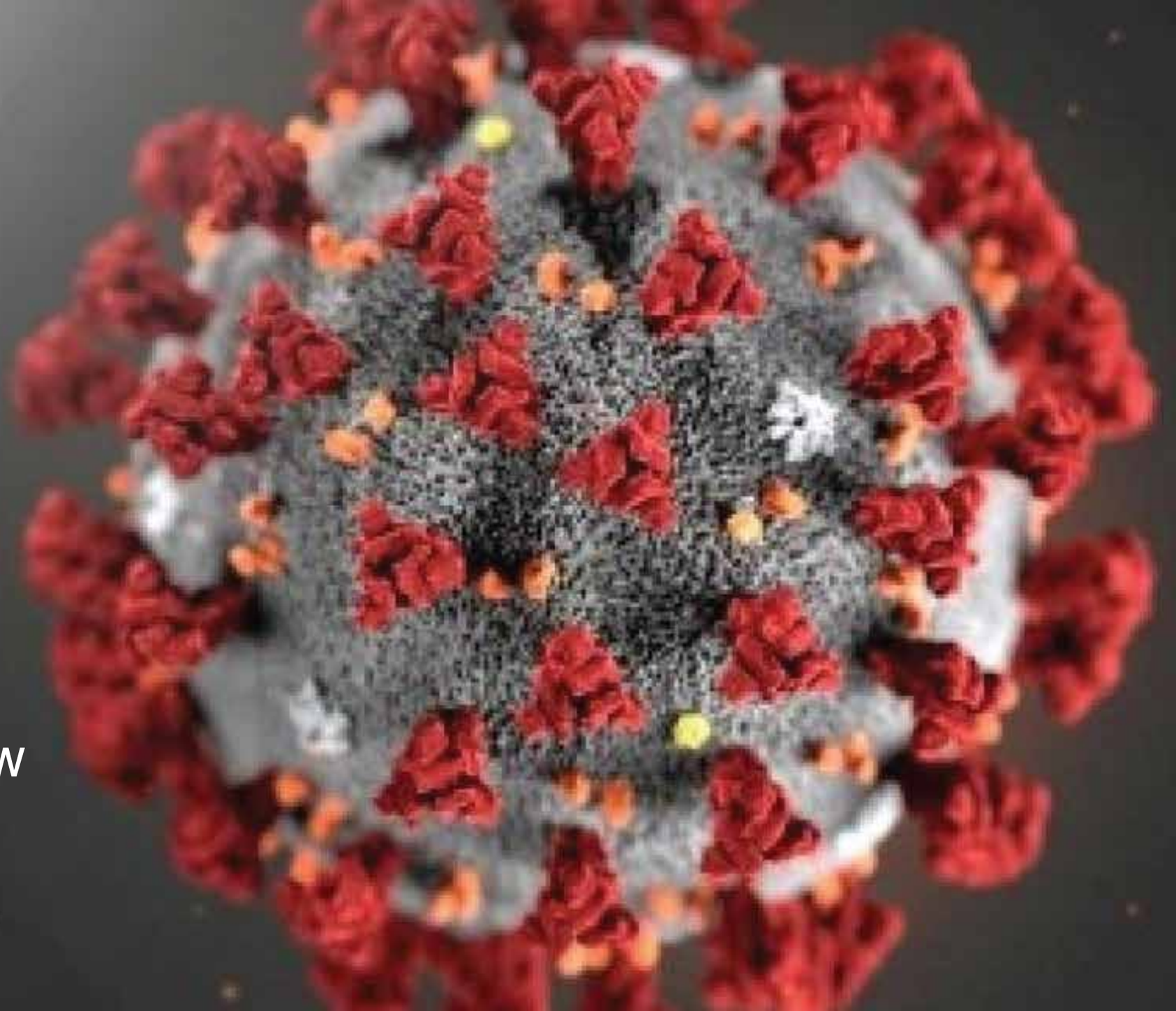
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COVID-19

What you need to know about Coronavirus?



