

Thank you for participating in the Return to Campus training for Students. As a result of this training, you will learn how COVID-19 spreads, the symptoms of COVID-19, ways campus will feel different and preventative steps you should take to protect yourselves and others.



clermson.edu/coronavirus

Clemson University officials continue to closely monitor COVID-19 and are actively engaged in daily planning to inform and reduce the risk to faculty, staff, students and visitors from the virus. The overarching priority of the University is the health and safety of students, faculty, staff and the community, and the University is committed to minimizing the potential for an outbreak at any Clemson location and protecting the most vulnerable.

As we begin our journey to return to on-premise operations, we want to share with you some best practices to help minimize the continued spread of COVID-19. Because this is an evolving situation, guidance from the Centers for Disease Control and Prevention (CDC) and the South Carolina Department of Health and Environmental Control (DHEC) may change. You should check the [University's COVID-19 website](#) frequently for updates.

Also, as you go through the training, there will be references to resources. All the resources and links mentioned in the training are compiled at the end and can be downloaded for your reference.

At the end of the training there will also be a quiz. You must pass the quiz to receive credit for completing the training.

CLEMSON UNIVERSITY HEALTH AND SAFETY DIRECTIVES

The well-being of Clemson University faculty, staff, students and visitors is paramount to fulfilling the University's mission and strategic plan. **All Clemson University students and employees are expected to comply with health and safety directives – issued by federal, state or local government agencies or issued by Clemson University – in order to promote and protect their personal well-being and that of those around them.** The policies below provide more information about your role in keeping the University community safe.

[Student Code of Conduct Failure to Comply with Health or Safety Directive](#) [HR Compliance with Health and Safety Directives Policy](#)

An important part of complying with the Health and Safety Directives of the University is to complete this mandatory training. **The training must be completed before the first day of in-person classes.** If you fail to comply with this University Directive, you will be referred to the Office of Community and Ethical Standards.



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CLEMSON UNIVERSITY HEALTH AND SAFETY DIRECTIVES

It is equally important that you **consistently use non-pharmaceutical interventions** to mitigate the spread of the virus. **You are responsible** for wearing a cloth face covering when required, maintaining physical distancing, following directional signage related to crowd density, avoiding large gatherings, washing your hands, cleaning and disinfecting frequently touched surfaces, avoiding touching your eyes, nose and mouth, and staying home if you are sick.

Some students have multiple roles within the University. If you are a student and a University employee, and you encounter or have interactions with an employee who is not following the directives of the University, please discuss these concerns with your supervisor and/or Staff and Faculty Relations in HR. In rare circumstances, an employee may not be able to comply with all of the requirements. The HR team can help coach you and your supervisor through any discussions and help to amicably resolve the situation or address as a violation of the Health and Safety Directive.



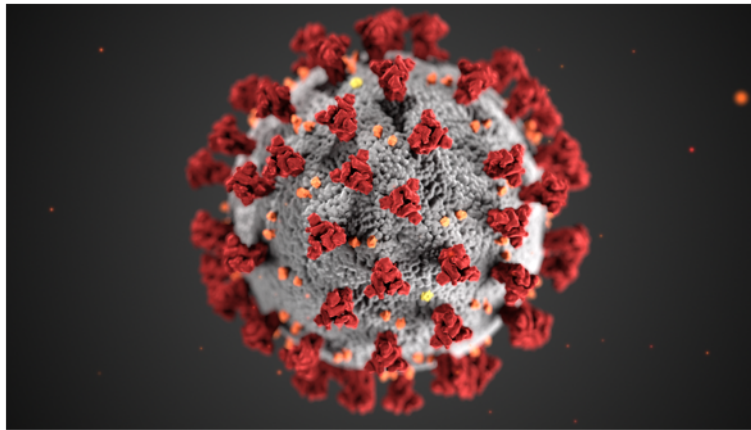
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OVERVIEW OF COVID-19

First, we will share an overview of COVID-19 and how it spreads, symptoms of the virus, and what Clemson University is requiring you to do related to COVID-19 testing before your return.

HOW THE VIRUS SPREADS



The CDC and other health organizations are conducting studies to better understand the disease's transmissibility, infectivity and severity.

HOW THE VIRUS SPREADS

- **Person-to-person**
 - Thought to occur mainly via droplets of respiratory secretions produced when an infected person coughs, sneezes or talks
 - Evidence of transmission risk from infected persons without symptoms (asymptomatic) or before the onset of recognized symptoms (pre-symptomatic)
- **Touching contaminated surfaces or objects**



According to current information provided by the CDC regarding transmission, COVID-19 is a viral infection caused by SARS-CoV-2 and is spread from person-to-person.

Person-to-person spread is thought to occur mainly via droplets of respiratory secretions produced when an infected person coughs, sneezes or talks. This is similar to the way influenza and other respiratory diseases spread. These droplets are believed to enter the mouths and noses of people nearby and can be inhaled into the nose and lungs.

There also is growing evidence of transmission risk from infected persons without symptoms (asymptomatic) or before the onset of recognized symptoms (pre-symptomatic).

COVID-19 can also be transmitted by touching surfaces or objects contaminated with the virus, then touching your mouth, nose or possibly your eyes.

There is currently no vaccine to prevent COVID-19, so the best way to prevent illness is to avoid being exposed to the virus.

SYMPTOMS



Asymptomatic: will not exhibit any COVID-19 symptoms

Pre-symptomatic: have not yet shown symptoms but will eventually

Symptoms may appear **2-14 days** after exposure to the virus.

People with COVID-19 have reported a wide range of symptoms ranging from mild or no symptoms to severe illness. When people report experiencing no symptoms, this could be because they are either asymptomatic, meaning they will not exhibit any COVID-19 symptoms, or because they are pre-symptomatic, meaning they have not yet shown symptoms but will eventually. Symptoms may appear two to 14 days after exposure to the virus.

