

# COVID-19 AWARENESS



**NORFOLK STATE  
UNIVERSITY**

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We see the future in you.

**Norfolk State University**  
**Facilities Safety and Risk Management**

# PURPOSE

Provide awareness of the Coronavirus and COVID-19.

Provide critical information to help minimize the spread of the virus.

Inform Norfolk State University (NSU) faculty, staff and students about the University policies and procedures regarding COVID-19

# How Does COVID 19 Spread

## BUSTING SUMMER COVID-19 MYTHS

**FACT** COVID-19 **CANNOT** be transmitted through mosquito or tick bites.



**FACT** COVID-19 **IS NOT** transmitted by houseflies.



**FACT** Exposing yourself to the sun or to temperatures higher than 77 degrees Fahrenheit **DOES NOT** prevent COVID-19 transmission.



**FACT** COVID-19 **CAN BE** transmitted in areas with hot and humid climates.



The Primary way the virus spreads is through close person to person contact (within 6 feet) mainly through respiratory droplets produced by coughing, sneezing or talking. The droplets can land in the mouth and nose of those near infected people.

# COMMON SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

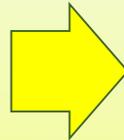
Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- 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

# WHEN TO SEEK MEDICAL ATTENTION

**Look for emergency warning signs\* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
  - New confusion
- Inability to wake or stay awake
- Bluish lips or face



**Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.**

# VULNERABLE POPULATION

Everyone  
is at risk  
if they  
are  
exposed  
to COVID  
19

- Older adults
- Individual who are obese
- Individuals who are immune-compromised.
- Individuals of any age with underlying medical conditions.

Underlying  
medical  
conditions

- Cancer
- Sickle cell
- Diabetes
- Asthma
- Chronic kidney disease
- Weakened immune system
- Obesity
- Hypertension
- Liver disease
- Pregnancy
- Smoking

# FACE MASK MISTAKES

## HOW TO WEAR A MASK

**CORRECT**



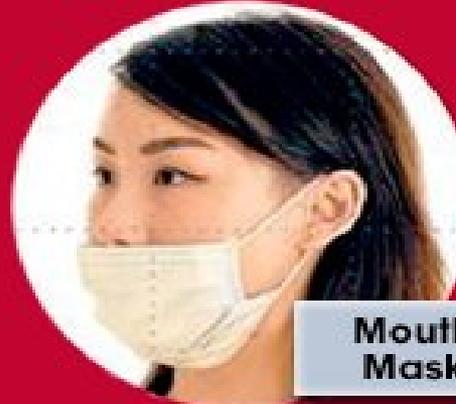
**INCORRECT**



**INCORRECT**



**INCORRECT**



# HOW TO DON A MASK

## How to wear a face mask



1

Clean your hands with soap and water or hand sanitizer



2

Hold the mask by the ear loops and place a loop around each ear



3

Mold or pinch the stiff edge to the shape of your nose



4

Pull the bottom of the mask over your mouth and chin



5

Avoid touching the front of the mask when wearing

# HOW TO REMOVE AND DISPOSE YOUR MASK

## HOW TO REMOVE MEDICAL MASK



Clean your hands with soap and water or hand sanitizer



Avoid touching the front of the mask  
Only touch the ear loops



Hold both of the ear loops and gently lift and remove the mask



Throw the mask in the trash



Clean your hands with soap and water or hand sanitizer

# HOW TO CLEAN A SURGICAL MASK



There is no published literature regarding decontamination process for surgical face mask. The list below are suggestions that may prolong the life of the surgical mask.



Wash your mask in clean warm water, making sure to rinse all components thoroughly. Use a mild detergent.



Allow mask to air dry naturally. If possible in direct sunlight.



Never soak your mask no more than 5 minutes.



# HOW TO CLEAN AND STORE YOUR MASK

If your mask is wet or dirty from sweat, saliva, make-up, or other liquids or substances, keep it in a sealed plastic bag until you can wash it. Wash wet or dirty masks as soon as possible to prevent them from becoming moldy. Wet masks can be hard to breathe through and are less effective than dry masks.



