

CU Denver
COVID-19
Safely Visiting Campus



Welcome to the Safely Visiting Campus course!

Our two most important priorities during your time on campus are your safety and the safety of everyone you interact with.

To protect yourself and others and prevent the spread of the coronavirus, we are requiring all visitors to adhere to the same safety protocols while on campus as students, staff, and faculty are following.

No doubt you've been hearing a **lot** about COVID-19 in the past several months, but here is a quick review of coronavirus-related challenges we are facing:

- The primary way the virus spreads is from person to person. When an infected person coughs, sneezes, talks, or even exhales, they spread virus particles into the air that can land in the mouths or noses of people nearby.
- The risk of transmission increases the closer we are to an infected person and the longer we are near them.
- Another way to spread the virus is by touching a surface or object that is contaminated with virus particles.



The list of COVID-19 symptoms continues to grow. Here's the latest list from the U.S. Centers for Disease Control and Prevention (CDC)

These symptoms, especially early on, may be mild and feel like a common cold. You may not develop a fever.

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

Symptoms don't tell the whole story

You and others can be infected with the coronavirus and be shedding virus particles without realizing it. Some research studies have suggested that viral shedding can reach peak levels a day or two *before* symptoms occur.

There **pre-symptomatic** people can pose a big risk to others without anyone being aware of the danger they pose to others.

And while some infected people begin experiencing symptoms 2 to 14 days after they've contracted the virus, many others will remain **asymptomatic** (without any symptoms) despite spreading virus particles.

The only safe strategy is make two assumptions during your campus visit:

- *Some* of the people you will encounter will be asymptomatic or pre-symptomatic spreaders of virus particles
- *You* might be an asymptomatic or pre-symptomatic carrier of the coronavirus and are capable of infecting others

The safety measures described in this course will maximize the safety of you and others even if these assumptions prove to be true.



High-risk conditions

Some people are in much greater danger of developing a serious – even fatal – case of the virus if they become infected. They include people who:

- Are 65 or older
- Have chronic lung disease or moderate to severe asthma
- Have serious heart conditions
- Are severely obese (with a body mass index of 40 or greater)
- Have diabetes
- Have chronic kidney disease and are undergoing dialysis
- Have liver disease

More high-risk conditions

People with a compromised immune system are also at a higher risk. Some causes of a less effective immune system include:

- Cancer treatment
- Smoking
- Bone marrow or organ transplantation
- Immune deficiencies
- Poorly controlled HIV or AIDS
- Prolonged use of corticosteroids and other immune weakening medications

It's important to keep in mind that some of the students, staff, and faculty you may interact with on campus, and those they live with, might be in greater danger if they contract the COVID-19 virus.

Carefully and consistently adhering to the following safety measures may literally be a matter of life or death for these people.



1. Conduct a wellness check and be screened each day you come onto campus

You will need to complete a **daily health attestation form** that includes several questions about whether you are experiencing coronavirus symptoms or have recently been in close contact with someone likely to have the coronavirus. (“Close contact” means you’ve spent 15 minutes or more within 6 feet of someone.)

