在线课堂
学生健康、卫生和安全

最后更新时间
2021年8月1日

详情

本课程为南加州大学的学生提供基本的健康、卫生和安全信息，以帮助维护南加州大学校园内的 COVID–19安全。本模块由南加州大学学生健康中心以及南加州大学环境健康与安全中心于2020年5月共同开发，并于2021年7月更新。

COVID–19

COVID–19是什么?

COVID–19是由新型冠状病毒引起的疾病，可导致严重的呼吸道疾病。新型冠状病毒被命名为 "SARS–CoV–2"，因为它与2003年首次发现的SARS–CoV病毒有关。

它如何传播?

该病毒通过感染者打喷嚏或咳嗽时排出的呼吸道飞沫传播。如果携带病毒的飞沫落在他人的黏膜（口、鼻、眼）或被吸入肺部，就可能会导致感染。一个人即使没有症状，也可以传播该病毒。

所需的筛查

所有来到南加州大学设施的个人（包括员工） 将被要求每天完成 **南加州大学健康筛查检查表。** 筛查的形式可能是：

筛查的形式可能是：

纸质表格，或者
通过新的Trojan Check网络应用程序或trojancheck.usc.edu进行的在线问卷调查

筛查询问的问题包括：
- 在过去的10天内，你自己是否感染过COVID–19?
- 目前是否经医疗保健提供者或公共卫生官员的指示进行隔离？

TrojanLearn Module

Online Class
Health, Hygiene and Safety for Students
Last Updated
August 1, 2021

Details

This course provides basic health, hygiene and safety information for USC students to help maintain COVID-19 safety on the USC campuses. This module was developed by USC Student Health in conjunction with USC Environmental Health and Safety in May 2020 and updated in July 2021.

COVID-19 (STET)

What is COVID-19?

COVID-19 is the disease caused by novel Coronavirus that can cause severe respiratory disease. The novel Coronavirus is named "SARS-CoV-2" because it is related to the SARS-CoV virus that was first identified in 2003.

How is it spread?

The virus is spread by respiratory droplets that are emitted when an infected person sneezes or coughs. If droplets bearing the virus land in the mucus membranes (mouth, nose, eyes) of others or are inhaled into the lungs, this can cause infection. A person can spread the virus even when symptoms are not present.

REQUIRED SCREENINGS (STET)

All individuals, including employees, coming to USC facilities will be asked to complete a USC Wellness Screening Checker on a daily basis.

The screening may be:
Paper-based OR
Online questionnaire through the new Trojan Check web-based app, also available at trojancheck.usc.edu

The screening questions will ask:
- In the last 10 days have you, yourself, had COVID-19?
- Are currently directed by a healthcare provider or public health official to isolate or quarantine?

你目前是否有以下任何症状：

	是	不
你目前是否有以下任何症状：		
• 发冷或者发烧（100华氏度或更高）	☐	☐
• 失去味觉或嗅觉	☐	☐
• 肌肉酸痛或头痛	☐	☐
• 咳嗽、流鼻涕或喉咙痛	☐	☐
• 呼吸困难或气短	☐	☐
• 结膜炎（眼睛发炎，包括发红、发痒和流泪）并伴随发烧	☐	☐
• 胃肠道症状，如腹痛、腹泻、恶心或呕吐	☐	☐
如果你没有完全接种疫苗，请完成此部分*：		
• 在过去14天内，你是否与已知的COVID–19患者有密切接触？	☐	☐
• 你在过去10天内（如果你还没有结果呈阴性的Covid检测）或7天内（如果你在返回后至少经过3天的Covid检测结果呈阴性）是否旅行过？	☐	☐
*完全接种是指在2剂系列（例如辉瑞或莫德纳疫苗）中的第二剂接种后2周，或在单剂疫苗（例如强生公司的 Janssen 疫苗）接种后2周。		

疫苗

COVID–19疫苗安全有效，是结束疫情的最重要工具之一。疫苗可以预防严重的新冠病毒疾病、住院和死亡。接种疫苗可降低病毒持续感染人类和变异成对疫苗有抗药性的毒株的能力。

