

Health and Safety FAQ for the Coronavirus Website

Updated as of 12/11/2020

IMPORTANT – Personal hygiene is the greatest defense against contracting the COVID-19 virus. Intermittent cleaning and disinfecting will not outweigh an individual’s ability to wash and/or sanitizing hands after touching public, shared, or other spaces. Please be diligent in your personal hygiene.

Definition of Terms:

Contact Tracing: This is the practice of identifying and monitoring individuals who may have had contact with an infectious person as a means of controlling the spread of a communicable disease.

Close Contact: The CDC defines [close contact](#) as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

Isolation: Typically recommended by a health care provider, isolation is being apart from others and staying alone. If possible, separate from other people who may be within the home. To be used by people who are sick to avoid exposing others to the disease. To be used for 10 days from the beginning of symptoms or for 72 hours after fever is gone without the use of fever reducing medication and other symptoms have significantly improved, whichever is longer, or as instructed by a health care provider.

Primary Contact (Direct Exposure): Refers to direct contact with a person positive for the disease. This differs from secondary contact which refers to contact with a person was in primary (direct) contact with someone positive with the disease.

Quarantine: Typically recommended by a health care provider, quarantine is the need to isolate from normal relations with people. Quarantine is used for people who do not currently have symptoms but were exposed to the disease. Quarantine is a prevention strategy used to monitor and separate well people who may have been exposed to a disease for a certain amount of time to see if they become ill. Quarantine helps to prevent the spread of disease and usually takes place in the home. Quarantine usually lasts for 10 days after your last exposure.

Secondary Contact: Refer to close contact with a person who was in primary (direct) contact with someone positive for the disease. This differs from primary contact which refers to direct contact with a person positive for the disease.

Self-Isolation: This is a prevention strategy used to separate people who are sick with an infectious disease from healthy people to help limit the spread of disease. Self-isolation can take place in the home or hospital. Use self-isolation if you are waiting for COVID-19 test results, have tested positive for COVID-19, or have symptoms of the disease without a test. Contact your

healthcare provider immediately if you are experiencing symptoms severe enough to seek healthcare. If symptoms are mild, stay at home and isolate away from others.

Self-Monitor: Individuals who self-monitor watch, keep track of, or check themselves for signs and symptoms of illness. When self-monitoring for signs and symptoms of COVID-19, please check body temperature twice daily for fever, along with taking note of any cough, shortness of air or trouble breathing, fatigue, rash or skin changes, loss of sense of smell or taste, chills, muscle pain, sore throat, or other symptoms of illness.

FAQs

Reporting Symptoms

All members of the WU community are asked to report any suspected symptoms of COVID-19 to Student Health Services by calling 785-670-1470, or e-mail studenthealth@washburn.edu. Students, faculty and staff can also self-report using an online form: [click here for the form](#). Student Health Services is located in Morgan 140 and is open 9 AM – 4 PM, Monday - Friday. Students, faculty, and staff reporting positive symptoms may be asked to go to one of several COVID-19 testing centers in the Topeka community.

Students, faculty, and staff should contact Student Health Services immediately if one or more of the following concerns apply:

Have symptoms of COVID-19 (see list of symptoms below);

- Have been in [close contact](#) with someone who has tested positive for COVID-19. The CDC defines [close contact](#) as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated;
- Have been in [close contact](#) with someone who is symptomatic (person under investigation) who has been tested for COVID-19 and is awaiting results. The CDC defines [close contact](#) as someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated;
- Are symptomatic and been tested for COVID-19 and are awaiting results or have been told the test was positive;
- Have [traveled internationally or to a high-risk location domestically](#).

Symptoms of COVID-19

- Fever above 100.3 F and/or chills or feeling hot (if no thermometer available)
- Sore throat
- New cough not related to chronic condition
- Runny/stuffy nose/nasal congestion (not related to allergies or relieved by antihistamines)
- Difficulty breathing, shortness of breath
- Diarrhea with or without respiratory symptoms
- Nausea and/or vomiting

- Headache unrelated to a chronic condition
- Fatigue
- Muscle aches
- Loss of sense of smell or taste
- New rash/skin changes or COVID-19 toes
- Pink eye

Testing

- Where can I get tested for COVID-19?
 - If you are ill with signs and symptoms of COVID-19, please contact your primary care provider and Student Health Services at 785-670-1470 or e-mail at studenthealth@washburn.edu. Nasopharyngeal swab testing for people who are ill is provided through University of Kansas Health System – St. Francis Campus: Complete the Self-Evaluation checklist located at www.kutopeka.com/coronavirus or call 833-463-9362. Stormont-Vail Health: Complete the Pre-Screening tool located at www.stormontvail.org/covid19/ or call 785-354-6000. Shawnee County Health Department: Drive-Thru testing is available Tuesdays 10:00 AM to 2:00 PM and Thursdays from 3:00 PM to 7:00 PM at Highland Park High School – 2424 SE California Ave., Topeka, KS 66605. Appointments are required and can be made by calling 785-251-4949. This drive-thru testing is for uninsured individuals living in Shawnee County; and those experiencing two or more symptoms of COVID-19.
 - If you are not ill (asymptomatic) and do not have signs and symptoms of COVID-19 the following options are currently available for testing (updated 06/22/2020):
 - MedExpress located at [1834 SW Wanamaker Rd, Topeka, KS 66604](http://1834%20SW%20Wanamaker%20Rd,%20Topeka,%20KS%2066604), (785) 272-2631, is providing COVID-19 testing for asymptomatic individuals; or
 - LabCorp has an [at home test kit](#).
 - [CVS Minute Clinic](#) offers an online assessment to determine if you are eligible for their COVID-19 testing (test supplies are limited).
- What are COVID-19 antibodies and where can I get tested?
 - Asymptomatic persons may be given an IgG antibody serology test via a blood draw. The IgG antibody serology test is one tool that may help identify people who may have been previously exposed to or overcome COVID-19. It may indicate prior infection which may be resolved, as well as potential protections against re-infection. If interested in the blood test for COVID-19 antibodies please contact Student Health Services at 785-670-1470 or e-mail studenthealth@washburn.edu or other primary care providers.
- Will Washburn test for COVID-19?
 - We are fortunate to have three professional resources available locally for people in need of COVID-19 testing. Stormont Vail Health, The University of Kansas Health System St. Francis Campus and Shawnee County Health Department are currently providing COVID-19 testing for individuals in need.