WHAT IS COVID-19?

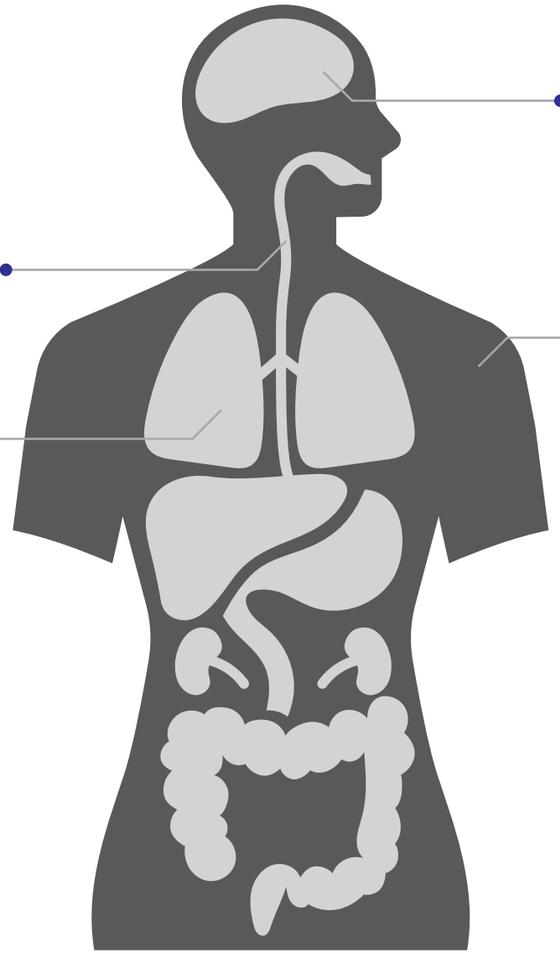
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- **Coronavirus disease 2019 (COVID-19)** is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2),a virus closely related to the SARS virus.

- The disease first emerged in Wuhan, China and is the cause of the 2019–20 coronavirus outbreak.

COMMON SYMPTOMS

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- High Temperature
- Cough
- Body Aches/ Muscle Pain
- Shortness of Breath/ Breathing Difficulties

SEVERE SYMPTOMS

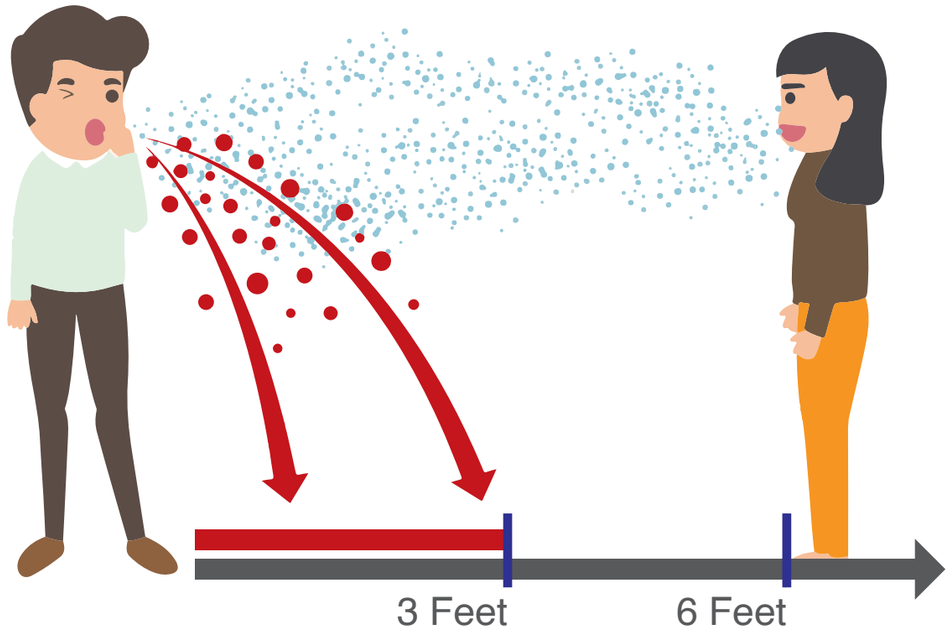
- High Fever (100.4°F or Higher)
- Pneumonia
- Kidney Failure
- Death

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TRANSMISSION

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The infection is spread from one person to others via respiratory droplets produced from the airways, often during coughing or sneezing.