SYMPTOMS

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Runny nose or new sinus congestion
- Muscle pain
- Headache
- Sore throat
- Fatigue
- New loss of taste or smell
- Gastrointestinal symptoms (nausea, vomiting, diarrhea)



You do not have to display any or all of these symptoms to test positive for COVID-19.

Symptoms of COVID-19 include:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Repeated shaking with chills
- Runny nose or new sinus congestion
- Muscle pain
- Headache
- Sore throat
- Fatigue
- New loss of taste or smell
- Gastrointestinal symptoms like nausea, vomiting or diarrhea

This list does not cover all possible symptoms. You do not have to display any or all of these symptoms to test positive for COVID-19.

TESTING REQUIREMENTS



Two kinds of tests are available for COVID-19:

1. Tests for current infection (viral tests or PCR)
2. Tests for past infection (antibody tests or serological tests)

The University has implemented a COVID-19 testing strategy to include individuals that must be tested for the COVID-19 virus and, where possible, receive serological testing for disease antibodies prior to returning to campus. [Review the Clemson University COVID-19 website to confirm if you are an individual who must be tested.](#)

NOTE: This strategy may change at any time given the data we receive on the testing results. Check the Clemson COVID-19 website frequently for any updates to the testing processes and procedures.

clemson.edu/coronavirus



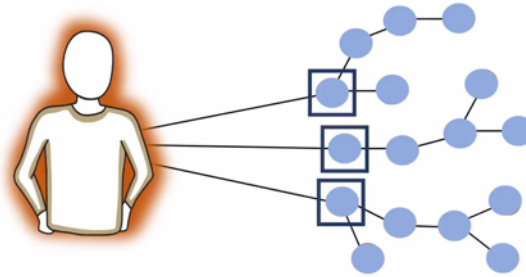
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CONTACT TRACING

What is Contact Tracing?



If you have a positive or presumptive positive result from your test, you will receive a call from a contact tracer. So how does contact tracing work?

[Contact Tracing video plays]

Contact tracing is a common public health practice that has been used for a variety of communicable diseases. A recent example of its success in limiting the spread of disease was during the Ebola Virus outbreak in West Africa in 2014.

Contact tracing will be used at Clemson this year to help limit the spread of COVID-19.

Like we covered previously, if you have tested positive for COVID-19 and have contacted Redfern, a Registered Nurse (RN) will work with you throughout your isolation period. Part of this will entail the nurse initiating contact tracing. The RN will ask you about any interactions you have had with others starting with the two days before you experienced symptoms up until the present day. It is very important that you provide as many names and phone numbers as possible to the RN in order for the next step in contact tracing to commence. Again, contact tracing is vital to limiting the spread of disease.

You may be worried that your contacts will find out you have COVID-19 if you give the

nurse their contact information. However, when the Registered Nurse provides the contact tracer with your contacts' information, the contact tracer will operate with absolute confidentiality when calling your contacts. The only information your contacts will know is that they have been exposed to someone with COVID-19 and need to quarantine. Your name and other identifiable information will not be shared.

If you have been exposed to someone with COVID-19, you will receive a phone call from a contact tracer. It is very important that you abide by their instructions regarding quarantine. Contact tracing requires a community effort to limit the spread of COVID-19!

SOME THINGS WILL BE DIFFERENT

Adjusting to the New Normal

Operations on campus may be modified to help keep you and our community safe. Here are a few ways life on campus may feel different.

SOME THINGS WILL BE DIFFERENT: ACADEMICS

General expectations:

- COVID-19 Self-Assessment Tool
- Required cloth face covering
- Directional signage in buildings
- Disinfect personal work area in academic spaces
- Remain seated and physical distance during class



clemsontigers.com/coronavirus

Some things will be different in your academic and daily experiences on campus. Before coming to campus or leaving a residence hall to go to class, all students should complete the [COVID-19 Self-Assessment Tool](#), which you can find in the list of resources at the end of this presentation. Cloth face coverings are required in all buildings and classrooms and during all University-sponsored events. Face coverings are also required in outdoor spaces where physical distance cannot be guaranteed. Please be very familiar with the additional information on the [HealthyClemson](#) website.

Signage in each building will provide directions as to where to wait for a class to begin. You should not congregate in building lobby areas or hallways and should always try to maintain physical distance. You will not be allowed to enter a classroom until you are told to do so by your instructor. Additional guidance can be found in the [Space Management Guidelines](#).

As you arrive at your seat, you should wipe down your personal work area. Disinfecting wipes will be provided in each classroom. Do NOT use these wipes on computer or electronic equipment. Everyone will be reminded that wipes are in limited supply, so you should take only one at a time. If you want to bring your own disinfecting wipes, make sure you check the EPA's list of [Approved Disinfecting Wipes](#). You should place used wipes and any other items to be discarded in the labeled trash receptacles.

You should remain seated and maintain physical distancing during class sessions, and you should not leave anything in the classroom or academic space.

If a classroom is not in use for a class or being cleaned, you may use it for individual study or small groups. You should wipe down your work areas when entering the room, not exceed room capacities, and maintain physical distancing at all times.

SOME THINGS WILL BE DIFFERENT: ACADEMICS

Implications of a positive COVID-19 test:

- COVID-19 Test Result Upload Tool
- If you are in isolation or quarantine, you will not be allowed to attend class in person. **It is your responsibility to inform the instructor that you will be moving to online only instruction for at least the next two weeks**, if you are feeling well enough to attend online. Use the Notification of Absence module in Canvas.



If you are informed that you have a presumptive positive diagnosis or have tested positive for COVID-19, you must immediately self-isolate and submit the [COVID-19 Test Result Upload Tool](#).

If you are in isolation or quarantine, you will not be allowed to attend class in person. It is your responsibility to inform the instructor that you will be moving to online only instruction for at least the next two weeks, if you are feeling well enough to attend online. You should use the Notification of Absence module in Canvas to initiate this notification. Additional communication via email is encouraged; you should follow up with your instructor to develop a continued plan of study for each course. Your grade cannot be penalized for needing to move to online instruction.

