



COVID-19

Working together



“I wear my mask to protect you.”

The latest forecast from the Institute of Health Metrics and Evaluation suggests that **33,000 deaths could be avoided by October 1 if 95 percent of people wore masks in public.**

Using the same language

Exposure

Austin Peay, and the CDC, define an exposure to COVID-19 as:

Employees who have been within six (6) feet or less for ten (10) minutes or more of an individual who tests positive for COVID-19 or has been in direct contact with infectious secretions of a positive COVID-19 case must follow the mandatory CDC recommended quarantine period and seek COVID-19 testing. The current recommended period is 14 days. Depending on the employee's specific circumstances, the employee may telework (where applicable) or utilize leave as established under Families First Coronavirus Response Act, annual or sick leave, or unpaid leave.

COVID-19 Guidelines Procedure www.apsu.edu/coronavirus

Using the same language

Quarantine and Isolation – what's the difference?

- Quarantine keeps someone who might have been exposed from other people.
- Isolation separates people who are infected from people who are not infected.
- For our purposes here at Austin Peay, the term Quarantine and the term Isolation are equal. The outcome is the same – stay away from others. Either term is correct.
- Here is the critical thing. **You must be in quarantine or isolation after you have exhibited symptoms or tested for COVID-19** for:

14 days

or until a COVID-19 test comes back negative

or until at least 72 hours until **AFTER** the last symptom

or until at least 72 hours fever free

or cleared by a doctor

Using the same language

Who needs to quarantine?

- Anyone who has been in **close contact with someone who has COVID-19.**
 - This includes people who previously had COVID-19 and people who have taken a serologic (antibody) test and have antibodies to the virus.

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for at least 15 minutes (*CDC says 15 minutes, APSU says 10 minutes*)
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (touched, hugged, or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

CDC Quarantine info: www.cdc.gov/coronavirus/2019



Bandanas filter about 36% of virus droplets while 80-120 count bedsheet material filters 90%. The material used counts, and 2 layers are better than one.

COVID-19 Carrier
(without mask)



RISK OF SPREAD

HIGH



Healthy Person
(without mask)

COVID-19 Carrier
(without mask)



RISK OF SPREAD

MODERATELY HIGH



Healthy Person
(with mask)

COVID-19 Carrier
(with mask)



RISK OF SPREAD

LOW



Healthy Person
(without mask)

COVID-19 Carrier
(with mask)



RISK OF SPREAD

VERY LOW



Healthy Person
(with mask)

You can become ill if you are not cleaning your reusable face covering. Remember to treat the outside of the mask as if it is infected – do not touch it.

You can throw the cloth face mask in the washing machine or hand-wash in a bleach solution (4 tablespoons per quart of water or 1/3rd cup per gallon of water)
DRY completely before wearing again.

CDC Face Cloth Info: www.cdc.gov/coronavirus/2019/how-to-wash-cloth-face-coverings.

Using the same language

Deep Cleaning

Austin Peay's contracted cleaning staff is compliant with all CDC cleaning recommendations.

We use the term Deep Cleaning to make ourselves feel better. In truth, there is no such thing as "Deep Cleaning" it is just a concerted re-cleaning of a space.

Fortunately for us, this coronavirus is easy to kill with simple cleaning techniques. You can use a diluted bleach solution for hard surfaces. Mix 1/3rd cup bleach per gallon of room temp water and leave on the surface for at least 1 minute.

Alcohol solutions of at least 70% alcohol are also effective.

COVID-19 Cleaning Steps: www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html

Using the same language

Face shields

It is not known if face shields provide any benefit as source control to protect others from the spray of respiratory particles. **CDC does not recommend use of face shields for normal everyday activities or as a substitute for cloth face coverings.** Face shields are used for splash protection in a medical setting. Some people may choose to use a face shield when sustained close contact with other people is expected. If face shields are used without a mask, they should wrap around the sides of the wearer's face and extend to below the chin. Disposable face shields should only be worn for a single use. Reusable face shields should be cleaned and disinfected after each use.

COVID-19 Cloth Face Covering Guidance: www.cdc.gov/coronavirus/2019/cloth-face-cover-guidance

Using the same language

Viral Load

The incubation period for COVID-19 is thought to extend to 14 days, with a median time of 4-5 days from exposure to symptoms onset.¹⁻

³ One study reported that 97.5% of persons with COVID-19 who develop symptoms will do so within 11.5 days of SARS-CoV-2 infection.³

What does that mean?

There is a time from the exposure to when there is enough virus in your body to register on a test. Generally it is believed to be about 4-5 days to have enough time to show up on a test. This is being updated as scientists learn more about COVID-19.

COVID-19 Understanding spread: www.cdc.gov/coronavirus/2019

Using the same language

Self Reporting

This is all only helpful and works if people self report.

The self reporting tool we rely on is the COVID-19 Web Form.

If you feel ill, fill out the form.