- Will Washburn test all returning students for COVID-19?
 - Washburn will not be proactively testing returning students or employees for COVID-19.
- Will Washburn test all returning students for the COVID-19 antibodies?
 - At this time, it's unclear if detected antibodies can provide protection (immunity) against getting infected again. For more information please visit the [CDC website](#).

Positive Cases

- If a student or an employee (faculty or staff) tests positive and/or becomes ill, will everyone who may have had primary (direct) contact with the person need to be on a 10-day quarantine?
 - That is correct. Each person who may have had primary (direct) contact with the individual who tested positive and/or becomes ill will need to be contacted (contact tracing) and informed they need to quarantine themselves for 10 days and monitor themselves for signs and symptoms daily. Recent Kansas legislation sets forth limits on who may conduct contact tracing. While Washburn is not able to currently perform contact tracing services we hope to partner with the local health department in the future to provide this service. Currently a person with primary (direct) contact will be contacted by the Health Department or their designee when the sick individual tests positive for COVID-19.
- How will students be quarantined or isolated?
 - Residential Living has a plan for managing students who reside on campus and are requested by a health care provider to quarantine or isolate. The plan includes eliminating direct contact with other individuals. Meal delivery is arranged with Chartwell's. Delivery service can be established for other needs (e.g., groceries, prescriptions).
 - Students who reside off campus will need to isolate and not share a bedroom or bathroom if possible. They will need to order grocery/pharmacy deliveries or reach out to support persons to help them obtain food and medications as needed.
- What happens if a student becomes infected and hospitalized? Does this justify moving all classes online?
 - When Student Health Services is informed of a student who has tested positive or becomes ill, they will coordinate with the VPAA office, and Residential Living if the individual resides on campus, to determine the best course of action for the situation.
 - When Student Health Services is informed of an employee who has tested positive or becomes ill, they will coordinate with Human Resources and the respective Area Head to determine the best course of action for the situation.
- Are employees required to furnish a medical release before returning to campus after an isolation or quarantine period?
 - Any employee who has been in isolation or quarantine is required to provide a medical release before returning to any campus. Student Health Services may be able to assist

with providing a medical release, at no charge, if that is more convenient. Employees with a medical release will need to either send the information to Human Resources, benefits@washburn.edu or fax 1-785-670-1642. Once Human Resources processes the release they will notify both the employee and respective supervisor they have been cleared to return to campus.

- Are employees required to use any accrued sick/personal leave benefits if unable to work due to isolation or quarantine?
 - The Families First Coronavirus Response Act (FFCRA) provides employees (faculty, staff, or student employees) with up to two weeks of paid leave benefits if they:
 1. Are subject to a Federal, State, or local quarantine or isolation order related to COVID-19;
 2. Have been advised by a health care provider to self-quarantine related to COVID-19;
 3. Are experiencing COVID-19 symptoms and seeking a medical diagnosis;
 4. are caring for an individual subject to an order described in (1) or self-quarantine as described in (2);
 5. Are caring for their child whose school or place of care is closed (or child care provider is unavailable) due to COVID-19 related reasons; or
 6. Are experiencing any other substantially-similar condition specified by the U.S. Department of Health and Human Services.
 - The [application for FFCRA](#) benefits is available online for employees (faculty, staff, or student employees) to review and/or apply.

- Are there any phone apps for symptom tracking/contact tracing?
 - There are several apps which are available for usage for those who are interested in using them.
 - For Apple products you may consider <https://apps.apple.com/us/app/contact-tracing/id1504531104>.
 - For Android products you may consider https://play.google.com/store/apps/details?id=sg.gov.tech.bluetrace&hl=en_US

Masks/Cloth Face Covering

- What is the difference between a mask and cloth face covering?
 - A mask is typically a reference to medical masks (also known as surgical masks). However, masks are in limited supply so an alternative approach has been to use a cloth face covering. For our purposes a “mask” will refer to either a medical mask or cloth face covering.

- Do we need to wear a mask? If so, will university provide?
 - Washburn University has established [mask regulations](#) which are to be followed by students, faculty, staff and visitors to any campus location.
 - The university plans to provide all students and employees with a double layer cloth face covering during the fall for use as a mask.

- What do we do about students or employees who may have a hearing impairment and find it challenging to communicate with someone who is wearing a mask?

A mask may present a communication challenge for those who have a hearing impairment. Please refer to the University's [mask regulations](#) for more information.

Updates to document:

08/12/2020:

- Updated the duration someone is to be fever free from 24 hours to 72 hours.

09/09/2020:

- Added self-reporting link as an additional option for contacting Student Health Services about COVID-19 related symptoms or positive exposures.

10/14/2020:

- Added CVS Minute Clinic as a potential testing location for COVID-19.

10/30/2020:

- Updated definition of close contact due to CDC and County changes.

12/11/2020:

- Modified quarantine period from 14 days to 10 days based on CDC and County changes.