



COVID-19 EDUCATIONAL RESOURCE GUIDE

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COVID-19 Terminology

Throughout the COVID-19 pandemic, many terms have been used consistently and sometimes interchangeably. It is important to take some time to define these terms as you play a vital role in the recovery of our community.

Please use this guide, as well as the resources provided, to keep yourself informed as the university makes plans to welcome some students and employees back to campus in the fall for some in-person learning and activities.



COVID-19

Coronavirus disease (COVID-19) is caused by a virus known as severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

COVID-19 is primarily spread between people during close contact, most often via small droplets produced by coughing, sneezing and talking.



Hand Washing

Wash your hands often with soap and water for at least 20 seconds, especially if you've been in a public place. It's especially important to wash:

- Before eating or preparing food.
- After using the restroom.
- After leaving a public place.
- After blowing your nose, coughing, or sneezing.
- After handling your cloth face covering.
- After caring for someone sick.
- After touching animals or pets.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



Cloth Face Covering

The virus is thought to spread when a person who is infected with the virus speaks, sneezes or coughs when in close contact (within 6 feet) of another person. If you are infected with the virus, you may spread the disease even if you feel well. Wearing a face covering can reduce the spread of COVID-19 by limiting the release of infectious particles into the air. Wearing a face covering also reinforces physical distancing, and shows you care about the health of others.

WARNING: Face coverings do not protect the user and are not a respirator or personal protective equipment (PPE). This is cloth used to cover the nose and mouth, is tied behind or secured to the head with elastic straps, or secured over the ears with elastic loops. The covering should be machine-made or hand-sewn, and made of cotton, silk, linen, or neoprene materials. A homemade version can be improvised from a scarf or t-shirt, but should be made of a tightly woven fabric. Face coverings made of loosely woven fabric will not protect others around the user.

Cloth face covering guidelines. <https://coronavirus.calpoly.edu/prevention-0>



Stay-at-Home Order

When individuals are required by a government mandate to stay home or at their place of residence, except for permitted work, local shopping or other permitted errands, or as otherwise authorized. It's okay to go outside to go for a walk, to exercise and participate in healthy activities, as long as you maintain a safe physical distance of 6 feet and gather only with members of your household. You can travel for urgent matters or if such travel is essential to your permitted work. Even though businesses around the state are opening up, avoid traveling long distances for vacations or pleasure as much as possible. This helps slow the spread of the coronavirus. Do not travel if you are sick, or if someone in your household has had coronavirus in the last two weeks. Do not travel with someone who is sick.



Safety Enhancement Zone

Safety enhancement zones have been adopted by the San Luis Obispo City Council as a tool for helping public safety manage adverse behaviors that significantly increase during impacted times of the year. During safety enhancement zones, fines are doubled for municipal code violations.



Asymptomatic and Symptomatic

ASYMPTOMATIC

An asymptomatic case is an individual infected with SARS-CoV-2 who does not exhibit symptoms during the course of infection. Asymptomatic cases are challenging to identify because individuals do not know they are infected unless they are tested. Asymptomatic individuals can spread SARS-CoV-2 unknowingly, so maintaining physical distancing of at least 6 feet and wearing cloth face coverings are critical to slowing the spread of the virus.

SYMPTOMATIC

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



Staying Home When You're Sick

Stay home except to get medical care. Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas. Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better. Stay in touch with your doctor. Call before seeking medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency. Avoid public transportation, ride-sharing or taxis.



Physical Distancing and Social Distancing

Limiting face-to-face contact with others is the best way to reduce the spread of COVID-19. Physical distancing, also called social distancing, means keeping space between yourself and other people outside of your home. It is recommended to use the term “physical distancing” to reflect the need to maintain 6 feet of physical distance between individuals.

ISOLATION

Separates sick people with a contagious disease from those who are not sick.

QUARANTINE

Separates and restricts the movement of people exposed to a contagious disease to see if they become sick.

SELF-QUARANTINE

Individuals who may have been exposed to a contagious disease may be asked to self-quarantine for 14 days to monitor symptoms and prevent the spread of disease if they become sick.



Stages of Recovery

A framework that lays out how the state will return to the opening of public spaces, businesses and operations. There are four stages in the roadmap to recovery for California, please visit <https://covid19.ca.gov/> to find out which stage your local county is currently in.

The stages are as follows:

STAGE 1: SAFETY & PREPAREDNESS

Continue to build out testing, contact tracing, PPE, and hospital surge capacity.

