

TIGERS TAKE CARE

A summary of health practices to guide your time on campus.

DEPAUW

FALL 2020

YOU HAVE TWO GOALS

1 Keep yourself healthy.

2 Safeguard our campus.

How can you stay healthy?

The most important things you can do to keep yourself healthy and free of COVID-19 are the **4Ws**:



WEAR A MASK

You are required to wear a mask inside University-owned buildings. DePauw has provided you with three reusable multilayer masks. Learn more.



WATCH YOUR PHYSICAL DISTANCE

Put six feet of distance between yourself and others. Remember that people without symptoms may be able to spread the virus.



WASH YOUR HANDS

Remember to wash your hands with soap and water or use a hand sanitizer that contains at least 60% alcohol to minimize transfer of germs. Learn more.



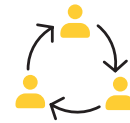
WIPE ALL SHARED SURFACES WITH DISINFECTANT

Disinfect shared objects including remotes, tables, desks, keyboards, armrests, light switches, doorknobs, handles, toilets and sinks. Learn more.

How can you help safeguard our community?



STAY HOME and seek medical advice if you have symptoms of COVID-19.



Keep a **CONSISTENT CIRCLE** of close contacts.



Willingly, fully and honestly **REPORT CLOSE CONTACTS** if you are infected.



QUARANTINE if you were exposed. Quarantine is used to keep someone who might have been exposed to COVID-19 away from others to prevent spread of disease.



ISOLATE if you are infected. Isolation is used to separate people who are infected with the virus that causes COVID-19 from people who are not infected.

Preparing to Return to Campus

CHECKLIST FOR RETURNING TO CAMPUS – STUDENTS

Prior to arriving on campus, all students are required to have a medical kit in their University residence. Students who have barriers to creating a medical kit should contact Student Academic Life.

Required medical kit items:

- Digital thermometer.
- Minimum of three washable, reusable cloth masks that fit appropriately.
- Hand sanitizer that includes at least 60% alcohol (16 oz., refillable as needed).
- Fever reducer/pain reliever (e.g., Acetaminophen, Ibuprofen).
- Disinfectant wipes (2 containers, approximately 150 wipes), if available.

CHECKLIST FOR RETURNING TO CAMPUS – EMPLOYEES

Before returning to work at DePauw, you might want to gather the follow items for your use:

Recommended work kit items:

- Digital thermometer to check your temperature each morning.
- Two disposable non-medical masks or reusable cloth masks in your work bag each day.
- A sealable plastic bag to safely store used masks until you are able to launder them.
- A clean, breathable container to store a mask for re-use while you eat or work in a private space.
- Personal use hand sanitizer that includes at least 60% alcohol.

DO YOU NEED TO TAKE EXTRA PRECAUTIONS TO AVOID COVID-19?

Certain existing medical conditions, including those listed below, can lead to increased risk of severe illness from COVID-19.



**INCREASED
RISK WITH
INCREASING AGE**



**CARDIO-
VASCULAR
DISEASE**



DIABETES



**CHRONIC LUNG
DISEASE**

The CDC maintains a [list of conditions](#) that might put people at an increased risk for severe illness from COVID-19. If you have any of the following conditions you are at increased risk of severe illness from COVID-19.

- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Weakened immune system from solid organ transplant
- Obesity (body mass index [BMI] of 30 or higher)
- Serious heart conditions, such as heart failure, coronary artery disease or cardiomyopathies
- Sickle cell disease
- Type 2 diabetes mellitus

This list is not comprehensive. You should check the CDC for the most up-to-date list.

Some members of [racial and ethnic minority groups](#) are also at increased risk of getting COVID-19 or experiencing severe illness, regardless of age. Individuals who are at increased risk for severe illness should quickly seek care if they develop symptoms of COVID-19.

Students

You are encouraged to share your name and concerns with Student Accessibility Services prior to arriving on campus to request accommodations.

