



# UNIVERSITY *of* ST. AUGUSTINE *for* HEALTH SCIENCES

## University of St. Augustine for Health Sciences COVID-19 Safety Training

### **Instructions:**

Please complete the required campus COVID-19 safety training before your arrival to a USAHS campus. This training should take approximately 20 minutes. Upon completion, you must complete the COVID-19 Safety Training Acknowledgment Form (page 6), which you will need to present to the campus safety attendant to be admitted to campus.

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## Part 1: COVID-19 Risk and Symptoms

COVID-19 is thought to spread mainly through close contact from person-to-person. Some people without symptoms may be able to spread the virus. We are still learning about how the virus spreads and the severity of illness it causes.

Symptoms can be mild or severe. People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19 (this list does not include all possible symptoms):

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Watch the videos below to learn more about the symptoms, who is at greatest risk, and when to seek care.

<a href="#">COVID-19: When to Seek Care for COVID-19</a>	CDC	1:01
<a href="#">COVID-19: Protect Others. Slow the Spread.</a>	CDC	1:19

## Part 2: Prevention

Authorized COVID-19 vaccines can help protect you from COVID-19. The best way to prevent illness is to avoid being exposed to this virus. The virus is thought to spread mainly from person to person:

- When in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes or talks. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about how this virus spreads.

The good news is that there are ways to help protect yourself and others and slow the spread, including wearing a mask that covers your nose and mouth, staying 6 feet apart from others who don't live with you, getting a COVID-19 vaccine, avoiding crowds and poorly ventilated indoor spaces, washing your hands often with soap and water, and using hand sanitizer if soap and water aren't available.

Watch the videos below to learn more about how to prevent illness.

<a href="#">What You Need to Know About Handwashing</a>	CDC	1:41
<a href="#">Stay Safe from COVID-19: Keep a Safe Distance</a>	CDC	0:49
<a href="#">How to Wear a Mask</a>	CDC	0:25

## Part 3: Personal Protective Equipment (PPE)

Certain personal protective equipment is required when you are on the USAHS campus.

A **three-ply, surgical/procedural face mask** must always be worn when entering/exiting campus and while on campus. USAHS will provide surgical/procedural masks for all students and employees who do not have them.

- As an alternate to a three-ply, surgical mask, N95 or KN95 masks are approved to wear on campus.
- Cloth masks may only be worn over a three-ply surgical mask.
- Face masks will continue to be required regardless of vaccination or booster status.
- Please ensure you are wearing your mask properly, so it covers your nose and mouth.

It is also important to properly dispose of PPE, such as masks and gloves. After properly doffing (removing), dispose of these items in marked receptacles on campus. Do not mix used PPE with regular waste. At home, use a separate receptacle to dispose of used PPE, seal tightly, and follow local waste management protocols.

Watch the videos below for instructions about how to don and doff different types of PPE, as well as how to properly clean a face shield and sanitize hands/gloved hands.

<a href="#">Click here</a> for Instructions for Full Face Shield Disinfection (optional)		
<a href="#">Sequence for Putting on Personal Protective Equipment (PPE)</a>		
<a href="#">Demonstration of Donning (Putting On) Personal Protective Equipment (PPE)</a>	CDC	4:06
<a href="#">Demonstration of Doffing (Taking Off) Personal Protective Equipment (PPE)</a>	CDC	3:26
<a href="#">Hand/Gloved Hand Sanitization</a>	WHO	1:18

## Part 4: Health Screening Requirements and USAHS Reporting Protocols

### **Daily Health Screening Required**

Completion of a daily health screening questionnaire will be required before entry to campus each day and is accessible at this link: <https://reentry.usa.edu/>. Simply answer the questions included on the form prior to arriving to campus, and you will receive confirmation if you are cleared to enter campus.

## COVID-19 Safety Training Acknowledgment

USAHS has implemented enhanced safety measures to mitigate the spread of COVID-19; however, I understand that USAHS cannot guarantee my safety and that safety is a shared responsibility that all individuals present on campus must uphold. While I am on University property, I will follow all CDC and other public health guidance that may be issued from time to time, including but not limited to information described at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>.

I further agree to comply with all rules, policies, procedures, and requirements adopted by USAHS or any of its divisions, schools, departments, or facilities (collectively, "USAHS Guidance") including those relating to safety and sanitation, social distancing, use of face coverings and other personal protective equipment, potential exposures, reporting illness or symptoms, instructions to quarantine or isolate, and other aspects of the COVID-19 emergency and public health crisis.

I will complete a daily health screening, including a temperature check, prior to campus entry each day. Further, I will immediately leave the campus and inform the on-site point of contact and [reentry@usa.edu](mailto:reentry@usa.edu) if I: (a) exhibit any symptoms of COVID-19, (b) learn that I have a temperature of 100.4 degrees or higher, or (c) learn that I have had close contact at any time within the last 10 days with a person either diagnosed with COVID-19 or who is exhibiting symptoms of COVID-19.

I acknowledge I have read the information above and certify that I am responsible for complying with University Guidance. I acknowledge I have completed the required COVID-19 training modules.