If you are taking off your mask to eat or drink outside of your home, you can place it somewhere safe to keep it clean, such as your pocket, purse, or paper bag. Make sure to wash or sanitize your hands after removing your mask. After eating, put the mask back on with the same side facing out. Be sure to wash or sanitize your hands again after putting your mask back on.



# HOW TO CLEAN A CLOTH FACE MASK

You can use your standard washer and dryer using the warmest setting possible for the material.



Hand washing with a dish detergent solution also works.

- Check label before using bleach. Ensure bleach is not past expiration date.



Use highest setting and leave in dryer until dry or air dry in direct sunlight if possible.



Always store Mask in a breathable container such as a paper bag.

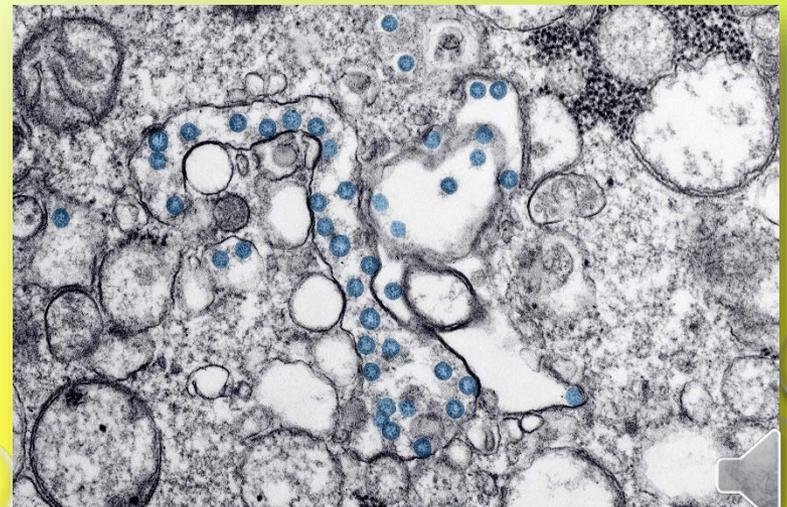
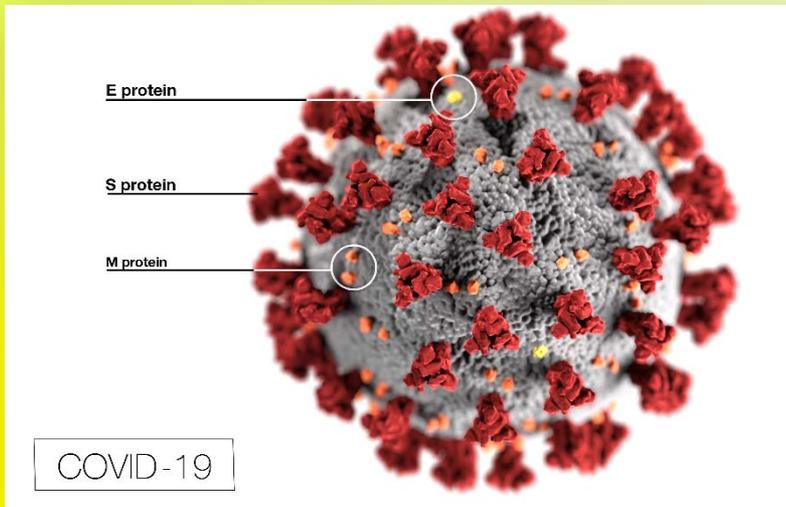


# Per The New England Journal of Medicine

Virus can remain air born for up to 3 hours

Virus can survive up to 72 hours on stainless steel and plastic surfaces.

Virus can survive up to 24 hours on cardboard surfaces.



# Disinfecting an Area



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All surfaces  
must be  
cleaned prior  
to disinfecting.

Disinfecting Chemical  
shall be applied to all  
vertical and horizontal  
surface area(s) and  
allowed to remain visibly  
wet for 10 minutes.



# Areas To Disinfect



Door handles, light switches, chairs, furniture, hand rails, desks, counter tops, under desks/tables, all vertical and horizontal surfaces.



# Hand Hygiene



## Wash Hands Often

- Wash hands for 20 seconds.



