

GUIDANCE ON RESPONDING TO CORONAVIRUS DISEASE 2019 (COVID-19)

I. PURPOSE

Fayetteville State University units have updated their pandemic plans in order to address issues specifically related to COVID-19. Additionally, the Centers for Disease Control and Prevention (CDC) have issued specific guidance *on how to prevent the spread of COVID-19*. Based upon recent updates, the University is issuing this *Guidance which* includes detailed information on COVID-19.

II. UNIVERSITY'S PANDEMIC PLAN

Along with the guidance from CDC and local and state officials, the University will operate under the unit plans addressed in its *Pandemic Plan*. It is imperative that administrators, faculty, staff and students become familiar with the Plan and the corresponding four (4) response levels.

The University will continue to work with state and local health officials to assess the severity of illness caused by the COVID-19 and disseminate the results of these assessments to the University community.

III. CORONAVIRUS DISEASE 2019 (COVID-19)

An outbreak of respiratory disease caused by a novel (new) coronavirus was first detected in China and has now been detected in countries throughout the world, including in the United States. The virus has been named "SARS-CoV-2" and the disease it causes has been named "coronavirus disease 2019" (abbreviated "COVID-19").

On January 30, 2020, the International Health Regulations Emergency Committee of the World Health Organization declared the outbreak a "[public health emergency of international concern](#)" (PHEIC). On January 31, 2020, the Health and Human Services Secretary declared a public health emergency (PHE) for the United States to aid the nation's healthcare community in responding to COVID-19.

Symptoms: According to the CDC, the symptoms of COVID-19 include the following:

- Fever (greater than 38.6°C or 101.5°F)
- Severe headache
- Muscle pain
- Weakness
- Cough
- Sore throat
- Difficulty breathing which may require hospitalization
- General flu-like symptoms

Symptoms may appear anywhere from 2 to 14 days after exposure to COVID-19.

Preventive Measures: There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder,

CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
 - The CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

More detailed information on handwashing can be found at [CDC's Handwashing](#) website. Detailed information specific to healthcare can be found at [CDC's Hand Hygiene in Healthcare Settings](#).

Transmission: When an individual becomes infected with COVID-19, the virus can be spread in several ways to others, to include person-to-person and person-to-surfaces or objects. The person-to-person spread through direct contact (through broken skin or mucous membranes in, for example, the eyes, nose, or mouth) with the following:

- blood or body fluids (including but not limited to urine, saliva, sweat, feces, vomit, breast milk, and semen) of a person who is sick with COVID-19;
- objects and surfaces that have been contaminated with the virus; or
- infected animals.

The person-to-person spread occurs when contact is within 6 feet, via respiratory droplets produced when a person coughs or sneezes. The droplets land in our mouths and noses and may be inhaled into our lungs. The person-to-object spread occurs by touching a surface or object that has the virus on it and then touching your mouth, nose, or eyes.

COVID-19 may be spread through the air or by water, or in general, by food. There is no evidence that mosquitos or other insects can transmit COVID-19. Only mammals (for example, humans, bats, camel, snakes) have shown the ability to become infected with and spread COVID-19.

Healthcare Providers: Healthcare providers caring for COVID-19 patients and the family and friends in close contact with COVID-19 patients are at the highest risk of getting sick because they may come in contact with infected blood or body fluids of sick patients.

Healthcare workers who may be exposed to people with COVID-19 should follow these steps:

- Wear protective clothing, including masks, gloves, gowns, and eye protection.

- Practice proper infection control and sterilization measures.
- Isolate patients with COVID-19 from other patients.
- Avoid direct contact with the bodies of people who have died from COVID-19.
- Notify health officials if there has been direct contact with the blood or body fluids, such as but not limited to, feces, saliva, urine, vomit, and semen of a person who is sick with COVID-19.
- Contact the Local Health Department if there is a Person of Interest who is symptomatic.

IV. TRAVEL TO AND FROM AFFECTED AREAS

Students, faculty and staff returning from CDC Level 3 and Level 4 areas should self-quarantine for 14 days before participating in campus activities or returning to work.

V. EDUCATIONAL RESOURCES

A. Websites

Current information on COVID-19 can be found on the following websites (click to follow link):

- [Fayetteville State University](#)
- [North Carolina Department of Health and Human Services](#)
- [University of North Carolina System](#)
- [Center for Disease Control and Prevention](#)
- [World Health Organization \(WHO\)](#)

B. Educational Materials

Flyers and posters containing COVID-19 facts and information have been distributed throughout campus. Additionally, current information on COVID-19 has been communicated to the University community via University wide- email.

VI. STRATEGIES

The University will continue to utilize a combination of strategies in its attempt to limit the exposure of the virus. University officials will also consult with local and state health agencies regarding trends related to the transmission of the disease, and the ability of the local health care system to meet any increased demands.