接种疫苗的人在接触COVID–19后不需必要隔离。强烈建议此类人群进行病毒检测以作为公共健康预防措施。

南加州大学要求所有学生、教职员工完成COVID–19疫苗接种，或提交医疗豁免或宗教豁免申请。获得豁免的个人必须在校园内戴口罩、旅行后隔离并遵守定期COVID–19检测（每周对教职员工和研究生检测一次；每周对本科生检测两次）。

SCREENING QUESTIONS

	YES	NO
Do you currently have any of the following symptoms:		
• **Chills** or **Fever** of 100 degrees or higher	☐	☐
• Loss of **Taste** or **Smell**	☐	☐
• **Muscle Soreness** or **Headaches**	☐	☐
• **Cough** or **Runny Nose** or **Sore Throat**	☐	☐
• **Difficulty Breathing** or **Shortness of Breath**	☐	☐
• **Conjunctivitis** (inflammation of eye including redness, itching and tearing) <u>ALONG WITH</u> feeling feverish	☐	☐
• GI symptoms such as **Abdominal Pain** or **Diarrhea** or **Nausea** or **Vomiting**	☐	☐
Complete this section if you are <u>NOT</u> fully vaccinated*:		
• In the past 14 days, have you had close contact with a person known to have COVID-19?	☐	☐
• Have you traveled in the past 10 days(if you have not had a negative COVID test) or 7 days (if you have received a negative COVID test at least 3 days after returning)？	☐	☐
*Fully vaccinated means at 2 weeks after your second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine		

Vaccines

The COVID-19 vaccines are safe, effective, and one of the most important tools in ending the pandemic. **Vaccines protect against severe COVID-19 disease, hospitalization, and death.** Vaccinations cut down the ability of the virus to keep infecting people and mutate into vaccine-resistant strains.

Vaccinated individuals are not required to quarantine after a COVID-19 exposure. They are highly recommended to test as a public health precaution.

USC requires all students*, faculty, and staff to complete a COVID-19 vaccination, or submit a request for a medical exemption or religious exemption. Individuals with approved exemptions must wear masks on campus, quarantine after travel and comply with regular COVID-19 testing (weekly for faculty, staff and graduate students; twice weekly for undergraduate students).

口罩

校园内的所有人在室内必须戴口罩，包括所有医疗保健设施、场所和交通工具（如公共汽车和班车），或遵循现行的南加州大学政策、指南及规定。

校园财产内的所有人必须戴口罩，除非独自在私人办公室内。在进食或饮水时，如果保持6英尺的距离，口罩可以暂时取下。

所有个人只要愿意都可以戴上口罩，不用担心报复，也不会对校内员工造成损失，并建议所有个人遵循大学和洛杉矶县公共卫生部关于一般预防措施的现行指导。

- COVID–19是一种空气传播疾病。保持物理距离、戴口罩、增加室内通风和呼吸系统防护可减少COVID–19的传播，但这些措施结合使用时最有效。

口罩和呼吸器

- 口罩（布口罩、外科口罩）不是呼吸防护设备。口罩旨在保护其他人免受口罩佩戴者（潜在飞沫源）的伤害。这被称为"源头控制"。

- N95和更具防护性的呼吸器可以保护佩戴者免受空气传播疾病的侵害，而口罩主要是保护佩戴者周围的人。

所有大学员工（教职员工，包括学生工）都可以申请在校园内工作时使用N95呼吸器。员工应查看视频，了解如何正确佩戴呼吸器以及如何进行密封检查。请注意，面部毛发会影响密封。

如果在洛杉矶或南加州大学发现新病例或疫情爆发，口罩指南可能会发生变化。所有学生、教职员工和访客都必须遵守校园口罩指南，否则将受到纪律处分。

或者，如果你被要求在工作中穿戴PPE（个人防护装备），请在开始工作前穿戴你的指定PPE。

- 员工应该在"上班时间"穿戴和脱下PPE。
- "脱下"口罩、隔离面罩或指定的PPE后应洗手。
- 将使用过的布口罩放入塑料袋中以备清洗。
- 在环境健康与安全资源页面了解有关卫生和PPE的更多信息。

Face Coverings

All persons on campus must wear face coverings indoors, including in all healthcare facilities, and on transportation such as buses and shuttles, or as directed by current USC policies, guidelines, and protocols.