If one of your instructors is in isolation or has a positive COVID-19 test, you will be notified of the plan for continued instruction.

In rare cases, a classroom may need to be closed during the day. If so, signage will be placed on the door and the instructor will communicate with you as to whether class will be moved online or cancelled.

SOME THINGS WILL BE DIFFERENT: STUDENT HEALTH SERVICES

Modifications to the way you access care:

- Call ahead to schedule an appointment: No walk-ins
- Curbside delivery service for pharmacy
- Virtual visits and virtual urgent care options for medical
 - 864-656-1541
- CAPS' primary mode of service delivery will be telemental health
 - 864-656-2451
 - For after-hours psychological emergencies, call 864-656-2222 and ask for the counselor on-call
- Patients/clients will be screened at the front entrance before entering the building
- If you test positive for COVID-19, you must notify Redfern for clearance and assist with contact tracing
- For the safety of everyone, only patients and clients are allowed in the facility

clermson.edu/studenthealth



Another change you may notice is the way you access care through Student Health Services. You must now call ahead to schedule an appointment. Redfern Health Center, on the main campus, is not taking walk-ins.

Prescriptions can be picked up: outside of Redfern in a tented area, through curbside delivery in designated parking spaces in front of Redfern, and/or delivered to designated areas on campus. If you have questions about your medications, just call the phone number found on your prescription bag to speak with a pharmacist.

There are now virtual visits and virtual urgent care options available for medical care. Go to [Student Health Services' website](#) for the latest information about these new services. To schedule a medical appointment, call 864-656-1541.

Counseling and Psychological Services' primary mode of service delivery will be telemental health. Call 864-656-2451 to schedule an initial appointment or contact your clinician to schedule ongoing appointments. In case of crisis, call 864-656-2451 during business hours. For after-hours psychological emergencies, call 864-656-2222 and ask for the counselor on-call.

For in-person medical and CAPS appointments, patients/clients will be screened at the

front entrance before entering the building. As is the case in all Clemson-owned facilities, face coverings are required, and Redfern will have adjusted traffic flows with directional and social distancing guidance posted throughout.

If you come to Redfern for COVID-19 testing only, you will be given additional instructions when scheduling. If you test positive for COVID-19, you must notify Redfern for clearance and assist with the subsequent contact tracing process. This is a very important part of stopping the spread.

One last thing to note, for the safety of everyone, only patients and clients are allowed in the facility.

SOME THINGS WILL BE DIFFERENT: CAMPUS LIFE

Expect modifications to the way you:

- Utilize the dining halls
- Spend time between classes
- Engage in activities in buildings based on occupancy density
- Study in the library and access resources
- Enter and exit residential communities, engage with fellow residents and utilize common residential spaces, such as bathrooms, kitchens and lounges



There will also be modifications to the way you move around and interact on campus. The University has developed a great, new tool in the [myClemson app](#) to help navigate some of these changes. It will help you keep track of when you should attend classes in person and when you should join classes remotely. It also lets you know when you have a space at the dining hall, or how many people are utilizing Fike at any given time.

There will also be changes to the way you access services. There may be changes to study spaces in the library or new ways to access resources online.

If you live in on-campus housing, there may be changes to the way you enter and exit residential communities, engage with fellow residents and utilize common residential spaces, such as bathrooms, kitchens and lounges.

These changes may impact the way you move around campus, so plan accordingly.

HOW TO PLAN YOUR DAY ON CAMPUS

PACKING



When you go out, take the following:

- ✓ Face covering
- ✓ Hand sanitizer
- ✓ Disinfectant wipes
- ✓ Tissues

COMMUTING



Plan your daily commute to campus to account for limited seating on public transportation, mask requirements and delays in schedules.

DINING



Anticipate changes to dining options, including ordering ahead, prolonged wait times and limited seating.

COMMUNITY



Stay up-to-date with changes in the local community, including the use of face coverings, adjusted store hours and limited capacities.

clemsoncity.org

There are a few aspects of your daily routine you should consider. When you go out, make sure you take a cloth face covering, hand sanitizer, disinfectant wipes and tissues.

We know that many students use public transportation, such as CATbus, to get to campus. If you choose to use CATbus, make sure you are prepared to wear a face covering while you are waiting for the bus, as well as when you are riding in the bus. You can also expect to see social distancing enforced in the bus, and the number of people allowed on the bus at one time will be limited. Keep up-to-date with CATbus by downloading their app and checking their website frequently. If you are able to safely walk to campus, this would be a great way to limit your exposure to the virus and avoid potential delays.

Dining is another aspect of your day you might experience some changes due to COVID-19. Consider bringing your own snacks or lunch, or use the new tool in the [my.Clemson app](#) to see which dining areas are the least crowded.

When you live off campus, you live in the community, and each community has different norms and expectations. Make sure to keep up-to-date with ordinances in your town/city and modifications through your management company. Go to clemsoncity.org to see the ordinances for the City of Clemson. Other communities throughout the state may

have rules in place as well.

INNOVATION CAMPUS STUDENTS

What you need to know:

- University COVID-19 guidance applies to all Clemson University students
- MUSC Health Virtual Urgent Care – visit clemson.edu/studenthealth to learn more



All University guidance is universal and applies to all Clemson University students, no matter where they are located.

The policies and procedures regarding the mandatory use of face coverings on University property and COVID-19 testing applies to everyone.

You can utilize many of the services through Student Health Services, including the new MUSC Health Virtual Urgent Care service.

What may be different:

We know that if you are on one of our innovation campuses, you are often in specific programs that are more focused on field training and research. Please talk with your faculty advisor about specific details related to modifications to your program and facilities. Stay up-to-date on local ordinances you should adhere to in public spaces.

STAYING CONNECTED



It is easy to feel disconnected during times of social distancing. The social environment is an important piece of the college experience. COVID-19 has created new challenges for the social experience. The good news is we are all in this together and there are many ways you can stay socially connected while prioritizing your safety!