**WASH YOUR  
HANDS FOR  
20 SECONDS**



**Avoid touching  
your mouth,  
eyes, nose and  
face after  
washing hands.**

**If hand soap not  
available, use  
hand sanitizer.**



# EMPLOYEE ACCOUNTABILITY AND RESPONSIBILITY

Monitor health daily according to established protocols.

Wear a face covering while on campus



Report symptoms associated with COVID-19 to their NSU supervisors, the Office of Human Resources, EHS, and independent health provider.

Clean and disinfect personal and shared spaces before and after use.

Adhere to physical/social distance in all settings.

# SHOULD YOU WEAR TWO MASKS?



According to Dr. Anthony Fauci, the director of the National Institute of Allergy and Infectious Diseases, wearing two masks is common sense. Fauci told NBC news' today "If you have a physical covering with one layer, you put another layer on, it just makes common sense that it likely would be more effective."

Studies have shown that multilayer cloth masks can both block up to 50%-70% of fine droplets and particles and limit the spread of COVID. The CDC recommends that people wear masks that have two layers of tightly woven cotton fabric, such as quilting fabric or cotton sheets.



# SHOULD YOU WEAR TWO MASKS?



Studies have found that multiple layers of fabric in a mask increase filtration effectiveness from virus particles. Following that logic, By double-masking, a person increases the number of layers of fabric protecting their face, thereby upping the level of filtration.

One drawback of wearing two masks is that the multiple layers of material could make it harder to breathe. If you already have trouble breathing while wearing one mask, adding another may not be the best option. The CDC notes wearing one mask is better than not wearing any face covering.



# Employee Assistance Program (EAP)



All health plans offered to state employees and their dependents have employee assistance programs (EAPs). Included are up to **four sessions at no charge** for such services as mental health, alcohol or drug abuse assessment, child or elder care, grief counseling and legal or financial services. EAP counselors are available to assist employees with problems related to:



Alcohol, Drugs, Family, Gambling, Health, Legal, Financial, housing, Mental Health, Child Care, Elder Care, Grief, Spousal/child/parent abuse, workplace issues, career planning, retirement



# Employee Assistance Program (EAP)

**IN GENERAL, CARE MUST BE AUTHORIZED IN ADVANCE. YOU OR YOUR ELIGIBLE DEPENDENT WILL SPEAK TO AN EAP SPECIALIST WHO WILL ASSESS YOUR PROBLEM AND COORDINATE ASSISTANCE. SHOULD YOUR PROBLEM REQUIRE MENTAL HEALTH OR SUBSTANCE ABUSE CARE, YOU WILL BE REFERRED TO A PROVIDER, UNDER YOUR MENTAL HEALTH AND SUBSTANCE ABUSE BENEFIT. YOUR EAP SPECIALIST OR CARE MANAGER WILL ARRANGE A REFERRAL ACCORDING TO YOUR SPECIFIC NEEDS. CONTACT YOUR PLAN'S MEMBER SERVICES DEPARTMENT FOR MORE INFORMATION.**

- **COVA CARE AND COVA HDHP ANTHEM BLUE CROSS AND BLUE SHIELD**  
MEMBER SERVICES: 1-855-223-9277  
[WWW.ANTHEMEAP.COM](http://WWW.ANTHEMEAP.COM)
- **COVA HEALTHAWARE AETNA** 1-888-238-6232  
[WWW.MYLIFEVALUES.COM](http://WWW.MYLIFEVALUES.COM)
- **KAISER PERMANENTE HMO**  
(866) 517-7042 (TOLL FREE)  
[WWW.ACHIEVESOLUTIONS.NET/KAISER](http://WWW.ACHIEVESOLUTIONS.NET/KAISER)

# COVID 19 MYTHS vs FACTS

## Thermal scanners can diagnose the coronavirus



Thermal scanners can detect whether someone has a fever — which might result from any number of health issues.



Symptoms of COVID-19 can appear 2-14 days after the infection develops. This means that even if a person develops symptoms, they may have a normal temperature for days before a fever begins.

# COVID 19 MYTHS vs FACTS

## Home remedies can cure and protect against COVID-19

No home remedies can protect against COVID-19. This goes for vitamin C, essential oils, silver colloid, sesame oil, garlic, fish tank cleaner, sage, or water, even when a person sips it every 15 minutes.