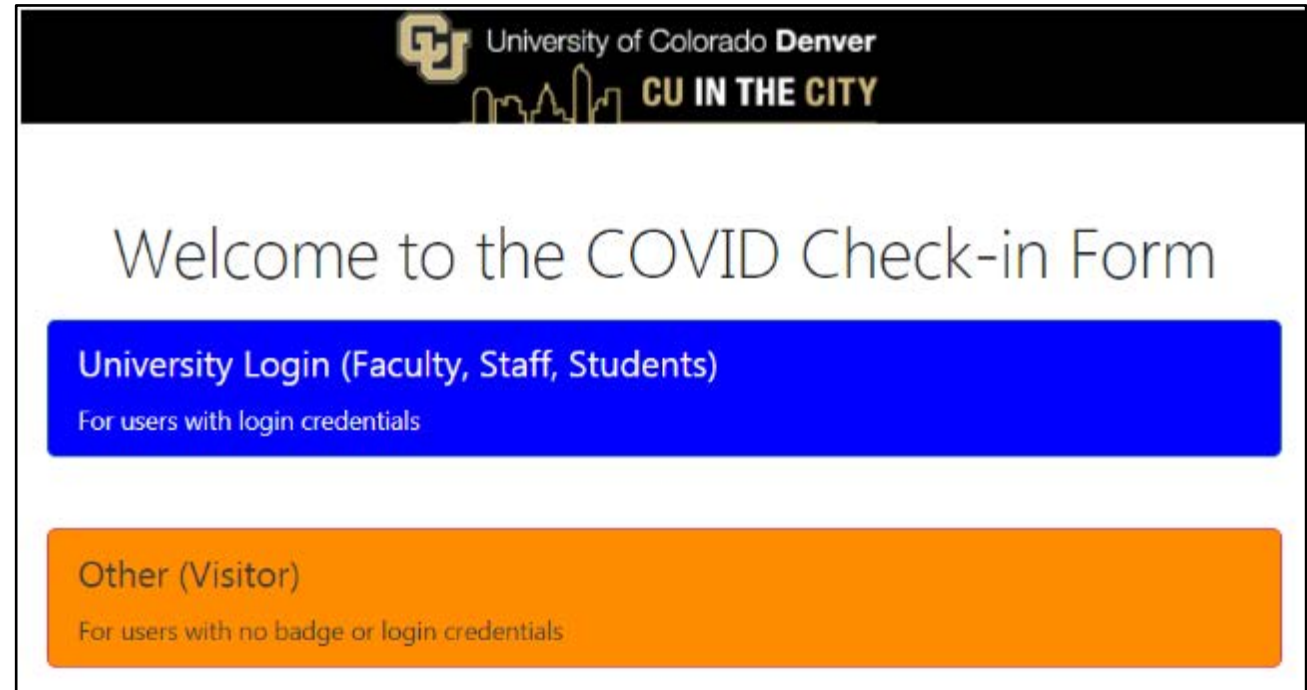
You will also need to take your temperature and record it on the attestation form



You can access the attestation form through any of the following methods:

- Online at <https://covidcheckpoint.ucdenver.edu/>
- The QR code located [at this webpage](#) and at each health screening station
- A paper form at one of the health screening stations

If you are completing the form online, select the **Other (Visitor)** option



The screenshot shows the top of a web page for the University of Colorado Denver. The header is black with the CU logo and the text "University of Colorado Denver" and "CU IN THE CITY". Below the header, the main content area is white and contains the text "Welcome to the COVID Check-in Form". There are two large buttons: a blue one labeled "University Login (Faculty, Staff, Students)" with the subtext "For users with login credentials", and an orange one labeled "Other (Visitor)" with the subtext "For users with no badge or login credentials".

When you arrive on campus, your first stop will be one of the several health screening stations, including the **North Classroom** building and the **Lynx Crossing** student apartments. **(Is the CU Building screening station officially open now? It's not yet listed here or on the accompanying map.)**

if you complete the attestation form online, you will be able to see a current list of locations and select the station at which you wish to be screened.

If you are not familiar with these locations, [consult the online map](#).

Allow a minimum of 30 minutes to check in.

After you successfully complete the screening process, you will be issued a color-coded wrist band authorizing you to be on campus for that day. **(Is this accurate; will visitors wear wrist bands?)**

What if you are experiencing symptoms or have been in close contact with someone with COVID-19?

- Do NOT come to campus if you are experiencing symptoms
- Contact the people or departments you were planning to visit and let them know that you are not able to visit campus safely



If you are experiencing symptoms or have tested positive for COVID-19:

Currently, the Colorado Department of Public Health and Environment (CDPHE) is indicating that it is safe to visit campus after:

- You have gone at least 24 hours with no fever (without taking medicine that reduces a fever)
- and
- Your respiratory symptoms (e.g. cough, shortness of breath), if you had them, have improved
- and
- At least 10 days have passed since you first experienced symptoms



If you discover that you have been in close contact with someone who is experiencing symptoms or has tested positive for COVID-19

According to CDPHE guidance, here is what you should do before visiting campus if you know you've been exposed to COVID-19:

- Self-quarantine for 14 days after your last contact with a person who has COVID-19
- Monitor yourself for the COVID-19 symptoms.
- Consider getting tested for the virus.



