

Health and Safety FAQ for the Coronavirus Website

Updated as of 6/22/2020

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.

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 14 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

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 (within the last 14 days).
 - 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](#).
- 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 14-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 and informed they need to quarantine themselves for 14 days and monitor themselves for signs and symptoms daily. When Student Health Services is informed of a student or employee who has tested positive or becomes ill they will assist in contacting individuals (contact tracing) who may have had primary contact with the individual. If Student Health Services is not informed, a person with primary (direct) contact will only be contacted by the Health Department when the sick individual tests positive for COVID-19.
- How will Washburn perform contact tracing?
 - When Student Health Services is notified of a person who is either tested positive for COVID-19 or is under investigation for possible COVID-19 illness, an attempt will be made to contact that person directly. The person will be asked for a list of primary contacts over the last 14 days. Student Health Services will then work to contact the people (contact tracing) listed by the person who is ill and instruct them to self-quarantine for 14 days from the date of last known contact with the ill person and self-monitor for signs and symptoms of COVID-19. Student Health Services will keep a daily symptom tracking log for each person and refer as need for testing if/when a primary contact becomes ill. This cycle will repeat for each ill person. If Student Health Services is not notified these services will be performed by the Health Department for persons that test positive.
- 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 or employee who has tested positive, or becomes ill, they will assist in contacting individuals (contact tracing) who

may have had primary contact with the individual. If Student Health Services is not informed, a person with primary (direct) contact will only be contacted by the Health Department when the sick individual tests positive for COVID-19. Notification is not possible when individuals infected by COVID-19 never develop signs or symptoms or Student Health Services is not informed.

- 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 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?
 - Currently, Shawnee County strongly recommends the use of cloth face coverings or masks. The university plans to provide all students and employees with a double layer cloth face covering during the fall for use as a mask. These items have been ordered and we anticipate receiving them at the beginning of the fall semester. However, with demand for this type of product we may experience a delay in delivery.
- What do we do about students or employees who may be deaf and hard of hearing and find it challenging to communicate with someone who is wearing a mask?
 - A mask may present a communication challenge for those who are deaf and hard of hearing. Students who are deaf or hard of hearing are asked to contact the Office of University Diversity and Inclusion, Disability Services, to discuss potential accommodations. Employees who may be deaf and hard of hearing are asked to contact Teresa Lee, Director of Human Resources, teresa.lee@washburn.edu, to discuss potential accommodations.