Virtual:

Check-in with friends and family using Zoom, Facetime, Skype, etc.

If interested in video games, use online modes and platforms, like Discord, to engage your friends in friendly quarantine competition – loser pays for take-out!

Take advantage of various free tours being offered online. You can explore museums, art exhibits and outdoor destinations from over 80 countries with [Google Arts & Culture](https://www.google.com/culturalinstitute/).

If you find yourself with more down time than usual, try exploring new interests/hobbies or rediscover old ones. Running, painting or learning a new instrument are just a few out of many hobbies that can be done during this time.

In-Person:

When connecting with others in person, be sure to maintain physical precautions. Wear

a mask, stand or sit at a distance from one another, and wash or sanitize your hands often.

Get some fresh air! Find outdoor activities that encourage social distancing, such as hiking, biking or tennis. Any activity that maintains at least six feet of space between you and others is considered to be lower risk.

If attending an off-campus social event, make sure you only go places you know have been following health and safety protocols. Avoid private residence events. Refer to this training and the CDC website for [everyday protection](#) you can take whenever going in public where physical distancing may not be as strictly enforced.

If you do go out socially, do not participate in activities that require sharing items, whether that be food, beverages or equipment/resources.

Please remember the more in-person interaction you expose yourself to, the higher the risk.

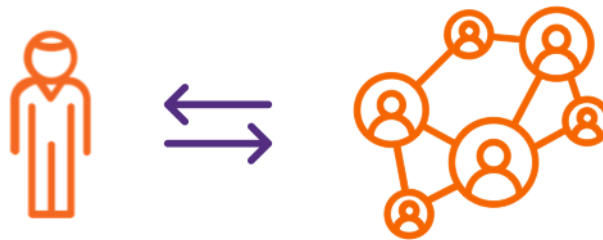
SOCIAL RESPONSIBILITY

How to Protect Yourself and Others

Now we will cover ways you must protect yourself and others. Remember, we're "All In" this together, and only by being united as Tigers can we slow the spread of COVID-19 in our area.

SOCIAL RESPONSIBILITY

- You play an important role in keeping the community safe.
- Good for you, good for everybody!



COVID-19 knows no boundaries. It doesn't care if you live on or off campus, in the City of Clemson (where most Clemson University students live), in Greenville, Charleston or another innovation campus location. We are all at risk of contracting COVID-19 and passing it on to others. Our behavior choices impact the people who live around us, and it is our collective responsibility to stop the spread.

You should be aware of and follow all campus and local COVID-19 policies and guidelines. For example, in an effort to protect its citizens, the City of Clemson has passed a mask ordinance. Not wearing a mask will result in a fine. Make sure to check your local city's website for information specific to your location. Clemson University also requires you to wear cloth face coverings at all locations.

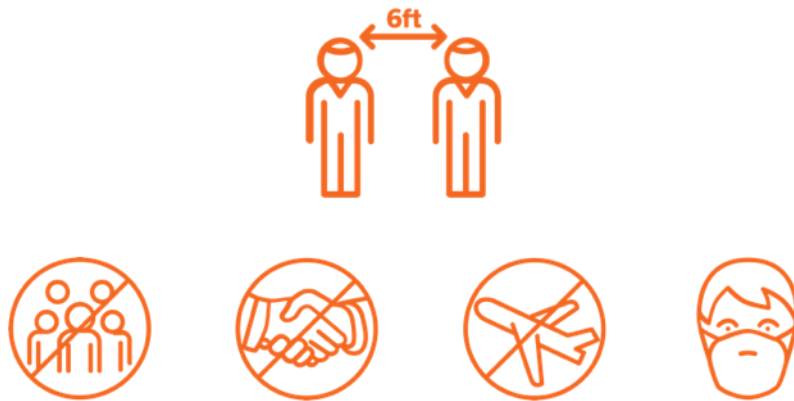
PROTECT YOURSELF AND OTHERS



The most important actions you can take to protect yourself and your community during the pandemic are to:

- Wear a cloth covering over your nose and mouth in public.
- Stay at least six feet from others when in public.
- Limit group sizes and avoid any large gathering that don't provide for social distancing, such as crowded bars, pool parties, house parties and other high-risk settings.
- Cover your coughs and sneezes with a tissue; then discard.
- Thoroughly wash your hands with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose and mouth.
- Clean and disinfect frequently touched objects and surfaces.

PRACTICE PHYSICAL DISTANCING



Physical distancing is the practice of keeping at least six feet (about two arm lengths) space between you and others outside your home. Keeping physical distance slows the spread of the virus because people can be infected and not realize it.

Other ways to practice physical distancing include:

- Staying out of crowded areas.
- Avoiding large gatherings and limiting group sizes.
- Avoiding close contact with others – meaning no handshakes, no fist bumps, no high fives and no hugs.
- Wearing cloth face coverings.
- Avoiding non-essential travel.
- Respecting the personal space of others.

COVER COUGHS AND SNEEZES



Remember to always cover your mouth and nose with a tissue when you cough or sneeze, or, use the inside of your elbow.

Throw used tissues in the trash.

Immediately wash or sanitize your hands for at least 20 seconds.

WASH YOUR HANDS FREQUENTLY



High-touch surfaces:

- Door handles
- Tables
- Gas pumps
- Shopping carts
- Electronic cashier registers/screens



During the COVID-19 pandemic, you should wash your hands frequently. This is especially important after you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc. Also, wash your hands before touching your eyes, nose or mouth, because that's how germs enter our bodies.

If soap and water are not available, use an alcohol-based hand sanitizer containing no less than 60% alcohol as marked on the label.

WASH YOUR HANDS FREQUENTLY



1. Wet your hands with clean, running water (warm or cold). Turn off the tap and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers and under your nails.
3. Scrub your hands for at least **20 seconds**.
4. Rinse your hands well under clean, running water. Turn off the tap with a clean towel, if possible.
5. Dry your hands using a clean towel or air dry them.