Continue to make essential workplaces as safe as possible:

- Physical and work flow adaptation
- Essential workforce safety net
- Make PPE more widely available
- Individual behavior changes
- Stay at home except for essential and permitted activities
- Prepare sector-by-sector safety guidelines for expanded workforce

STAGE 2: LOWER RISK WORKPLACES

Gradually opening some lower risk workplaces with adaptations at a pace designed to protect public health and safety, starting with:

- Retail
- Manufacturing
- Offices (when telework not possible)
- Outdoor Museums
- Limited Personal Services

Limit time outside the home and travel only for permissible activities, such as healthcare, food, outdoor exercise and recreation (individuals and households only). Work is allowed in stage 1 and 2, as well as local shopping or other activities related to open sectors.

Public health continues to monitor critical indicators and alter scope of reopening, if necessary, to protect public health and safety. Please note – some counties may maintain more restrictive public health measures.

STAGE 3: HIGHER-RISK WORKPLACES

Phase in higher-risk workplaces at a pace designed to protect public health and safety, beginning with limited personal care and recreational venues (with workplace modifications).

Travel is allowed for permissible activities such as healthcare, food, stages 1-3 work, and local or activities shopping related to open sectors.

Public health continues to monitor critical indicators and alter scope of reopening, if necessary, to protect public health and safety.



STAGE 4: END OF STAY-AT-HOME ORDER

Gradually open larger gathering venues at a pace consistent with public health and safety, such as nightclubs, concert venues and live audience sports.

Gradually resume remaining activities and travel.

Public health continues to monitor critical indicators and alter scope of reopening, if necessary, to protect public health and safety.

Where to go to get up-to-date information

As we advance our knowledge of the COVID-19 pandemic, it has become increasingly important to obtain information from reputable sources. The content in this educational guide has been compiled with use of the resources below. These resources will also provide up-to-date information on the pandemic and may address a wide variety of topics regarding the virus.

It is imperative you receive information that is accurate and contributes to the health of our community.

1. World Health Organization

Website: <https://www.who.int>

Social Media: @who

2. Centers for Disease Control & Prevention

Website: <https://www.cdc.gov>

Social Media: @cdcgov

3. California Department of Public Health

Website: <https://www.cdph.ca.gov>

Social Media: @capublichealth

4. San Luis Obispo City

Website: <https://www.slocity.org>

Social Media: @cityofslo

5. San Luis Obispo County

Website: <https://www.readyslo.org/>

Social Media: @slopublichealth

6. Cal Poly SLO

Website: <https://coronavirus.calpoly.edu/>

Social Media: @ca_poly & @mycpwell



Key Messages when talking about COVID-19

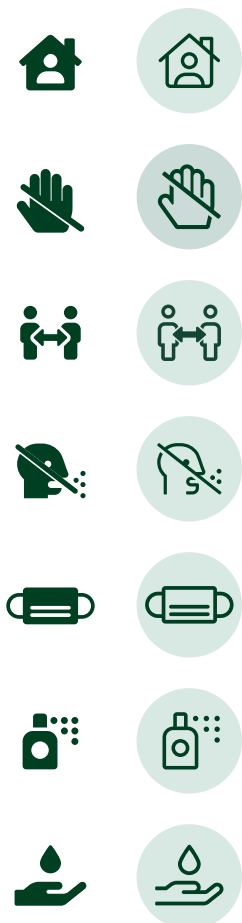
Messages that address COVID-19 can have a short shelf life. As information about the pandemic changes and community updates are provided, it is important to use terminology that has clear definitions and directs people to sources that are regularly updated.

SUGGESTED MESSAGING FOR THE CAMPUS IS BELOW:

- The uncertainty around COVID-19 has impacted us all. Get up-to-date information from reputable sources and help prevent spread of the virus. www.calpoly.edu.roadmap #spreadkindnessnotcovid
- Help protect yourself and others by being mindful and practicing healthy hygiene habits. For the latest information on COVID-19, visit www.calpoly.edu.roadmap #spreadkindnessnotcovid
- Wearing a face covering can reduce the spread of COVID-19. Stay informed on local COVID data by visiting www.readyslo.org #spreadkindnessnotcovid
- Want to know up-to-date local information regarding COVID-19? Stay informed by visiting www.readyslo.org #spreadkindnessnotcovid

COVID-19 Related Icons and Messages

Please use the following icons and messaging when communicating information about COVID-19. These icons were designed to be ADA compliant and are web approved.



Stay home if you are sick.

Avoid touching eyes, nose or face.

Maintain physical distance of 6 feet.

Cover coughs and sneezes.

California now requires use of face coverings in public spaces.

Sanitize common areas daily.

Wash Hands frequently or use hand sanitizer.