Close personal contact



Coughing and Sneezing

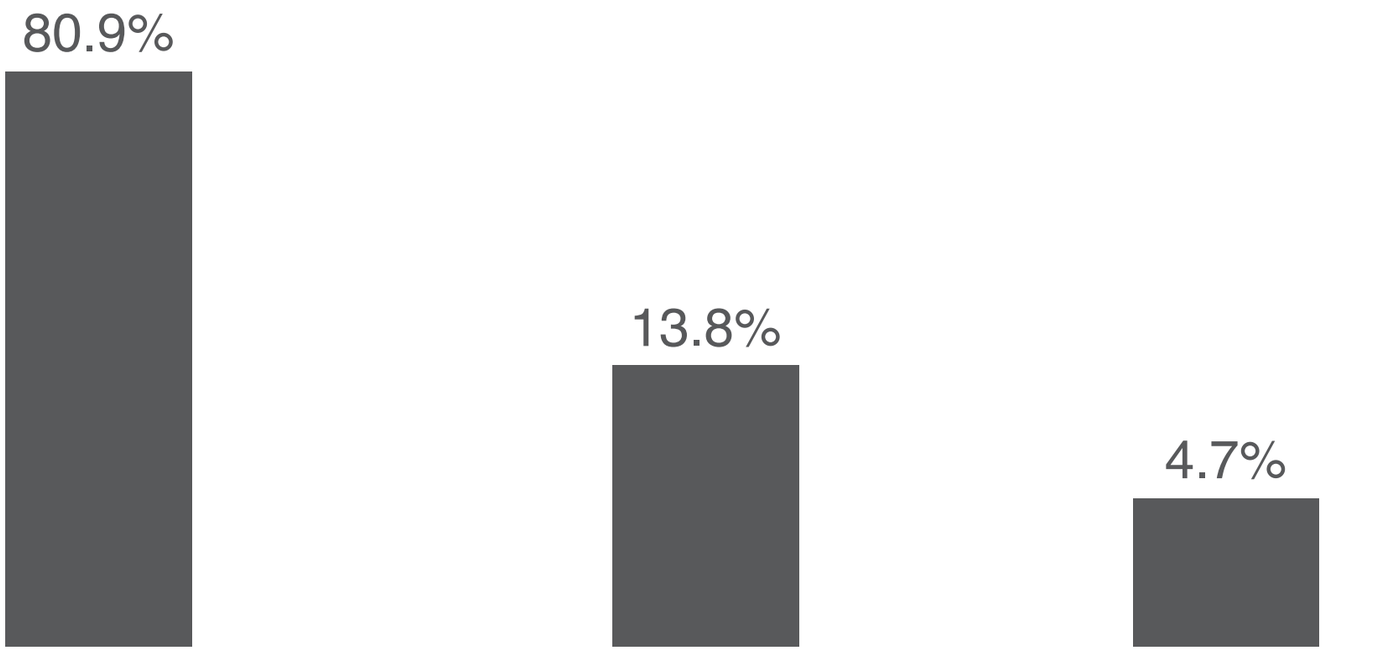


Touching an infected object

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80% OF CASES ARE MILD

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MILD
Like flu, stay at home

SEVERE
Hospitalization

CRITICAL
Intensive care

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PREVENTION

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Regularly and thoroughly clean hands with an alcohol-based hand rub (at least 60% alcohol) or wash them with soap and water for at least 20 seconds.



