combat the spread of infectious diseases
 - Identify the steps for proper handwashing
 - Define respiratory etiquette and identify methods to practice respiratory etiquette
 - Identify ways to protect other students on campus from spread of infectious diseases
 - Identify actions to take if you think you may have COVID-19
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HOW RESPIRATORY VIRUSES SPREAD



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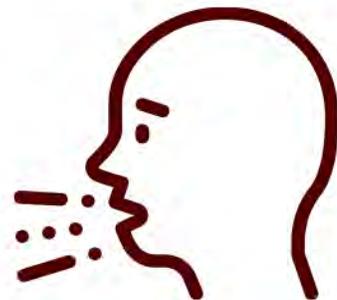
DIRECT CONTACT

skin-to-skin contact (shaking hands, hugging, kissing, etc.)



DROPLET SPREAD

spray produced when a person sneezes, coughs, sings, or talks



AIRBORNE TRANSMISSION

agents carried by dust or small droplets suspended in the air



VEHICLES

spread by food, water, blood, and fomites (objects like door handles, phones, elevator buttons, etc.)



SYMPTOMS OF COVID-19



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ASYMPTOMATIC



Some may not experience symptoms but can still spread the virus.

FEVER OR
CHILLS

SHORTNESS OF BREATH
OR DIFFICULTY BREATHING

COUGH

FATIGUE

HEADACHE

NAUSEA

MUSCLE OR BODY ACHES

CONGESTION OR RUNNY NOSE

NEW LOSS OF TASTE OR SMELL

SORE THROAT

DIARRHEA

VOMITING

People with COVID-19 report a wide range of symptoms, ranging from mild to severe illness.

Symptoms may appear 2-14 days after exposure to the virus.

Some may not experience symptoms at all, but may still be able to spread the infection to others.

If you feel any of these symptoms, contact Student Health Services or your primary care provider for guidance.



LIMITING THE SPREAD

Limiting the Spread



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There are several important ways to limit the spread of respiratory viruses, including COVID-19:

PHYSICAL
DISTANCING



FACE
COVERING



HAND
WASHING



RESPIRATORY
ETIQUETTE

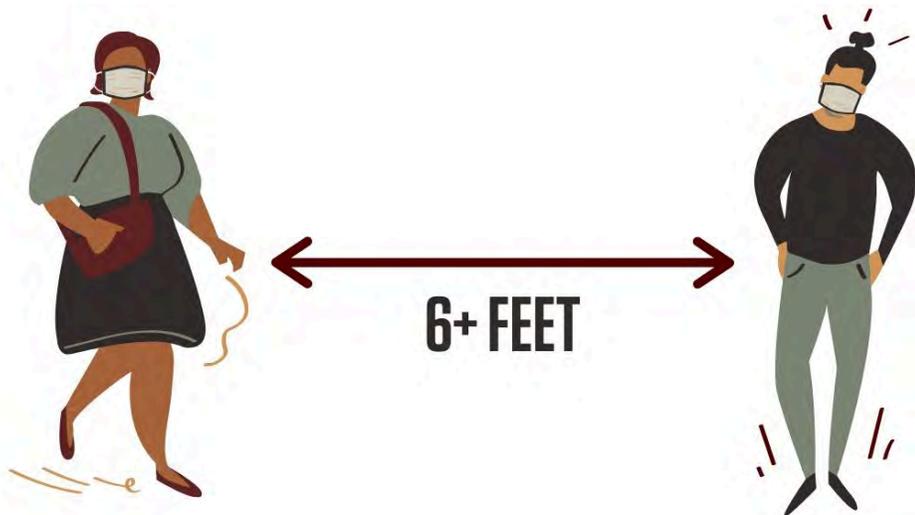


PHYSICAL DISTANCING



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Limit physical distance between yourself and others to reduce the risk of breathing in infected droplets.



- Keep at least **6 feet** between yourself and others
- Limit gatherings that require close contact, and consider virtual meetings when possible
- **Respect communal spaces** and limit the number of people sharing these spaces
 - Respect posted capacity limits on elevators, do not crowd stairwells or hallways, keep distance in seating areas, etc.
- Don't share phones, computers, make-up, or other personal items

FACE COVERINGS



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Per University policy, face coverings must be worn by all individuals (faculty, staff, students, and visitors) on Texas A&M University campuses, including:

- **Indoor public areas on campus**, except where marked, even if you are alone. This includes all non-private office or residential spaces, such as: lobbies, restrooms, classrooms, teaching and research laboratories, common spaces in residence halls, conference rooms, and break rooms.
 - **Outdoor spaces** where six feet or more of physical distancing is difficult to reliably maintain.
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FACE COVERINGS



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- We recommend individuals have **three to seven** face coverings available to use throughout the week in order to begin each day with a new or cleaned face covering.
- Exemptions to the policy may be granted on a case-by-case basis.



FACE COVERINGS



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Coverings should:

- Cover mouth and nose
- Fit snugly but comfortably
- Be secured with ties or ear loops
- Be made of multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape

To safely remove, grasp mask by the ties or ear loops, and be careful not to touch eyes, nose, and mouth. Wash your face covering in a washing machine after each use, and wash your hands after removing from your face.



FACE COVERING POLICY



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Students can report violations of the face covering policy to the Student Conduct Office, but should keep the following in mind:

- A respectful reminder about the expectation to wear a mask is appropriate.
- A student who is not a University official should NOT demand identification or documentation of an exemption from another student.