Employees

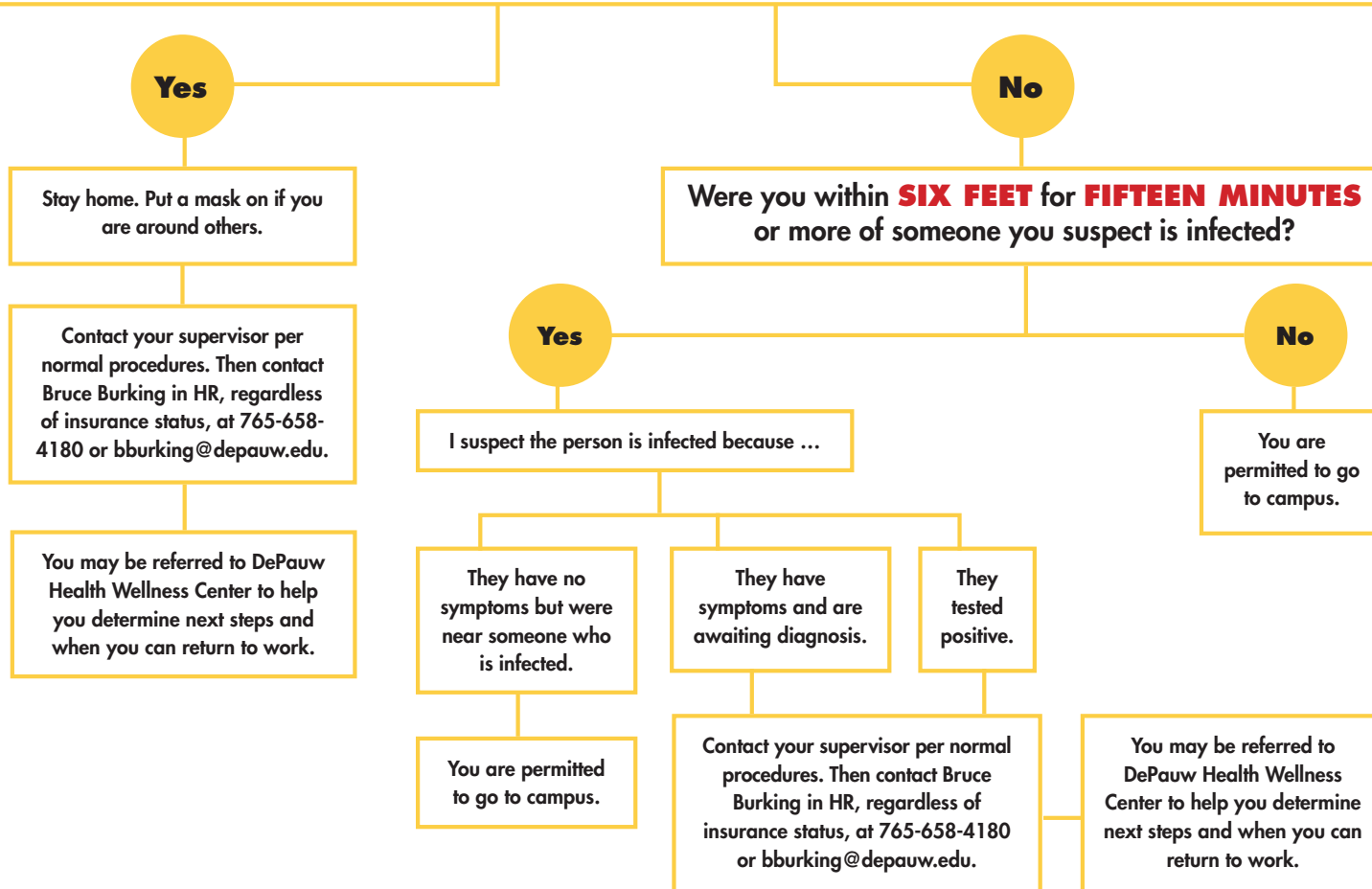
You are encouraged to share your name and concerns with Bruce Burking in Human Resources to request accommodations.

EMPLOYEES: SHOULD YOU GO TO CAMPUS FOR WORK TODAY?

Do you have any of these primary symptoms indicative of COVID-19?

(Do not consider symptoms that you routinely have, such as those associated with known allergies.)

- Fever of 100.4° or higher
- Cough
- Shortness of breath
- Congestion or runny nose
- Diarrhea
- Nausea or vomiting
- Sore throat
- Muscle pain or body aches
- Chills
- New loss of taste or smell
- Fatigue
- Headache



Support and resources

These are challenging times. There can be fear, stress, and anxiety related to COVID-19. Here are some resources to support you.