When washing your hands, make sure you rub your hands together with soap, lathering the backs of your hands, between your fingers and under your nails. It's important to scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song or the Clemson Cadence Count from beginning to end twice.

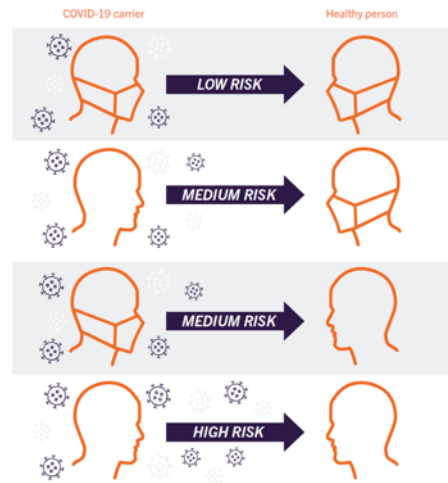
When using an alcohol-based hand sanitizer, rub the sanitizer on your hands and fingers for about 20 seconds until your hands are dry.

WEAR A CLOTH FACE COVERING

Cloth face coverings:

- Slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others
- Provide an extra layer to help prevent the respiratory droplets from traveling in the air and onto other people

Even with mask use, it's important to maintain physical distancing practices of 6 feet or more.



One of the most effective actions we can take to help stop the spread of COVID-19 is to wear a cloth face covering, or mask. Cloth face coverings provide an extra layer to help prevent the respiratory droplets from traveling in the air and onto other people.

Even with mask use, it's important to maintain physical distancing practices of 6 feet or more.

WEAR A CLOTH FACE COVERING

• Cloth face coverings **REQUIRED**:



- While in University buildings, including housing and dining facilities
- During all University programs held in non-University buildings
- In outdoor spaces on campus where appropriate physical distancing cannot be guaranteed
- In all University vehicles and while using University transportation/mass transit

• Cloth face coverings **NOT REQUIRED**:



- When alone in private offices
- When alone in on-campus housing rooms
- When not in close contact with another person, such as walking alone outside
- While eating or drinking

Those with **documented disabilities** who cannot wear cloth face coverings may request accommodations. Students should contact Student Accessibility Services.



The University has purchased two cloth face coverings for each student. Check the [Clemson COVID-19 website](#) for pick-up information.

Cloth face coverings are required:

- While in University buildings, including housing and dining facilities.
- During all University programs held in non-University buildings.
- In outdoor spaces on campus where appropriate physical distancing cannot be guaranteed.
- In all University vehicles and while using University transportation/mass transit.

Face coverings are not required:

- When alone in private offices.
- When alone or with your roommate in on-campus housing rooms.
- When not in close contact with another person, such as walking alone outside.
- While eating or drinking

Those with **documented disabilities** who cannot wear cloth face coverings may request accommodations. Students should contact Student Accessibility Services.

And remember, cloth face coverings are not a substitute for physical distancing.

WEAR A CLOTH FACE COVERING

How to Don and Doff Face Coverings



1. Wash hands/use hand sanitizer before putting on your cloth facial covering.
2. Put the mask over your nose and mouth and secure it under your chin.
3. Avoid touching the front of your cloth facial covering. If you do, wash your hands/use hand sanitizer.
4. Handle only by the ear loops or ties when removing. Fold the outside corners together.
5. Do not touch your eyes, nose or mouth when removing.
6. Wash hands/use hand sanitizer after removing.

Wash your cloth face covering **after each use** in the washing machine or by hand using a bleach solution.

To properly wear and remove a cloth face covering:

1. Wash your hands/use hand sanitizer before putting on your face covering
2. Put the mask over your nose and mouth, and secure it under your chin. The covering should fit snugly against the sides of your face so there are no gaps. You should not have any difficulty breathing while you are wearing it, and it should be secure on your face to prevent slipping.
3. Avoid touching the front of your cloth face covering (if you do, wash your hands or use hand sanitizer)
4. Handle only by the ear loops or ties when removing; fold the outside corners together
5. Do not touch your eyes, nose or mouth when removing
6. Wash your hands or use hand sanitizer after removing

Wash your cloth face covering after each use in the washing machine or by hand using a bleach solution. Allow it to completely dry.

CLEAN AND DISINFECT SURFACES

Living in Shared Spaces



Another important component of stopping the spread of COVID-19 is cleaning and disinfecting surfaces.

It is vital that we clean and disinfect commonly touched surfaces regularly. Specifically, in common bathroom and kitchen spaces, be sure to wear appropriate shower footwear, utilize a personal container or carrier to hold all personal items, and do not store any personal items in common bathrooms or kitchens.

Use disinfectant wipes and sprays to clean commonly touched surfaces – this is important for preventing community spread.

Similarly, if you live off campus, frequently disinfect commonly touched surfaces, such as door handles, common bathroom and kitchen spaces, and car keys and steering wheel. If you live with other people, it might be helpful to create a schedule to divide cleaning responsibilities.

Also, don't forget to sanitize frequently used items, such as your cell phone and TV remotes.

MONITOR YOUR HEALTH

If you're sick, **STAY HOME** except to get medical attention.

COVER



Coughs and sneezes should be covered with a tissue, then discarded.

WASH



Thoroughly wash hands with soap and water for at least 20 seconds.