All persons on campus properties must wear a face covering, except if alone in a private office. Masks may be removed briefly while eating or drinking provided 6 feet of distance can be maintained from others.

All individuals may wear masks if they choose, without fear of retaliation and at no cost to university employees, (faculty and staff, including student workers), and are advised to follow current guidance from the University and the Los Angeles County Department of Public Health on general precautions.

- COVID-19 is an airborne disease. Physical distancing, face coverings, increased ventilation indoors, and respiratory protection decrease the spread of COVID-19, but are most effective when used in combination.

Face coverings and Respirators

- Face coverings (cloth masks, surgical masks) are not respiratory protective equipment. Face coverings are intended to protect other individuals from the wearer (potential source of droplets) of the face covering. This is called "source control."

- N95s and more protective respirators protect the users from airborne disease while face coverings primarily protect people around the user.

All university employees (faculty and staff, including student workers) may request N95 respirators for working on campus. Employees should review the video for how to properly wear a respirator and how to perform a seal check. Be advised of the fact that facial hair intereferes with a seal.

The mask guidelines are subject to change in the event new cases or outbreaks are identified in Los Angeles or at USC. All students, faculty, staff, and guests must comply with the campus mask guidelines or be subject to disciplinary action.

OR, if you are instructed to wear PPE (personal protective equipment) for your job, **wear your assigned PPE** prior to beginning your work.

- **Donning and doffing** of PPE should occur while an employee is **"on the clock".**
- **Wash your hands after "taking off" (doffing)** a face covering, isolation mask, or your assigned PPE.
- Place used cloth face coverings in a plastic bag for washing.
- Learn more about hygiene and PPE on the **Environmental Health and Safety resource page**

手部卫生
记得洗手。

1. **每30分钟洗一次手或者对手消毒一次**，尤其是当接触到公共表面或共享物品（工具、屏幕）时

2. **用肥皂和水洗手20秒**可大大降低传播感染的风险（清洗手的所有表面、手指、指甲，直至手腕）

3. **在准备食物之前、期间和之后**；在进食之前

4. **照顾病人前后**

5. **使用卫生间之后**；擤鼻涕、咳嗽或打喷嚏；处理垃圾；触摸动物

密切接触暴露
密切接触暴露的定义是在24小时内与某人在6英尺范围内共处总计达到15分钟

如果你未完全接种疫苗，与他人保持**6英尺的物理距离**有助于降低传播风险。

症状

了解COVID–19症状，例如以下：

咳嗽，气短，或呼吸困难	发烧或发冷
肌肉酸痛或身体疼痛	呕吐或腹泻 · 新出现的失去味觉或嗅觉

症状可能轻重程度不等，并在暴露于导致COVID–19的病毒之后的2–14天内出现

若某人出现COVID–19相关的紧急警告迹象，立即寻求医疗服务

- 呼吸困难
- 胸腔持续疼痛或气短
- 新出现的困惑
- 无法唤醒或保持清醒
- 嘴唇或脸色发青

本列表不完全涵盖所有可能症状。若有任何其他严重或令你担忧的 症状，请联系你的医疗保健提供者。

Hand Hygiene
Remember to wash your hands.

1. **Wash or sanitize your hands every 30 minutes**, especially when coming into contact with common surfaces or shared items (tools, screens.)

2. **Handwashing with soap and water for 20 seconds** greatly reduces the risk of spreading infection (wash all surfaces of your hand, fingers, nails, up to the wrists)

3. **Before, during, and after preparing food;** before eating food

4. **Before and after caring for someone who is sick**

5. **After using the bathroom;** blowing your nose, coughing, or sneezing; handling garbage; touching animals

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Close Contact Exposure
Close contact exposure is defined as being within 6 feet of someone for a total of 15 minutes within a 24-hour period.

If you are not fully vaccinated, maintaining a **physical distance of 6 feet** from others can help reduce risk of transmission.

SYMPTOMS (STET)

Know the symptoms of COVID-19, which can include the following: EXIT C

Cough, shortness of breath or difficulty breathing	Fever or chills
Muscle or body aches	Vomiting or diarrhea · New loss of taste or smell

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.