EMPLOYEE ASSISTANCE PROGRAM (EAP)

www.mycigna.com or 1-888-371-1125

- ID: depauwuniversity
- PIN: employee

OC24HEALTH'S BEHAVIORAL HEALTH (POWERED BY TELEDOC)

www.oc24health.com

- Download the app to get connected TODAY

BE WELL INDIANA

<https://bewellindiana.com/>

WHEN TO CALL 9-1-1

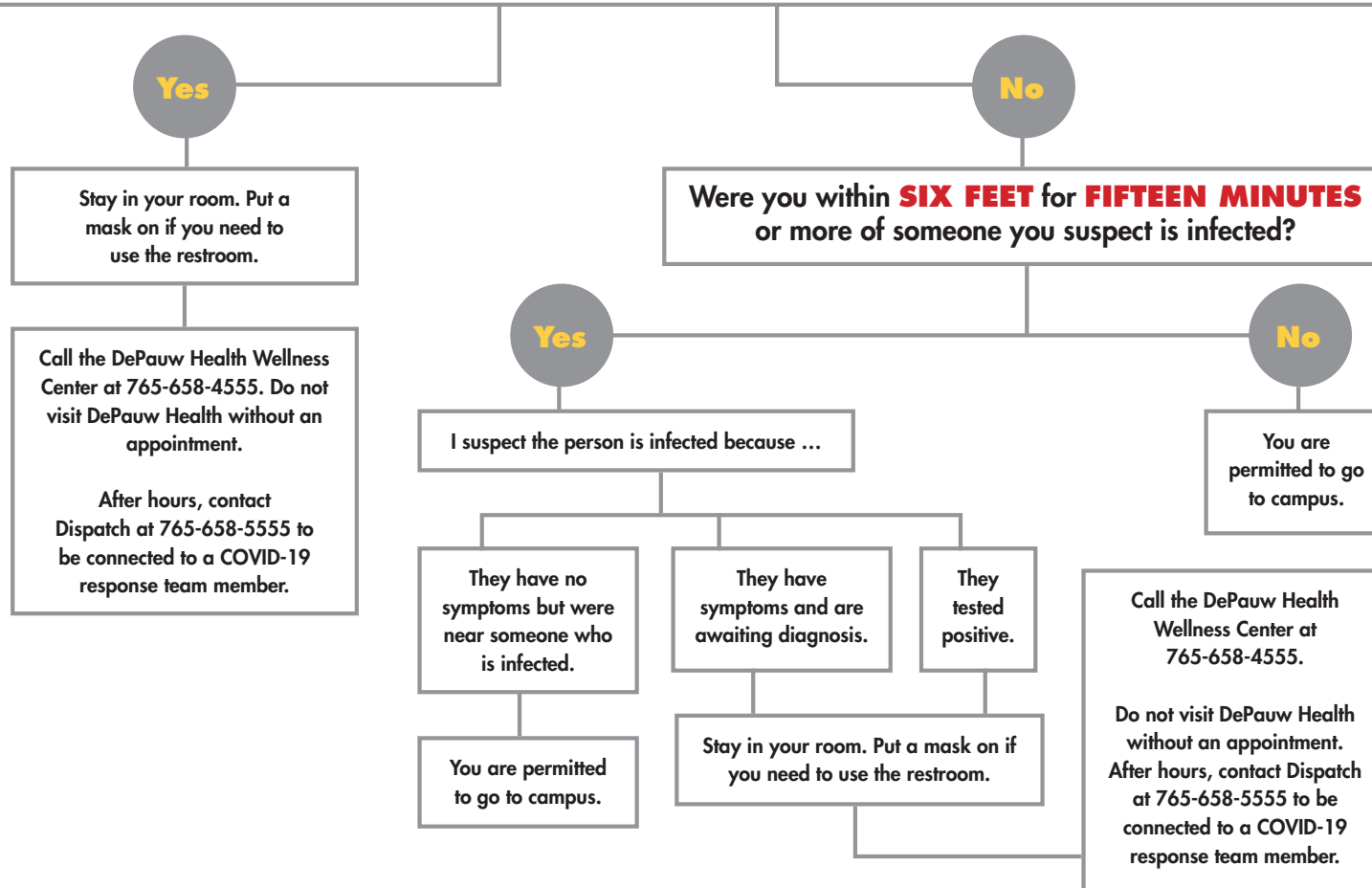
IF YOU ARE EXPERIENCING: Trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face, **SEEK CARE IMMEDIATELY.** Otherwise, please do your best to stay calm, recognizing that you are not experiencing a medical emergency.

STUDENTS: SHOULD YOU LEAVE YOUR ROOM TODAY?

Do you have any of these primary symptoms indicative of COVID-19?

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COVID-19 CASE INVESTIGATION AND CONTACT TRACING AMNESTY

Any information shared during the initial case interview and/or contact tracing process will not be used in the University Community Standards process, even if a violation of University policy occurred.

ON THE WEEKENDS OR AFTER-HOURS:

If your symptoms are mild to moderate, you may contact Dispatch at 765-658-5555 to be connected to a COVID-19 response team member.

If you have a car and you feel well enough to drive, you may drive yourself to a health facility after calling for direction. Do not ask a friend to transport you.

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