2. While on campus, maintain a distance of at least six feet between you and others

Keeping at least six feet between yourself and others, to your front and rear and on both sides, both inside and outside of buildings on campus, is one of the best ways to avoid being exposed to the virus and slowing its spread.



Some ways to make physical distancing easier

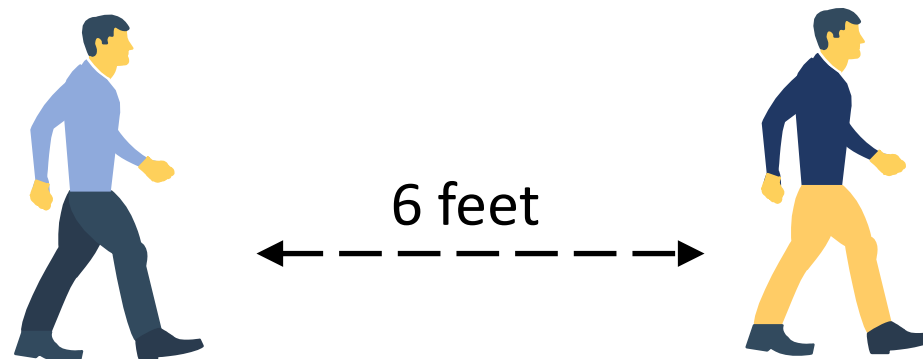
- Use stairs whenever possible, giving elevator priority to those with mobility limitations
- While near or inside buildings, follow:
 - Signs that indicate any designated building entrances and exits
 - Floor markings that indicate where lines should form and how to maintain spacing
 - Reminders to maintain social distancing in commons areas, near entrances, in restrooms, and in other high-traffic areas
 - Signs that specify the occupancy limit for elevators (assume the limit is two people unless the sign indicates a different number)

More physical distancing techniques

The campus has instituted a “stay to the right” protocol for moving around campus and in buildings:

- Stay to the right on sidewalks and paths when moving around campus and between buildings
- Inside of buildings, stay to the right in the direction of travel in hallways and when ascending or descending stairwells

Refrain from gathering in groups and avoid crowded places.



3. Wear a face covering

As mentioned earlier, the primary way that COVID-19 is transmitted is when an infected person shares the virus by coughing, sneezing, talking or exhaling.



It's also important to remember that *you* may be spreading virus particles when you do these things, even if you do not have any symptoms.

For these reasons, everyone (unless you have a medical or health issue that prevents you from doing so) is required to wear a face covering while on campus, both inside and outside of buildings. Both cloth masks and plastic face shields are acceptable.

If you forget to bring your mask to campus, a limited number may be available at a health screening station.

Practice “respiratory hygiene” if you are not wearing a mask (for example, while you are eating or drinking or you are unable to wear one due to a medical issue):



- Cover your mouth and nose with a tissue when you cough or sneeze; if a tissue is not available, sneeze into your elbow
- Throw away used tissues in a lined trash can
- Immediately wash your hands

4. Wash your hands – frequently!

Although person-to-person transmission of COVID-19 is the most common way it is spread, medical researchers believe that surface transmission occurs as well.

Our hands can pick up and retain virus particles that may then enter our bodies when we touch our hands to our faces.



Frequent hand washing protects both you and others by removing these particles.

It's especially important to wash your hands before and after touching high-touch surfaces, including door handles and elevator buttons.

Hand sanitizer: Second best

Washing your hands with soap is the most effective way to remove virus particles from them, but if you're unable to do so, use hand sanitizer.