家庭

- 家庭的定义是一群人共同生活的单一的居住单元，例如家或公寓。这些人通常共同使用和负责共用的生活区域，并分担日常家庭活动和责任。

- 以下类型不包括在家庭的定义中：宿舍、兄弟会、姐妹会、寺院、修道院或居家护理设施（这些是机构群体环境）。该定义也不包括合住套房、寄宿家庭、酒店或汽车旅馆（这些是商业性集体居住场所）。

- 学生须遵守所有现行的大学、洛杉矶县和加利福尼亚州关于限制家庭混合居住的公共卫生指南

旅行

旅行依然是在社区之间传播COVID−19的高风险因素，尤其是当你未完全接种疫苗时。在病例率高的某些时期，公共卫生当局可能会采取必要的或建议的自愿行动来限制旅行，并降低对公众的风险。

- 关注你的南加州大学电子邮件，查看来自南加州大学学生健康中心的有关旅行的重要提醒和其他COVID−19相关更新。

- 如果你选择旅行，请阅读由南加州大学环境健康与安全中心编写的更安全的国内旅行指南。

- 如果公共卫生指南要求在旅行前进行筛查和检测，请计划足够的时间以便在出发前收到你的结果。如果没有收到明确的结果，请不要旅行。如有可能，请在抵达旅行目的地后进行检测。

如果你生病了或者有了接触，请推迟旅行。任何身体不适、最近被诊断出患有COVID−19（10天内）或接触过COVID−19患者（14天内）的人都应自我隔离并推迟旅行。遵循你的医疗保健提供者关于何时完成建议的隔离期的指导，旅行可以变得安全。

如果你未完全接种疫苗，请推迟旅行。未完全接种疫苗的个人必须隔离7天，并在返回校园前3−5天接受COVID−19检测。

COVID−19 −"我接触过一个阳性病例。"

"我已接种疫苗。"

如果你已接种疫苗（南加州大学教职员工或学生）并被告知你接触过COVID−19检测呈阳性的人，你应遵循以下说明：

1. 强烈建议你尽快进行病毒检测，访问https://usc.edu/myshr 预约检测。

2. 我们建议你每天测量体温2次（每12小时一次）并监测以下症状：发烧、流鼻涕、喉咙痛、咳嗽、呼吸困难、轻度腹泻、味觉或嗅觉丧失。

Households

- A household is defined as a group of people who live together in a single dwelling unit like a home or apartment. These individuals usually share the use and responsibility for common living areas and share daily household activities and responsibilities.

- The following **are excluded from the definition of a household: dormitory, fraternity, sorority, monastery, convent, or residential care facility** (these are institutional group settings). The definition also excludes **co-living suites, boarding houses, hotels, or motels** (these are commercial group living arrangements).

- Students are directed to follow all current University, Los Angeles County, and State of California public health guidance on restricting the mixing of households

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Travel

Travel remains a high risk in the transmission of COVID-19 between communities, especially if you are not fully vaccinated. At certain periods when the case rate is high, public health authorities may institute required or advise voluntary actions to limit travel and reduce the risk to the public.

- **Monitor your USC email** for important alerts regarding travel and other COVID-19 related updates from USC Student Health.

- **If you choose to travel,** read the **safer domestic travel guide** prepared by USC Environmental Health and Safety.

- **If public health guidance requires screening and testing** prior to travel, plan enough time to receive your results BEFORE departure. Do not travel if you have not received clear results. Test upon arrival, if possible.

Delay travel if you are sick or exposed. Anyone feeling ill, recently diagnosed with COVID-19 (within 10 days), or exposed to someone with COVID-19 (within 14 days) should self-isolate and delay travel. Follow guidance from your health care provider regarding when recommended isolation/quarantine periods are complete, and travel can be safe

Delay travel if you are not fully vaccinated. Not fully vaccinated individuals must quarantine for 7 days and be tested for COVID-19 within 3-5 days after travel before returning to campus.

COVID-19 - "I've been exposed to a positive case."