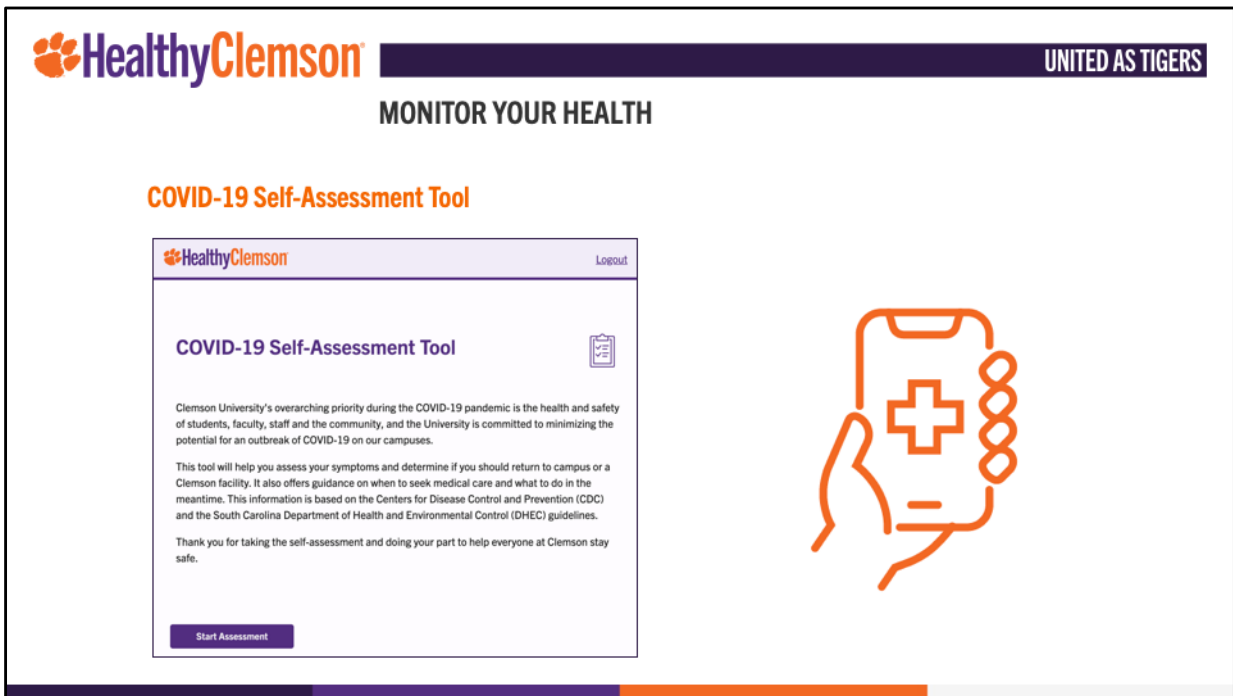
DISINFECT



Clean and disinfect frequently touched objects and surfaces.

We've talked a lot about responsibility. One of the most important things you can take responsibility for is your own health. If you are sick, **STAY HOME** except to get medical attention.

You should also take extra care with covering coughs and sneezes, washing your hands and disinfecting areas and items you may have touched.



As mentioned previously, Clemson University has developed a great [tool to help you assess your health related to COVID-19](#). You are encouraged to use this tool every day to check yourself for symptoms and exposure.

As you go through the questions in the self-assessment tool, you will be guided through what steps you should take if you have symptoms and how to access care.

MONITOR YOUR HEALTH

If you have fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell, you might have COVID-19.

Redfern Health Center: 864-656-3571

DO NOT go to class if you are sick!



The self-assessment tool will ask if you have fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell. If you answer yes to any of these symptoms, you may have COVID-19.

It is very important that you call Student Health Services/Redfern Health Center at 864-656-3571. The CDC recommends that individuals who may be sick contact a health care provider by phone for instructions before coming in to see a provider. Your provider will also instruct you as to when you may return to your regular activities.

Do NOT go to class if you are sick, if you have been exposed to COVID-19 or have been instructed to isolate or quarantine. You may continue with your academic work remotely if you feel well enough.

MONITOR YOUR HEALTH

Call 911 if you have an emergency warning sign such as:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Please note, this list is not all inclusive. Please consult your health care provider for any other symptoms that are severe or concerning.

Most people have mild illness and can recover at home with self-isolation for 14 days. Monitor yourself for worsening symptoms, and if you are getting sicker, call your health care provider.

Call 911 if you have an emergency warning sign such as:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Please note, this list is not all inclusive. Please consult your health care provider for any other symptoms that are severe or concerning.

HAVE A PLAN AND FOLLOW IT

Before arriving to Clemson, it is important to plan ahead and be prepared for changes due to COVID-19. Being prepared ahead of time can help you limit the spread of COVID-19 in the community and stay healthy. We will now talk about three areas: personal health, quarantine and isolation, and social connections. We will ask you to think through some questions and scenarios to help you develop personal preparedness plans. Feel free to jot down some notes to help you think through how you will prepare in these three areas.

PERSONAL HEALTH PLAN

• Personal medical information:



- Insurance
- Immunization records
- Testing
- Identification
- Primary care/referral

• Personal risks associated with COVID-19:



- Contracting the virus
- Infecting others
- Serious illness

• Personal health items:



- Cloth face covering
- Cleaning and disinfecting products
- Thermometer
- Over-the-counter medications – Tylenol, diarrhea remedy, throat lozenges, cough syrup, etc.
- Prescription medicines

Let's start by talking about a personal health plan.

Before you come to campus, you will want to make sure you have the identification and documentation you need related to your health. You should also have some form of identification with you because it may be needed at testing sites or if you have to visit a medical facility.

When you are packing to come back to school, you should prepare some basic health supplies. Don't forget things you need, like extra cloth face coverings, cleaning and disinfecting products, a thermometer, and over-the-counter medications, such as Tylenol, diarrhea remedy, throat lozenges and cough syrup. If you have any prescription medications, you can ask that they be transferred to the pharmacy at Redfern Health Center for refills.

It can be helpful to take some time to reflect on your personal risks associated with COVID-19. We hope that taking some time to reflect can help you to make safer and healthier decisions for yourself. Here are some questions to think about:

1. What practices do you have that might contribute to a higher risk of contracting COVID-19?

- These could include vaping and/or tobacco use, working in close contact with others, and not effectively practicing physical distancing or wearing a mask.
1. People are typically contagious two days before experiencing symptoms through the end of experiencing symptoms, and three days without a fever. If you were to contract the virus, who might be at risk of getting the virus from you?
 - This may include roommates, parents, grandparents, children or co-workers.
 2. Are you aware of any medical conditions that put you at high risk for severe illness due to COVID-19?
 - These may include diabetes, hypertension and any kind of lung disease, such as asthma, emphysema or COPD.

