

Southeastern Technical College

COVID-19 (Coronavirus) Pandemic Health and Safety Awareness Training

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• *The best way to **protect yourself and others** is to avoid being exposed to the virus that causes COVID-19.*

• *Following safe work practice controls and procedures will help you **protect yourself and others** from COVID-19.*

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Goals and Objectives

Goal: Increase health and safety awareness for individuals with potential exposure to COVID-19.

Learning objectives: Training participants will be able to:

1. Explain basic facts about COVID-19.
2. Assess the potential risks of exposure to COVID-19.
3. Define key steps in protection and infection control.
4. Identify methods to prevent and respond to COVID-19 exposure while at the College or off-site learning facility.

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COVID-19 Basic Facts



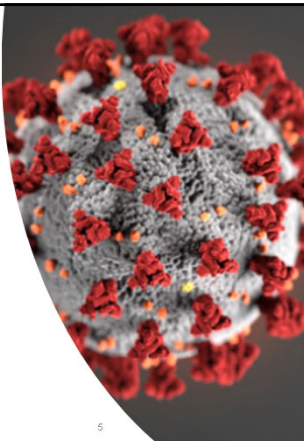
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• Coronavirus, also known as COVID-19 and SARS-CoV-2, is an illness caused by a virus that can spread from person to person.

• The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.

• COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



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HOW COVID-19 IS SPREAD

You can become infected

- by coming into close contact with a person who has COVID-19 (less than 6 feet for greater than 15 minutes),
- from respiratory droplets 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.

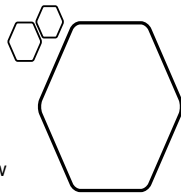


COVID-19 is primarily spread from person to person.

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Incubation Period

- The incubation period is the time between exposure to a virus and the onset of symptoms.
- With COVID-19, symptoms may show 2-14 days after exposure.
- CDC indicates that people are most contagious when they are the most symptomatic.
- Several studies show people may be contagious before developing symptoms.



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Seasonal Flu vs. COVID-19

- COVID-19 has the potential to cause more deaths and hospitalizations.
- COVID-19 is much more infectious and spreads faster than the seasonal flu.



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COVID-19 Can Cause Mild to Severe Symptoms

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SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

FEVER



Symptoms* can include

SHORTNESS OF BREATH



COUGH



*Symptoms may appear 2-14 days after exposure.



Mild Symptoms

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Severe Symptoms

- Get medical attention immediately for:
 - Difficulty breathing or shortness of breath.
 - Persistent pain or pressure in the chest.
 - New confusion or inability to arouse.
 - Bluish lips or face.



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Risk For Severe Illness

- Everyone is at risk of getting COVID-19,
- Older adults,
- People of any age who have serious underlying medical conditions

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Potential for Exposure to COVID-19



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High Risk for Exposure



Full-sized in-person classes, activities, and events. Students are not spaced apart, share classroom materials or supplies, and mix between classes and activities.

May include students and faculty participating in direct patient care clinical experiences.

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Medium Risk for Exposure

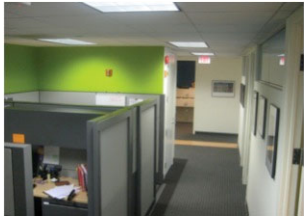
Small in-person classes, activities, and events. Individuals remain spaced at least 6 feet apart and do not share objects

Hybrid virtual and in-person class structures or staggered/rotated scheduling to accommodate smaller class sizes.

The majority of the STC community falls in the medium risk for exposure category.

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Low Risk for Exposure



Faculty and students engage in virtual-only learning options, activities, and events.

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Methods to Prevent COVID-19 Exposure



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STC encourages students, faculty, and staff who have been sick with COVID-19 symptoms, tested positive for COVID-19, or have been potentially exposed to someone with COVID-19 to follow CDC guidance to self-isolate or stay home.

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COVID-19 Self Health Check and Reporting

Faculty, staff, and students are encouraged to self-report a positive COVID diagnosis, symptoms of COVID-19, or close contact with someone diagnosed with COVID-19.