"I'm vaccinated"

If you are vaccinated (USC faculty, student or staff) and are notified that you have been exposed to someone who tested positive for COVID-19 should follow the instructions below:

1. You are strongly recommended to test as soon as possible, visit **https://usc.edu/myshr** to schedule a test.

2. We recommend you take your temperature 2 times a day (every 12 hours) and monitor for the following symptoms: fever, runny nose, sore throat, coughing, difficulty breathing, mild diarrhea, loss of taste or smell.

任何未完全接种疫苗的南加州大学学生，如果被告知接触过COVID–19检测呈阳性的人，应遵循以下说明：

待在家里 — 不要去上课、工作、实践或者进行任何其他活动。

1. 你必须按照洛杉矶公共卫生部的指示隔离10天。
2. 通过南加州大学学生健康中心安排检测。无需另行通知南加州大学。
3. 我们建议你每天测量体温2次（每12小时一次）并监测以下症状：发烧、流鼻涕、喉咙痛、咳嗽、呼吸困难、轻度腹泻、味觉或嗅觉丧失。

如果你出现症状，我们提倡你

- 安排检测：南加州大学提供COVID–19检测：

无需通知 USC COVID 热线

致电南加州大学学生健康中心：
213–740–9355 (WELL) 或者通过 usc.edu/myshr 预约。.

问题?
- 拨打 USC COVID–19 热线电话：213–740–6291
- 电子邮件：covid19@usc.edu

COVID–19 –"我感觉不舒服。"

所有南加州大学的学生都应在COVID–19期间监测自己的健康状况。如果你因呼吸道症状（包括先前幻灯片中列出的COVID–19症状）而感到不适，请遵循以下说明：

1. 待在家里 — 不要去上课、工作、实践或进行其他活动。
2. 通过南加州大学学生健康中心预约检测。
3. 你必须在家隔离，直到持续24小时不发烧（不使用退烧药的情况下）且从出现症状起已有10天。如果你没有任何症状，仅检测呈阳性，则必须在家隔离直至检测之日起10天。

你必须在家隔离，直到你的所有症状消失已至少3天时间，并且从出现症状起已有10天时间。

南加州大学提供COVID–19检测：

学生/普通/UPC员工，通过南加州大学学生健康中心预约检测。

要求测试在 南加州大学 学生健康

学生:
- 前往：usc.edu/myshr
- 请致电 USC 学生健康部 213–740–9355 (WELL).

Any not fully vaccinated USC student who is notified that they have been exposed to someone who tested positive for COVID-19 should follow the instructions below:

Stay at home — do not go to class, work, practice or any other activity.

1. You must quarantine for 10 days as directed by the Los Angeles Department of Public Health.
2. Arrange for testing through USC Student Health. No other notification is required to USC.
3. We recommend you take your temperature 2 times a day (every 12 hours) and monitor for the following symptoms: fever, runny nose, sore throat, coughing, difficulty breathing, mild diarrhea, loss of taste or smell.

If you develop symptoms, we encourage you to:

- Arrange for testing: COVID-19 testing is available at USC:

No notification to USC COVID Hotline Required

Call USC Student Health:
213-740-9355 (WELL) or schedule through usc.edu/myshr.

QUESTIONS?
- Call the USC COVID-19 hotline at 213-740-6291
- Email: covid19@usc.edu

COVID-19 - "I am feeling sick."

All USC students should monitor their health during the time of COVID-19. If you are feeling sick with respiratory symptoms, including the COVID-19 symptoms listed from the previous slides, follow the instructions below:

- Stay at home — do not go to class, work, practice or other activity.
- Schedule testing through USC Student Health usc.edu/myshr at a Pop Testing location.
- You must isolate at home until you have been fever-free for 24 hours (without using a fever-reducing medicine) and 10 days have elapsed from the onset of symptoms. If you did not have any symptoms and only a positive test, you must isolate at home until 10 days have elapsed from the date of the test.

You must isolate at home until all your symptoms have been resolved for at least 3 days AND 10 days have elapsed from the onset of symptoms.

COVID-19 testing is available at USC:

Students/General/UPC Employees, schedule testing through USC Student Health.

Call for Testing at USC Student Health

STUDENTS:
- Go to: usc.edu/myshr
- Call USC Student Health at 213-740-9355 (WELL).