University officials may report to the Student Conduct Office incidents where a student refuses to either wear a face covering or leave the area. The Student Conduct Code requires that a student provide identification upon the request of a University official.

HANDWASHING



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Frequent hand washing can remove infectious particles from your hands that may have been acquired from touching objects.

When to wash hands:

- After you have been in a public place
- Before touching your eyes, nose, or mouth
- After using the bathroom
- Before, during, and after preparing food
- Before eating
- Before and after caring for someone who is sick
- After changing diapers or cleaning up a child
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food, or animal waste
- After touching garbage



HANDWASHING



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Steps for proper handwashing:

- **Wet** your hands with clean, warm running water, turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

If soap and water is not available, use hand sanitizer and wash as soon you can.

HAND SANITIZER



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Hand sanitizers can quickly reduce the number of germs on your hands in many situations. However:

- Sanitizers do **not** get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals.
- Hand sanitizers under 60% alcohol concentration may not be effective.

How to use hand sanitizer:

- Apply to the palm of one hand (read the label to learn the correct amount).
 - Rub your hands together especially between fingers, tops of hands.
 - Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.
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RESPIRATORY ETIQUETTE



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Many infectious diseases are spread through respiratory secretions (ex: coughing, sneezing, sniffles, speaking, laughing, heavy breathing, etc.)

THIS IS WHY **RESPIRATORY ETIQUETTE** IS SO IMPORTANT!



COVER coughs and sneezes with a tissue, then throw it away



WASH your hands for at least 20 seconds



CLEAN and disinfect surfaces that may have come into contact with droplets (think six feet around you)



WHAT TO DO IF YOU FEEL SICK

IF YOU GET SICK



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If you think you may have COVID-19, follow these tips:

- Call your doctor first before seeking care
- Monitor your symptoms
- Stay home, but if you have to go out, avoid close contact with others

Report your illness to Texas A&M University through the COVID Report Form, linked in the Student Life tab of your Howdy Portal.



IF YOU GET SICK



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- Separate yourself from other people
 - Stay in a specific room and away from household residents and pets as much as possible
 - If you must be around other people, wear a cloth face covering
 - Avoid public transportation and ride-share
 - Monitor your symptoms and follow care instructions from your healthcare provider
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PREPARING WITH ROOMMATES



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CREATE EMERGENCY CONTACT LISTS AND SHARE WITH ROOMMATES

(LIST FAMILY, FRIENDS, HEALTHCARE PROVIDERS, EMPLOYERS, ETC.)

CHOOSE A ROOM IN YOUR HOUSE THAT CAN BE USED TO SEPARATE SICK HOUSEHOLD MEMBERS FROM OTHERS

WATCH FOR SYMPTOMS, LIMIT CLOSE CONTACT, AND SEEK MEDICAL ATTENTION WHEN NEEDED

TAKE PREVENTATIVE STEPS

(WASH YOUR HANDS, AVOID TOUCHING YOUR FACE,
STAY HOME WHEN YOU'RE SICK, PRACTICE RESPIRATORY
ETIQUETTE, CLEAN AND DISINFECT SURFACES)

PREPARING WITH ROOMMATES



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- Clean all “high touch” surfaces frequently
 - phones, remotes, counters, tables, doorknobs, bathroom fixtures, light switches, keyboards, tablets, bedside tables, etc.
- Avoid sharing personal household items, such as drinking glasses, cups, eating utensils, towels, or bedding.
 - Wash these items thoroughly after using them.



SELFLESS SERVICE

PROTECTING FELLOW AGGIES IS OUR RESPONSIBILITY

RESPECT THE BOUNDARIES OF OTHERS



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You have the right to share your personal boundaries with others, and to have your boundaries respected!



BEING AN ACTIVE BYSTANDER



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- Bystander Intervention is recognizing a potentially harmful situation or interaction and choosing to respond in a way that could positively influence the outcome.
- The 3 Ds are bystander intervention strategies you can use to encourage a safe and healthy Aggieland.

DIRECT — DELEGATE — DISTRACT

DIRECTLY ADDRESSES
THE BEHAVIOR

IF YOU DO NOT FEEL COMFORTABLE
OR SAFE INTERVENING, DELEGATE
TO SOMEONE ELSE

DRAWS ATTENTION AWAY
FROM THE BEHAVIOR

Not every strategy may be effective in every situation. For encouraging healthy practices to prevent COVID-19, **direct** and **delegate** may be the most useful.

DIRECT

"PLEASE WASH YOUR HANDS."

"CAN YOU GIVE ME SOME SPACE?"

"REMEMBER, ONE PERSON PER
ELEVATOR."

DELEGATE

ASKING A FRIEND, EMPLOYEE,
PROFESSOR, ETC:

"THAT PERSON IS NOT WEARING A
MASK AND STANDING CLOSE TO
OTHER PEOPLE. CAN YOU HELP?"

When it comes to preventing the spread of viruses, especially COVID-19, being an active bystander embodies the core values of respect and leadership – respect for your fellow Aggies, and leadership in practicing safe and responsible role modeling.



CAMPUS RESOURCES

CAMPUS RESOURCES



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For Students at Texas A&M University – College Station:
Links to campus resources, along with Texas A&M
University COVID-19 guidance, will be located in the
Student Life tab of your Howdy Portal.



Let's return to campus safely,
and
BTHO COVID-19!