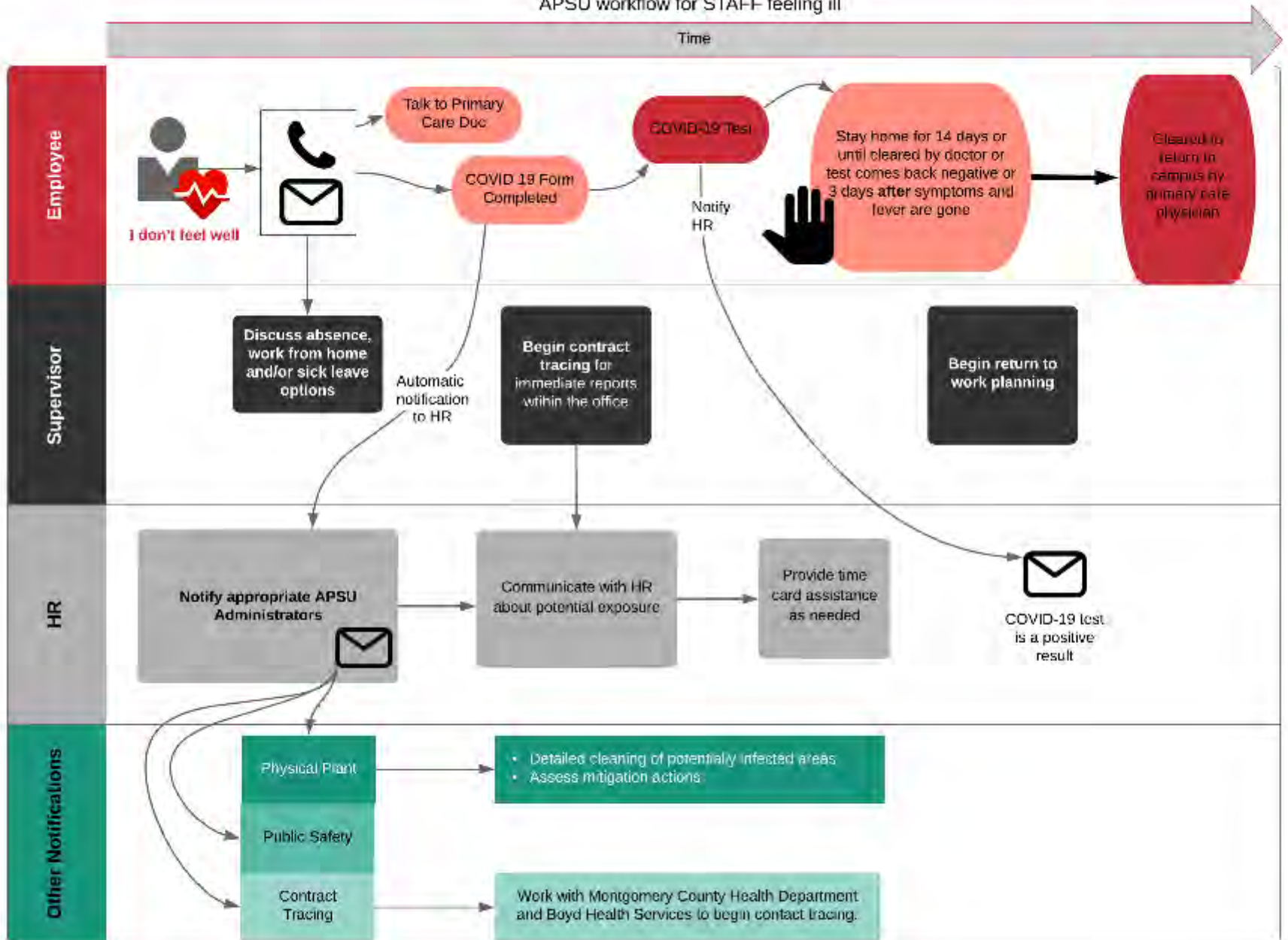
If you notice someone with symptoms, ask them to fill out the form.

Use the COVID-19 Self Reporting Form found on the front page of the APSU website

Now what?

What if you wake up tomorrow morning and you don't feel well? What should you do?

APSU workflow for STAFF feeling ill



Yeah, but...

What if my son, living in my house, and who works at a fast food place, had a co-worker that tested positive?

Have I been exposed? **No.**

Remember that an exposure is within 6 feet of a positive COVID case for 10 minutes or more.

What should I do?

1. If your son has been exposed, get him tested.
2. Call your supervisor if you need to work from home for a few days.
3. If your son tests positive or shows symptoms care for him and get yourself tested in a few days.
4. Fill out COVID Self Reporting Form

Remember

Quarantine is not time off

Exposure

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COVID-19 Guidelines Procedure www.apsu.edu/corona

Fine, what happens if...

Someone in the office is coughing and looks sick?