COVID–19 –"我检测呈阳性。

- **待在家里 — 不要去上课、工作、实践或进行其他活动。**

- 所有曾现身校园设施或参与校园项目且COVID–19检测呈阳性的南加州大学学生和教职员工必须自行报告并通知大学。

- 已通过南加州大学学生健康中心进行检测的南加州大学学生可跳过以下列出的通知步骤。

- 若要自行报告并通知大学，请联系：
    - o COVID–19热线：213–740–6291
    - o 或者发送电子邮件至covid19@usc.edu

- 联系大学后，你将被要求提供你的南加州大学相关活动的详细信息，确定与你有过接触的其他南加州大学教职员工、助教、研究助理、宿舍助理和学生，并告知发生接触的地点、你的诊断日期和症状出现的日期。此信息只会与那些需要了解这些信息以进行健康和安全考量的人共享。

- 确定症状开始前的48小时内（如果你没有症状，则为检测呈阳性之日前的48小时内）你去过哪里（南加州大学的区域）。

- 确定你在症状出现前的48小时内密切接触过的人（在6英尺范围内，持续15分钟或更长时间）。

通知南加州大学
或电子邮件
covid19@usc.edu

安全

COVID–19热线：
213–740–6291
covid19@usc.edu

- 所有学生都必须遵守coronavirus.usc.edu网站发布的以及南加州大学学生健康中心发布的全部健康和卫生指南。

- 保持消息灵通 — 定期查看你的南加州大学电子邮件，了解大学的最新情况

- 访问coronavirus.usc.edu以获取信息，包括当前健康和卫生建议、心理健康资源和最新的筛查流程说明的链接。

COVID-19 "I tested positive."

- **Stay at home — do not go to class, work, practice or other activity.**

- **All USC students who have been present in campus facilities or participating in campus programs who have tested positive for COVID-19 must self-report and notify the university.**

- *USC students who are tested through USC Student Health may skip the notification steps listed below.*

- **To self-report and notify the university, contact:**
    - **COVID-19 hotline at 213-740-6291**
    - **or email covid19@usc.edu**

- Upon contacting the university, you will be asked to provide details of your USC-related activities, identify other USC faculty, staff, teaching assistants, research assistants, resident assistants, and students with whom you have had contact and where, the date of your diagnosis, and the date of symptoms onset. This information will only be shared with those who need to know to address health and safety considerations.

- Identify **WHERE** (USC locations) you have been **within the last 48 hours before your symptoms began or date of positive test if you are asymptomatic.**

- Identify people **WHO** you have had close contact **(within 6 feet, for 15 minutes or longer)** within the last 48 hours before your symptoms began.

NOTIFY USC
or email
covid19@usc.edu

Safety

COVID-19 Hotline:
213-740-6291
covid19@usc.edu

- All students must follow all **health and hygiene guidance** of the University as posted on the **coronavirus.usc.edu** website and issued by USC Student Health.

- **Stay informed**—check your USC email regularly for updates from the university

- Visit **coronavirus.usc.edu** for information, including links to current health and hygiene recommendations, mental health resources, and updated screening process instructions.

根据Cal/OSHA第8章第3205(5)条关于COVID–19安全的信息

- 含有病毒的颗粒可以传播超过6英尺，尤其是在室内，因此保持物理距离、戴口罩、增加室内通风和呼吸系统防护可以减少COVID–19的传播，但这些措施结合使用时最有效。

如果你是出现COVID–19症状的现任员工/分包商或接触过COVID–19患者，在进行适当通知的情况下，你不会因未去上班而受到纪律处分。你的健康是我们的首要任务，我们将继续致力于为所有员工提供安全的环境。作为该大学的雇员，你享有若干不同类型的假期或福利，包括：

- 家庭医疗休假
- 加州家庭权利法案休假
- 工伤补偿保险
- 州和地方COVID–19补充带薪病假
- 加州带薪病假
- 根据加州/职业安全与健康管理局(Cal/OSHA)的COVID–19紧急临时标准的排除薪酬
- 伤残保险
- 长期残障保险
- 州提供的其他带薪福利，例如州残障保险、失业福利和/或加州带薪家事假