The best approach is to wash the hands frequently, for 20 seconds at a time, to use an alcohol-based hand sanitizer, to wear a face covering in public, and to avoid crowded places.

# COVID 19 MYTHS vs FACTS

**Spraying chlorine or alcohol on the skin kills viruses in the body???**

Applying alcohol or chlorine to the skin can cause harm, especially if it enters the eyes or mouth. These chemicals can disinfect surfaces, but people should not use them on their bodies.

Also, these products cannot kill viruses inside the body.

# COVID 19 MYTHS vs FACTS

## Can a COVID-19 vaccine make me sick with COVID-19?



- **No.** None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine **cannot** make you sick with COVID-19.
- There are several different types of vaccines in development. All of them teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building protection against the virus that causes COVID-19. Learn more about how COVID-19 vaccines works.
- It typically takes a few weeks for the body to build immunity (protection against the virus that causes COVID-19) after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.

# COVID 19 MYTHS vs FACTS

After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

- **No.** Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States can cause you to test positive on viral tests, which are used to see if you have a **current infection**.
- If your body develops an immune response—the goal of vaccination—there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a **previous infection** and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.
- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

# COVID 19 MYTHS vs FACTS

**If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?**

- **Yes.** Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, vaccine should be offered to you regardless of whether you already had COVID-19 infection. CDC is providing recommendations to federal, state, and local governments about **WHO SHOULD BE VACCINATED FIRST.**
- At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long.
- We won't know how long immunity produced by vaccination lasts until we have more data on how well the vaccines work.
- Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

# COVID 19 MYTHS vs FACTS

**Will a  
COVID-19  
vaccination  
protect me  
from  
getting sick  
with  
COVID-19?**

- **Yes.** COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.
- Being protected from getting sick is important because even though many people with COVID-19 have only a mild illness, others may get a severe illness, have long-term health effects, or even die. There is no way to know how COVID-19 will affect you, even if you don't have an increased risk of developing severe complications.

# COVID 19 Preventive Measures



## Social Distance

- Keep at least a six feet distance



**Stay Home  
if Sick**

**Cover coughs and  
sneezes**

- Use tissue or inside of elbow
- Wash Hands Immediately

# IN CONCLUSION



**FACE COVERING REQUIRED AT ALL TIMES.**



**PRACTICE SOCIAL DISTANCING (At least 6 feet.)**

**WASH HANDS OFTEN (At least 20 seconds.)**



**THANK YOU, For Your Attention!**

***“BEHOLD THE GREEN AND  
GOLD!!!”***



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UNIVERSITY**

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**We see the future in you.**

***We See The Future In You!!!***



# CLICK OR COPY AND PASTE THE LINKS BELOW FOR ADDITIONAL INFORMATION.

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/VACCINES/FACTS.HTML](https://www.cdc.gov/coronavirus/2019-nCoV/vaccines/facts.html)

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/PREVENT-GETTING-SICK/HOW-TO-WASH-CLOTH-FACE-COVERINGS.HTML](https://www.cdc.gov/coronavirus/2019-nCoV/prevent-getting-sick/how-to-wash-cloth-face-coverings.html)

[HTTPS://WWW.USATODAY.COM/STORY/TECH/REVIEWEDCOM/2021/01/28/WE](https://www.usatoday.com/story/tech/reviewedcom/2021/01/28/we)

[ARING-TWO-MASKS-HERES-WHAT-YOU-SHOULD-KNOW-DOUBLE-MASKING/4295130001/](https://www.usatoday.com/story/tech/reviewedcom/2021/01/28/we-aring-two-masks-heres-what-you-should-know-double-masking/4295130001/)

[HTTPS://WWW.WASHINGTONPOST.COM/HEALTH/2021/01/27/DOUBLE-MASK-VARIANTS-GUIDANCE/](https://www.washingtonpost.com/health/2021/01/27/double-mask-variants-guidance/)

[HTTPS://WWW.CNBC.COM/2021/01/25/DR-FAUCI-DOUBLE-MASK-DURING-COVID-MAKES-COMMON-SENSE-MORE-EFFECTIVE.HTML](https://www.cnbc.com/2021/01/25/dr-fauci-double-mask-during-covid-makes-common-sense-more-effective.html)