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PREVENTION

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- Cough and sneeze etiquettes should be followed



Cover your mouth and nose with a tissue when coughing and sneezing



Dispose off the tissue afterwards



After coughing or sneezing, wash your hands with soap and water

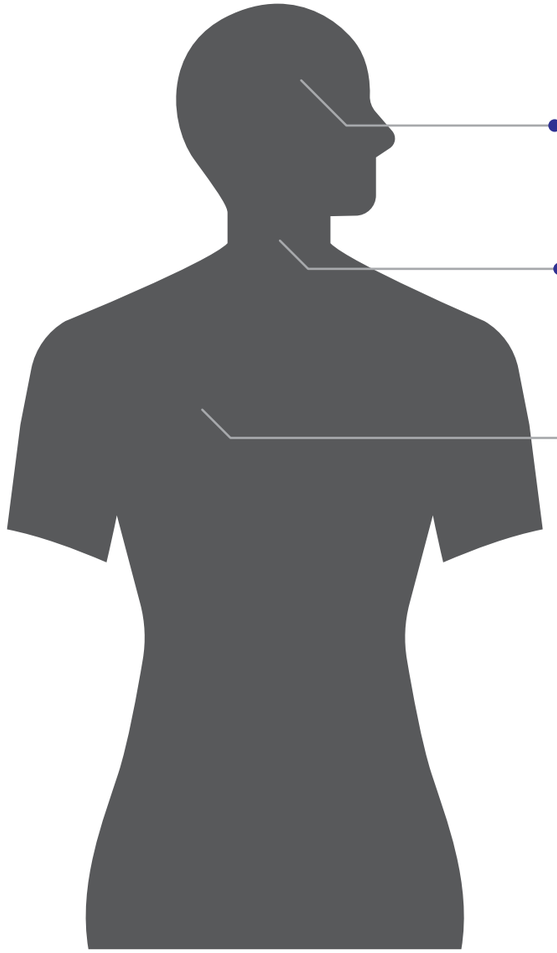


Wear a mask if you are coughing or sneezing

PREVENTION

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- Stay home if unwell
- If you have any of these **SYMPTOMS** call your health care provider



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WHEN TO WEAR A MASK

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- If healthy, wear a mask only if taking care of a person with suspected COVID-19 infection.
- **Wear a mask** if while coughing or sneezing.
- Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water.
- Mask should be used and disposed off properly.



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DIAGNOSIS

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- The standard method of testing is real time reverse transcription polymerase chain reaction (rRT-PCR).
- The test can be done on respiratory samples (nasopharyngeal swab or throat swab).
- Coronavirus (COVID-19) Test is available at Chughtai Lab with result in 24 hours.

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RECOMMENDED STRATEGIES FOR EMPLOYERS

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ACTIVELY ENCOURAGE SICK EMPLOYEES TO STAY HOME

Employees who have symptoms of acute respiratory illness are recommended to stay home and not come to work until they are free of fever (100.4° F [37.8° C] or greater using an oral thermometer), signs of a fever, and any other symptoms for at least 24 hours, without the use of fever-reducing or other symptom-altering medicines (e.g. cough suppressants). Employees should notify their supervisor and stay home if they are sick.

SEPARATE SICK EMPLOYEES

CDC recommends that employees who appear to have acute respiratory illness symptoms (i.e. cough, shortness of breath) upon arrival to work or become sick during the day should be separated from other employees and be sent home immediately. Sick employees should cover their noses and mouths with a tissue when coughing or sneezing (or an elbow or shoulder if no tissue is available).