Hand sanitizer will be provided in common areas in campus buildings, especially high-traffic, high-touch areas such as entrances and exits, elevator lobbies, and restrooms.

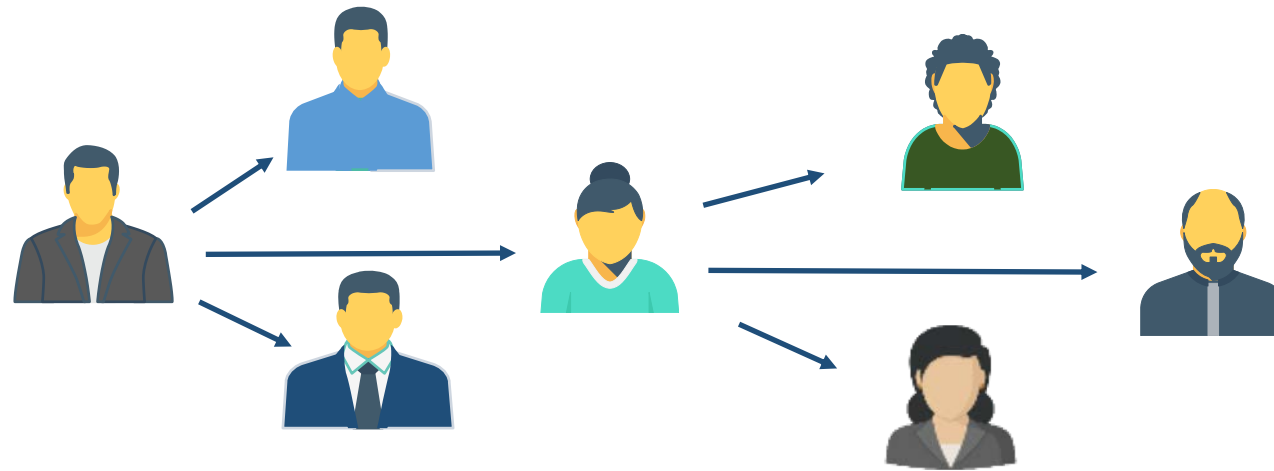
But it's a good idea to carry a small bottle of sanitizer with you to use before and after touching high-touch surfaces if a dispenser is not available.



Cooperating with Contact Tracing

Because so many people with the coronavirus are asymptomatic, and because the virus is so easily transmitted among people, a single contagious person (especially one who is not consistently practicing social distancing or wearing a mask) can unintentionally transmit the virus to a dozen people.

Each of these people may then transmit it to dozens of their close contacts.



To prevent this from happening, CU Denver is cooperating with Denver Public Health staff to facilitate contact tracing, a strategy for controlling the spread of disease that has proven effective for decades.

If someone you are in close contact with (you spent 15 minutes or longer within 6 feet of them) while you were on campus tests positive soon after your visit, or if you test positive shortly after spending time on campus, public health staff may contact you and will ask about the places you have been, and the people you've been in close contact with, during the time you may have been contagious.

They will also provide information about:

- Monitoring your symptoms and testing options
- Guidelines for self-quarantining or self-isolation so you can avoid transmitting the virus others
- Resources for managing the illness if you develop symptoms

You are not required by law to answer these questions, but by refusing to help public health staff alert those you visited while on campus and your friends, co-workers, or other close contacts, you could be putting these people, and all of the people they are in close contact with, at unnecessary risk.

Contact tracing works only if everyone involved cooperates, so it's extremely important that we provide the tracers with complete and accurate information if you become infected with the coronavirus.

A small number of CU Denver students are being trained to assist with contract tracing, and you may be contacted by one of them or a public health tracer.

Any information you share is kept confidential. Your personal information, including your name and contact information, and the names and contact information of your close contacts you provide to contact tracers, will **not** be shared with anyone outside of public health agencies

Thank you in advance for doing your part to ensure the safety of our entire CU Denver community by for adhering to the safety measures outlined in this course.

If you have any questions, please contact _____

We look forward to your visit!