1. Supervisor will send them home.
2. The ill employee will fill out the COVID Self Reporting Form.
3. Clean your own workstation/desk/office with the available cleaning supplies. The contracted cleaning staff will clean the affected area.
4. Supervisor will determine if the office should work from home until test results come back.
5. If you begin to show signs or are concerned, go get tested.
6. Fill out the COVID Reporting Form
7. Quarantine until you receive your test results.

True or False?



Once you have tested positive for COVID and you have been in quarantine for 14 days and then test negative can you get COVID again in the future?

Simple answer: Yes.

We do not know the degree to which previous COVID-19 illness protects against a subsequent SARS-CoV-2 infection or for how long persons are protected. Currently, serologic testing cannot be used to determine if this person may be reinfected. A positive serologic test may be evidence of the prior infection, but it remains unknown to what degree persons with detectable anti-SARS-CoV-2 antibodies are immune to reinfection. Contact tracing for the second period of symptoms (new case investigation) may be warranted.

CDC FAQ: [cdc.gov/search/Reinfection](https://www.cdc.gov/search/Reinfection)

Ok, what happens if...

Someone in another department in the building has tested positive?

1. That person has already filled out the COVID Self Reporting Form.
2. Clean your workstation with the available cleaning supplies if that makes you feel better. Remember, the cleaning staff has already been notified of the positive case.
3. Determine if you have been **exposed** by that person.
4. If you begin to show signs or are concerned go get tested.
5. Quarantine until you receive your test results.

**Social distance.
Wear a mask.**



#GovsWearMasks

What happens if...

A visitor, student or co-worker refuses to wear a mask?

1. Request that they put on a mask. This is not a debate, it is a campus requirement.
2. Every building has a supply of masks for visitors. Give them one.
3. Call campus Police to escort the person out if the person becomes disruptive.

Please exercise all options before calling campus PD. They may have to physically remove someone, which may expose them. Please try to resolve this as kindly and non-aggressively as possible.

Thank you

If you have questions, work with your Supervisor, Department Head or ask HR.

Remember that the best way to beat this virus is to **Wash your hands frequently, Wear a mask,** and **Watch your distance.** It seems too simple, but this is how they beat the Spanish Flu 100 years ago.

This is how we beat it now.

We will be wearing masks for the foreseeable future. To that end, Austin Peay has joined Governor Lee's Tennessee Strong initiative and purchased 30,000 cloth masks for our employees and students. They should be arriving in a few weeks. We will get them out to every employee through Supervisors.

If you want to nerd out...

Masks offer much more protection against coronavirus than many think – LA Times

https://www.latimes.com/california/story/2020-07-14/evidence-mounts-that-masks-help-lower-your-exposure-to-the-coronavirus?_amp=true&_twitter_impression=true

No, Face Masks Can't Cause CO2 Poisoning – Healthline

<https://www.healthline.com/health-news/no-face-masks-cant-cause-co2-poisoning>

Best Materials to Use for Homemade Cloth Masks During the COVID-19 Pandemic – Pulmonology Advisor

<https://www.pulmonologyadvisor.com/home/topics/lung-infection/best-materials-to-use-for-homemade-cloth-masks-during-the-covid-19-pandemic/>

Aerosol Filtration Efficiency of Common Fabrics Used in Respiratory Cloth Masks –American Chemistry Society

<https://pubs.acs.org/doi/10.1021/acsnano.0c03252>

Assessment of Fabric Masks as Alternatives to Standard Surgical Masks in Terms of Particle Filtration Efficiency – Northeastern University

<https://www.medrxiv.org/content/10.1101/2020.04.17.20069567v2.full.pdf>

Still Confused About Masks? Here's the Science Behind How Face Masks Prevent Coronavirus –University of California San Francisco

<https://www.ucsf.edu/news/2020/06/417906/still-confused-about-masks-heres-science-behind-how-face-masks-prevent>

The Right Mask for the Task –Johns Hopkins Bloomberg School of Health

<https://www.jhsph.edu/covid-19/articles/the-right-mask-for-the-task.html>

Ultimate Face Mask Materials Top 5 – Smart Air

<https://smartairfilters.com/en/blog/best-diy-coronavirus-homemade-mask-material-covid/>

How Effective Are Masks and Other Facial Coverings at Stopping Coronavirus? – Laborers' Health and Safety Fund of North America

<https://www.lhsfna.org/index.cfm/lifelines/may-2020/how-effective-are-masks-and-other-facial-coverings-at-stopping-coronavirus/>

COVID-19 How much protection do face masks offer? – Mayo Clinic

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-mask/art-20485449>

Respiratory virus shedding in exhaled breath and efficacy of face masks – Nature Medicine

<https://www.nature.com/articles/s41591-020-0843-2#Sec3>

Visualizing Speech-Generated Oral Fluid Droplets with Laser Light Scattering – The New England Journal of Medicine

<https://www.nejm.org/doi/full/10.1056/NEJMc2007800>



REACH OUT

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