

# Elmira College COVID-19 Return to Campus Training Module





# Welcome Back!

We understand that many people are concerned about safety during these very uncertain times. We want every student, employee and visitor to know that we are taking those concerns very seriously. We have developed this learning module to give you an overview of how you can protect yourself and others while maintaining your daily routine on campus.





# After Completing This Training You Will:

- Have an understanding of the types of transmission of COVID-19 and the symptoms that occur if you are exposed
- Have detailed guidance on how to protect yourself from COVID-19
- Understand the precautions that have been put in place for your safety





# What is COVID-19?

- A respiratory illness caused by the virus SARS-CoV-2
- Symptoms can appear 2-14 days after exposure
- People may exhibit any of the symptoms to the right, or none at all
- There is currently no vaccine

## Symptoms Include:

- Fever
- Cough
- Muscle Pain
- Chills
- Shortness of Breath
- Sore Throat
- Headache
- Fatigue
- Sudden loss of taste and/or smell





# How The Virus Is Spread:

- Close contact with people through respiratory droplets
- Touching surfaces or objects (door handles, keyboards, common surfaces) then touching your nose or mouth

COVID-19 can be spread by an infected person several days before they start to feel sick. Many people do not show symptoms.

**THE BEST WAY TO PREVENT ILLNESS IS TO  
AVOID CONTACT WITH PEOPLE AND  
CONTAMINATED SURFACES!!**





# Elmira College COVID-19 Safety Plan

The safety plan focuses on these key areas:

- People
- Protective equipment
- Physical space
- Policies





# Safety Plan - People

- Monitor symptoms and submit daily screening tool
- Wear a face covering while moving about campus if you are unable to physically distance
- Face coverings will be worn while in the classroom
- Maintain at least 6 feet between you and others
- Replace handshakes with head nods and waves
- Wash your hands often with soap and water for 20 seconds
- If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol
- Avoid touching your eyes, nose and mouth
- Practice self-care: Well balanced diet, maintain hydration, take a daily multivitamin





# Safety Plan - People

## Clean and disinfect frequently touched surfaces

- This includes tables, doorknobs, light switches, countertops, desks, handles, phones, keyboards, copy machine buttons, and kitchen appliances.

## Limit the sharing of objects

- Desks, computers, phones, pens, staplers, and other office supplies.





## Safety Plan - People

In order to maintain optimal health during this uncertain time, it is strongly recommend that everyone get the annual Influenza vaccine.

**DON'T  
GET  
THE FLU.  
DON'T  
SPREAD  
THE FLU.**

**GET  
VACCINATED.**

[cdc.gov/flu](https://cdc.gov/flu)





# Safety Plan - Protective Equipment

- Employees are required to wear a face covering in buildings and on campus when physical distancing is not possible.
- Disinfectant wipes should be used to clean personal workspaces and frequently touched surfaces. Cleanser will be made available at sanitation stations around campus.
- Hand sanitizer stations are provided in every building across campus.



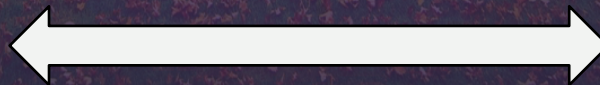


# Safety Plan - Protective Equipment

Everyone **MUST** wear face coverings while in the classroom and when on campus and physical distancing is not possible.

Students and employees are encouraged to provide their own face covering, but they are available at the Clarke Health Center if needed.

6 FEET





# Safety Plan - Protective Equipment

Use Gloves Wisely...and only if you normally wear them for your daily duties.

- Wearing gloves does not reduce surface transmission
- Gloves become contaminated and should be replaced frequently to prevent cross-contamination
- Do not touch your face or phone with gloved hands
- Always perform hand hygiene after removing gloves





# Safety Plan - Protective Equipment

How to safely wear your face covering:

- Wash hands or use sanitizer before putting on mask
- Place the mask on with loops over the ears or tie it behind your head
- The mask should cover your nose and mouth with no gaps between the mask and your face
- Wash hands or use sanitizer after putting mask on
- Avoid touching your face, mask, and eyes
- Wash fabric masks frequently





# Safety Plan - Physical Space

- Barriers are installed at high traffic reception areas
- Employees who do not have individual office spaces will be provided supplies to mark work stations to allow for 6 feet physical distancing
- Walking traffic patterns in common areas will be reconfigured
- Break rooms and other common areas will have reduced seating and capacity limits





# Safety Plan - Physical Space



Ensure adequate separation between work stations





# Safety Plan - Policies

- COVID-19 Safety Training is available for all employees and students
- Employees/students should continue to hold meetings via virtual platforms as able
- Signage is posted across campus and in work areas on how to prevent the spread of germs and how to properly wear masks
- Travel advisory information is available on the NYS website, [coronavirus.health.ny.gov](https://coronavirus.health.ny.gov)

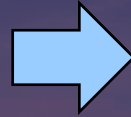




# Remember...

## This is how to stop the virus spread!

Avoid touching your eyes, nose and mouth



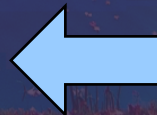
Cover your mouth with a tissue or arm when you cough or sneeze



When in public, wear a face covering over your nose and mouth



Stay home if you are sick



Keep physical distancing (6 feet)



Wash your hands with soap and water or hand sanitizer frequently





# Influenza Vaccine

Getting a Flu vaccine will NOT protect against COVID-19, but the vaccine has many benefits. Getting a Flu vaccine has shown to reduce the risk of Flu illness, hospitalizations, and death. Getting vaccinated this fall will be more important than ever to reduce illness and also to conserve resources.





# What Should I Do If I Feel Sick?

If you answer “yes” to any of these:

- Temperature is greater than 100 degrees Fahrenheit
- Have a cough, shortness of breath, sore throat, or generally feel ill
- Have tested positive for COVID-19
- Have been in contact with someone that has tested positive for COVID-19

**YOU MUST STAY HOME!!**





Click the link below to test your knowledge,  
confirm completion of this learning module,  
and accept the EC Wellness Pledge.

<https://forms.gle/jBcSZCVUqHWgzLX9A>

This link will redirect you to a Google Form.

If you are not already logged into the EC  
network, use your EC username and password  
to log in and complete the quiz.