ISOLATION AND QUARANTINE

• Isolation

- Tested **positive** for COVID-19 or are awaiting test results
- While in isolation, monitor your symptoms and limit contact with others
- Duration is **10 days past the onset of symptoms** AND **24 hours without a fever** (not using fever-reducing medication)
- Even with a negative test result, you should consult with your health care provider before stopping isolation as there are sometimes false negative results.

• Quarantine

- Individuals who have been **exposed to COVID-19**
- While in quarantine, monitor your health, limit contact with others and stay in your designated location.
- Duration of **14 days** after exposure to the virus



Before we talk about a quarantine and isolation plan, we should briefly cover the differences between quarantine and isolation. You have probably heard the terms isolation and quarantine, but do you know that these are two different things? It's important to understand the differences between isolation and quarantine, so if you are asked to do either, you know what to do.

Isolation is when an individual has tested positive for COVID-19 and remains at home, away from other people, for the duration of the infectious period. The infectious period consists of the two days before showing symptoms until your respiratory symptoms (such as cough and shortness of breath) and other symptoms are better, at least 10 days have passed since your illness onset AND you have been fever free without the use of fever-reducing medication for at least 24 hours. Even with a negative test result, you should consult with your health care provider before stopping isolation as there are sometimes false negative results.

If you are quarantined due to exposure, the South Carolina Department of Health and Environmental Control (DHEC) recommends remaining at home, away from other people, for at least 14 days after your last exposure to the person with COVID-19. If you live in the same living space as someone who has COVID-19, you should continue to quarantine until 14 days after the date the person with COVID-19 is told they no longer

need to practice isolation. Keep in mind that the clock can sometimes reset due to additional exposures or other circumstances.

Doctors and researchers have taken a lot of time to understand the way that COVID-19 is spread and how it exists in the body. From this research, we know that individuals are contagious, or can spread the disease, starting two days before having symptoms until they are no longer symptomatic, and their fever has subsided. Using this information, isolation is important to stop an infectious person from spreading the virus. Quarantine is a method to stop people who could potentially have the virus from spreading the disease during those two days before displaying symptoms.

ISOLATION AND QUARANTINE

If you're exposed to COVID-19:

- Isolate or quarantine immediately!
 - If you've tested positive, contact Redfern immediately: 864-656-3571 or MyHealth-e
- Isolate or quarantine in current residence if possible (i.e. you have your own bedroom and bathroom)
 - Enact your COVID-19 pre-preparedness plan completed before returning to campus
 - Make alternative arrangements for pets, if needed
- Alert your professors using the Notification of Absence module in Canvas



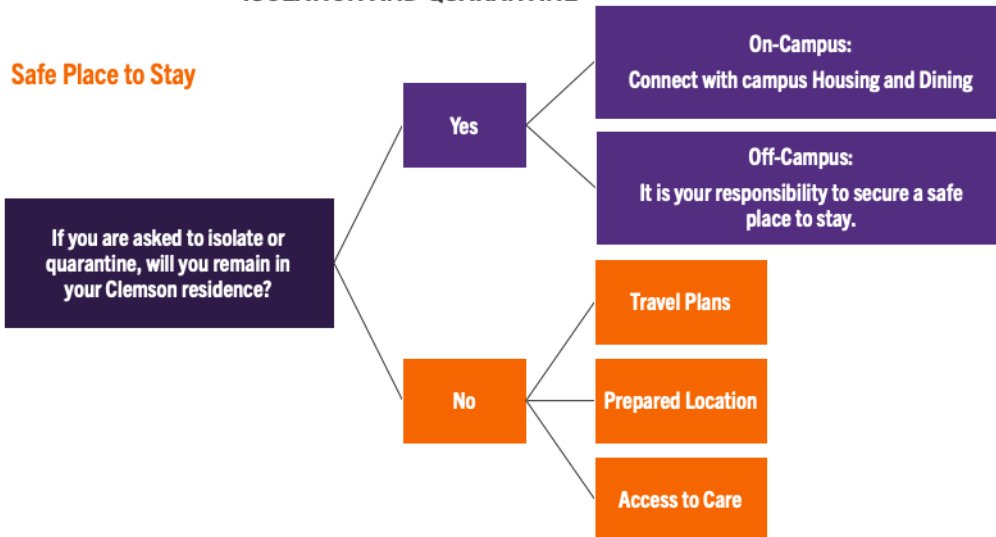
If you test positive for COVID-19, it's very important that you isolate immediately, avoid contact with others and let the University know by contacting Redfern Health Center. To contact Redfern, send a secure message to a nurse via [MyHealth-e](#) or call 864-656-3571. Because Redfern is experiencing a larger-than-normal call volume, please remain patient or use MyHealth-e to report your illness to a nurse. A registered nurse will provide guidance on what you should do next. The nurse will be in frequent contact with you throughout the isolation time period to ensure you are doing ok.

If you have recently been exposed to someone with COVID-19, a contact tracer from Redfern will call you to inform you of this and the need to quarantine.

You will also need to alert your professors. You should use the Notification of Absence module in Canvas to initiate this notification.

ISOLATION AND QUARANTINE

Safe Place to Stay



To start your isolation and quarantine plan, let's start by thinking about safe-living environments.

If you live on campus, you may be allowed to stay in your current room assignment, depending on your living arrangements. However, if circumstances do not allow for you to stay in the same space, you will be moved to a different location for the duration of your quarantine or isolation period.

If you live off campus, you should consider if your current living space is suitable for isolation and quarantine. Does your space have a single occupancy bedroom and a personal bathroom? If not, you will need to consider other safe places to stay.