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EMPHASIZE STAYING HOME WHEN SICK, RESPIRATORY ETIQUETTE & HAND HYGIENE BY ALL EMPLOYEES

- Place posters that encourage staying home when sick, cough and sneeze etiquette, and hand hygiene at the entrance to your workplace and in other workplace areas where they are likely to be seen
- Provide tissues and no-touch disposal receptacles for use by employees
- Instruct employees to clean their hands often with an alcohol-based hand sanitizer that contains at least 60-95% alcohol, or wash their hands with soap and water for at least 20 seconds. Soap and water should be used preferentially if hands are visibly dirty
- Provide soap and water and alcohol-based hand rubs in the workplace. Ensure that adequate supplies are maintained. Place hand rubs in multiple locations or in conference rooms to encourage hand hygiene

PERFORM ROUTINE ENVIRONMENTAL CLEANING

- Routinely clean all frequently touched surfaces in the workplace, such as workstations, countertops, and door knobs. Use the cleaning agents that are usually used in these areas and follow the directions on the label.

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PLANNING CONSIDERATIONS

- Impact of disease on employees that are vulnerable and may be at higher risk for COVID-19 adverse health complications. Inform employees that some people may be at higher risk for severe illness, such as older adults and those with chronic medical conditions.

- Prepare for possible increased numbers of employee absences due to illness in employees and their family members, dismissals of early childhood programs and K-12 schools due to high levels of absenteeism or illness:
  - Employers should plan to monitor and respond to absenteeism at the workplace. Implement plans to continue your essential business functions in case you experience higher than usual absenteeism.
  - Cross-train personnel to perform essential functions so that the workplace is able to operate even if key staff members are absent.
  - Assess your essential functions and the reliance that others and the community have on your services or products. Be prepared to change your business practices if needed to maintain critical operations (e.g., identify alternative suppliers, prioritize customers, or temporarily suspend some of your operations if needed).

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GUIDANCE FOR INSTITUTIONS OF HIGHER EDUCATION (IHE) THAT DO NOT HAVE COVID-19 IDENTIFIED IN THEIR COMMUNITY

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MONITOR AND PLAN FOR ABSENTEEISM

Review attendance and sick leave policies. Students, staff, and faculty should not attend class or work when sick. Allow them to stay home to care for sick household members. Make accommodations (e.g., extended due dates, electronic submission of assignments), as possible, for individuals who may be temporarily unable to attend class due to restrictions placed on them related to possible exposure to the virus that causes COVID-19.

ESTABLISH PROCEDURES FOR STUDENTS, STAFF, & FACULTY WHO ARE SICK (WITH ANY ILLNESS) ON CAMPUS

- Establish procedures to ensure students, staff, and faculty who become sick (with any illness) on campus or arrive on campus sick are sent to their place of residence as soon as possible
- Keep sick individuals separate from well individuals until they can leave

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PERFORM ROUTINE ENVIRONMENTAL CLEANING

- Routinely clean frequently touched surfaces (e.g., door knobs, light switches, countertops) with the cleaners typically used. Use all cleaning products according to the directions on the label

GUIDANCE FOR INSTITUTIONS OF HIGHER EDUCATION (IHE) WITH IDENTIFIED CASES OF COVID-19 IN THEIR COMMUNITY

Determine if, when, and for how long the IHE may need to suspend classes and postpone or cancel events and activities. If classes are suspended, IHE can consider the following steps:

- Temporarily cancel extracurricular group activities and large events.
- Discourage students, staff, and faculty from gathering or socializing anywhere

ENSURE CONTINUITY OF EDUCATION AND RESEARCH

- Review continuity plans, including plans for the continuity of teaching, learning, and research. Implement e-learning plans and distance learning options as feasible and appropriate
- Ensure continuity plans address how to temporarily postpone, limit, or adapt research-related activities (e.g., study recruitment or participation, access to labs) in a manner that protects the safety of researchers, participants, facilities, and equipment

ENSURE CONTINUITY OF SAFE HOUSING

- Work in close collaboration with local health officials to make all decisions related to on-campus housing
- If cases of COVID-19 have not been identified among residents of on-campus community housing, students may be allowed to remain in on-campus housing. In this situation, educate housing residents on the precautions they should take to help protect themselves when there is community spread of COVID-19. Residents should follow any more specific recommendations provided by local health officials
- If cases of COVID-19 have been identified among residents of on-campus community housing, work with local health officials to take additional precautions

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THANK YOU

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