

COVID – 19 Safety Tips

Student Guidelines for COVID-19 Prevention

- Do not share dishes, drinking glasses, cups, or eating utensils.
- Used non-disposable food service items such as dishes, cups and utensils should be handled with gloves and washed with dish soap and hot water or cleaned in the dishwasher.
- Sinks could be an infection source. Avoid placing toothbrushes directly on counter surfaces. Use bathroom totes for personal items so they do not touch the bathroom countertop.
- Practice routine cleaning of frequently touched surfaces including high touch surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.
- For electronics such as tablets, touch screens, keyboards and remote controls, follow manufacturer's instruction for cleaning and disinfecting. If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly. Consider putting a wipeable cover on electronics.
- Regularly clean and disinfect clothes hampers.

Protect Yourself While Protecting Others

Symptom Monitoring

Monitor yourself each day for the symptoms of cough, shortness of breath, sore throat, muscle aches, headache, chills/shaking, lost sense of smell/taste, and fever greater than 100.0°F. If you have symptoms, self-quarantine and call a health care professional.

Personal Hygiene

Wash your hands often with soap and water for at least 20 seconds. Use a hand sanitizer that is at least 60 percent alcohol.

Group Gatherings

Do not gather as a group without careful consideration and appropriate precautions. Convene meetings in ways that allow for social distancing and the inclusion of anyone joining remotely. In-person meetings should occur in open areas or rooms with occupancy levels that significantly exceed the number of participants.

Over ►

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Over ►

Mental Health

Stay in virtual touch with family and friends through phone calls, video chat and social media. Be on guard for sadness, anxiety or depression in yourself or others while physical distancing.

Your cloth face covering should:

- Reach above the nose, below the chin, and completely cover the mouth and nostrils
- Fit snugly against the sides of the face
- Be laundered and machine dried often
- Do not buy surgical masks to use as a face covering which are intended for healthcare workers and first responders.

In addition to the facial covering Walsh supplied you with, masks are also available for purchase in the on-campus bookstore.

A Few Important Reminders about Coronaviruses and Reducing the Risk of Exposure:

- Coronaviruses on surfaces and objects naturally die within hours to days. Warmer temperatures and exposure to sunlight will reduce the time the virus survives on surfaces and objects.
- Normal routine cleaning with soap and water removes germs and dirt from surfaces. It lowers the risk of spreading COVID-19 infection.
- Disinfectants kill germs on surfaces. By killing germs on a surface after cleaning, you can further lower the risk of spreading infection. If disinfectants are in short supply, alternative disinfectants can be used (for example, 1/3 cup of bleach added to 1 gallon of water, or 70% alcohol solutions).



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