For any off-campus students who are moving to a new location to isolate or quarantine, or on-campus students who decide to leave campus, you should consider the following questions:

1. How do you plan to travel? Ensure you are not using public transportation to get there.
2. Is this new location prepared with food, water, medication, cleaning products and other necessities?

3. Will you be able to stay in this location the duration of your isolation?
4. How will you access medical care if there is an emergency?

ISOLATION AND QUARANTINE PLAN



We will now discuss some points to think through if you are staying in your current on- or off-campus location.

Let's start by thinking about food:

- On-campus residents will receive food from University Dining for the duration of the isolation or quarantine period. You will receive shelf-stable food items, along with a meal that can be reheated each day. This will occur regardless if you have an existing meal plan or not.
- Off-campus students will need to make arrangements for food. You could ask a friend to go grocery shopping for you and drop food off outside your apartment, or you could have groceries delivered to you through a store's delivery program.

You should also consider how you will maintain your studies if you are well enough to do so:

- If you are in isolation or quarantine, you may be able to continue your studies in a virtual setting. Your isolation or quarantine location should have access to WIFI, so make sure to bring any materials you may need, like your laptop, chargers, books or notebooks.

If you are not feeling well, how will you monitor your health and access medical care?

- If you need access to virtual care while in isolation, Redfern now offers virtual medical care options. Students can also access MUSC Health Virtual Urgent Care for free 24 hours a day, 7 days a week. Visit the Student Health Services website, clemson.edu/studenthealth, to learn more about these options.
- You will also need to consider how you will access your prescriptions.

You should also consider all your responsibilities in your isolation and quarantine plan:

- Take some time to think through the responsibilities you have and what you would do if you are unable to fill them for a period of time.
- Taking care of pets, volunteer work, club activities and events, and sports are some examples.

ISOLATION AND QUARANTINE PLAN

Ways to enhance your mental health during isolation or quarantine:

- Acknowledge and validate your feelings
- Stay in touch with others VIRTUALLY
- Identify things to occupy your time
- Contact Counseling and Psychological Services (CAPS) for more support:
 - **864-656-2451**
 - After hours: **864-656-2222** – ask for the CAPS on-call counselor
 - clemson.edu/caps



Just as it's important to take care of your physical well-being in isolation or quarantine, focusing on your mental health is also vital. Not having in-person interactions with others for any amount of time can be difficult. Here are some helpful tips and resources to help protect and enhance your mental well-being:

1. Acknowledge and validate difficult emotions: It's completely understandable to feel scared, stressed, anxious or just bored while you're quarantining or isolating. Honor those feelings and allow yourself to acknowledge the difficulty of the situation
2. Stay in touch with others: Depending on how well you feel, set up a schedule of regular communication with others. This could include calling a friend every other day or setting up a Zoom call with family members each afternoon. Having human interaction – even electronically – is vitally important to maintaining your mental health
3. Identify things you can do with your time, depending on how well you feel: If you're not feeling well, allow yourself the freedom to simply rest or catch up on your favorite shows. That's what YOU need! If you are quarantining and not experiencing symptoms, this can seem like a boring time. A simple Google search will give you lots of ideas of ways to occupy your time, including cleaning out your wardrobe, reading that book you've always wanted to, doing a puzzle, writing to a friend and many other ideas!

4. Contact Counseling and Psychological Services (CAPS): Even after you've done the above action items, sometimes we need more support. Contact for CAPS for telemental health counseling and other resources by calling 864-656-2451. If in need of emergency after-hours support, call the Clemson University Police Department (CUPD) at 864-656-2222 and ask for the CAPS counselor on-call. More resources and information can be found on [Clemson's COVID-19 website under Health and Wellness](#).

ISOLATION AND QUARANTINE PLAN

Roommates and friends:

- Discuss concerns and expectations related to COVID-19 with your roommates
- Create a cleaning and disinfecting schedule for shared spaces.
- Create a plan to adjust if a roommate tests positive for COVID-19 or if someone needs to quarantine or isolate.



Now let's think about your roommates and friends. It is important for you to be able to have open, candid conversations with those closest to you.

When making a plan with your roommates, you should think about prevention and response. Talk with them about how you will prevent contracting COVID-19 and also how you will prevent spreading it to others. This includes your:

- Plan to limit the number of contacts
- Agreement to limit guests
- Cleaning and disinfecting plan

It also includes your plan in the event you do have to isolate or quarantine. Make sure you fill out the [COVID-19 Preparedness Plan](#) in advance of your arrival.

Having a good, well-thought out and discussed plan with your friends and roommates will go a long way to better the health and well-being for you all and your community.



We've covered a lot of content and hope you have a better understanding of how to stop the spread of COVID-19. It is up to all of us to do everything we can to prevent the spread so that we are able to enjoy the Clemson experience we all want!

A list of all the resources we mentioned will be shown next.

Be safe, be healthy and go Tigers!

RESOURCES

Here are the resources and tools we've referenced in the training:

- [HealthyClemson COVID-19 Homepage](#)
- [Self-Assessment Tool](#)
- [Space Management Guidelines](#)
- [Approved Disinfecting Wipes](#)
- [Student Health Services/Redfern Health Center](#)
- [Counseling and Psychological Services \(CAPS\)](#)
- [COVID Preparedness Planning Tool](#)
- [CAT Bus](#)
- [City of Clemson](#)
- [City of Clemson Mask Ordinance](#)
- [COVID-19 Medical Guidance](#)
- [CDC](#)
- [SCDHEC](#)

clemson.edu/coronavirus

Click the links below or download this list of resources for your reference. These resources and more may also be found on the Clemson University COVID-19 website.

- [HealthyClemson COVID-19 Homepage](#)
- [Self-Assessment Tool](#)
- [Space Management Guidelines](#)
- [Approved Disinfecting Wipes](#)
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- [CDC](#)
- [SCDHEC](#)

THANK YOU



For current information and updates on
Clemson's COVID-19 status
and response, visit
clemson.edu/coronavirus
or call 864-365-0555.

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