This information is only shared with the College for the purposes of reducing our campus exposure and assisting individuals with the isolation/quarantine period.

Information may also be shared with the Georgia Department of Public Health.

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Face Coverings



- **Everyone on campus** must wear a face covering or mask while in the presence of others.
- Face coverings prevent the spread of respiratory droplets when talking, sneezing, or coughing.
- Face coverings worn by others may protect you from getting the virus.

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Social Distancing



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Proper Handwashing



- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

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- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw away used tissues** in a lined trash can.
- **Immediately wash your hands.**

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Gloves



- In most cases, gloves are typically not necessary.
- You need to wear gloves if you already wear them for your job.
- For example: cleaning and caring for someone who is sick.

Gloves Do Not Replace Handwashing!

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PPE Includes:

- Face Masks
- Face Shields
- Gloves
- Goggles

Personal Protective Equipment

- All PPE Should Be Selected Based Upon the Hazard to the student or employee;
- Consistently and Properly Worn When Required;
- Regularly Inspected;
- Maintained and Replaced, as Necessary.



Follow CDC Guidelines: How to Put On and Remove PPE

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SANITIZATION



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Everyone Should Practice Routine Sanitization of Frequently Touched Surfaces

- An EPA-registered disinfectant should be used to sanitize surfaces (e.g. tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and electronics).
- When using a cleaning product, follow instructions for safe and effective use which may include
 - wearing gloves,
 - making sure you have good ventilation.

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Guidelines for Selecting Disinfectants Used at STC

- All Disinfectant Used at STC Must Be Approved By the STC Director of Facilities.
- To confirm your safety and STC's compliance with federal regulations
- To ensure containers for products are properly labeled.
- To check EPA approval.
- To guarantee MSDS are properly maintained.



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Responding to COVID-19 Exposure

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What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

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Steps to Take if You Have Had Contact

- Stay home and monitor your health
- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19

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People with COVID-19 can still spread the virus even if they don't have any symptoms.

- If you were around someone who had COVID-19, it is critical that you stay home and away from others for 14 days from the last day that you were around that person.
- Staying home and away from others at all times helps your health department in the fight against COVID-19 and keeps you, your family, and your community safe.

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If You Become Sick While on Campus

- Notify your Instructor or Supervisor, and the Exposure Control Coordinator,
- If possible, immediately leave the building wearing face covering, maintaining social distancing guidelines, and avoiding contact with commonly used surfaces,
Or
Report to the designated isolation area until departure,
- The Exposure Control Coordinator or designee will contact the local health department for additional guidance,
- Follow guidelines for exposures in Southeastern Technical College's Exposure Control Plan.

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I think or know I had COVID-19, and I had symptoms

You can be around others after:

- 10 days since symptoms first appeared **AND**
- 24 hours with no fever without the use of fever-reducing medications **AND**
- COVID-19 symptoms have improved (for example, cough, shortness of breath)

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Warning

Under Georgia law, there is no liability for an injury or death of an individual entering the college premises if such injury or death results from the inherent risks of contracting COVID-19. You are assuming this risk by entering the college premises.

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CORONAVIRUS DISEASE 2019 (COVID-19)



Have **QUESTIONS** about coronavirus disease 2019?

Visit www.cdc.gov/COVID19

Information on COVID-19 is rapidly changing, sometimes daily. Refer to reliable sources such as the CDC, OSHA, Georgia Department of Public Health and peer reviewed science publications.

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References and Resources for Additional Information

Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov>

Occupational Safety and Health Administration (OSHA)

<http://www.osha.gov>

Georgia Department of Public Health

<https://dph.Georgia.gov/>

John Hopkins University

<https://coronavirus.jhu.edu/>

National Institute for Occupational Safety and Health (NIOSH)

<http://www.cdc.gov/NIOSH/>

National Institute of Environmental Health Sciences

<https://tools.niehs.nih.gov/wetp/index.cfm?id=2554>

World Health Organization

<http://www.who.int/en/>

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