你可以在我们的COVID–19网站上了解有关你有权获得的休假/福利的更多信息。若要了解更多的休假/福利信息，你也可以联系你的HR合作伙伴。

请注意，该大学致力于提供一个安全透明的社区，严格禁止歧视、骚扰和报复。这包括出于与COVID–19相关的原因骚扰或歧视个人，这些原因包括但不限于个人接触或可能接触COVID–19、表现出COVID–19症状、COVID–19检测呈阳性和/或因COVID–19相关原因请假。有关大学的反歧视和反报复政策的更多信息可在线获取。

你的健康是我们的首要任务，我们将通过频繁的加强清洁和对接触者追踪过程中确定的区域进行常规消毒，继续确保你的健康和安全。如果你想了解有关南加州大学建筑清洁的更多信息，请访问环境健康与安全办公室的网站，你可以在其中查看有关COVID–19期间加强清洁的指南。

有关COVID–19社区传播的信息可在我们的COVID–19网站上找到。关于一般问题，也可致电COVID–19热线213–740–6291或者发送电子邮件至covid19@usc.edu。

Information on COVID-19 Safety in Accordance with Cal/OSHA Title 8 Section 3205(5)

- Particles containing the virus can travel more than six feet, especially indoors, so physical distancing, face coverings, increased ventilation indoors, and respiratory protection decrease the spread of COVID-19, but are most effective when used in combination.

If you are a current **employee/subcontractor** experiencing COVID-19 symptoms or **have been exposed to someone with COVID-19**, with appropriate notice, you will not be disciplined for not coming into work. Your health is our top priority and we remain committed to providing a safe environment for all of our employees. As an employee of the University, you may be entitled to several different types of leave or benefits including the following:

- Family Medical Leave
- California Family Rights Act Leave
- Workers' Compensation
- State and Local COVID-19 Supplemental Paid Sick Leave
- California Paid Sick Leave
- Exclusion pay under the Cal/OSHA Emergency Temporary Standards on COVID-19
- Disability Insurance
- Long Term Disability
- Other state provided paid benefits, such as State Disability Insurance (SDI), unemployment benefits, and/or California Paid Family Leave

You can learn more about the leaves/benefits you are entitled to on our COVID-19 website. For additional leaves/benefits information, you may also contact your **HR Partner**.

Please be advised that the University is committed to providing a safe and transparent community where discrimination, harassment, and retaliation are strictly prohibited. This includes harassment of or discrimination against individuals for COVID-19-related reasons, including but not limited to an individual's exposure or possible exposure to COVID-19, showing symptoms of COVID-19, testing positive for COVID-19, and/or taking a leave of absence for COVID-19-related reasons. More information on the **University's anti-discrimination and anti-retaliation policies** are available online.

Your health is our top priority and we are continuing to ensure your health and safety with frequent enhanced cleaning and routine disinfection of areas identified during contact tracing. If you would like more information on the cleaning of buildings at USC, please visit the **Office of Environmental Health & Safety's website** where you can view a guide sheet on enhanced cleaning during COVID-19.

Information about community spread of COVID-19 is available on our **COVID-19 website**. General questions also can be directed to the COVID-19 hotline at **213-740-6291 or emailed to covid19@usc.edu**.

对学生的期望

1. 为了保护你自己和更广泛的社区，大学期望每个学生遵守本次培训中包含的所有信息以及[Trojan Commitment](#)的原则。
   - COVID–19检测呈阳性的学生必须遵守南加州大学学生健康中心接触者追踪小组的建议；这些建议可能包括长达14天的自我隔离，以及通知可能有潜在接触的南加州大学个人。
2. 不遵守培训和政策可能会导致纪律处分、撤销包括使用校园服务在内的特权、取消南加州大学住房合同和/或根据适用的大学政策或协议解雇或开除。

社区的期望

整个南加州大学社区的安全取决于我们每个人。除了本模块前面列出的卫生和健康指导 — 戴口罩、遵守保持物理距离的标志和指示、遵守手部卫生和疾病规程 — 南加州大学社区还指望每个学生通过以下方式降低风险，以保护彼此的生命和福祉：

- 准确报告所有疾病症状并自我隔离，直到你可以接受检测。当你生病时待在家里，戴上口罩并前往临时检测站点进行COVID检测。

- 遵守校园口罩政策。在医疗保健设施/场所中、交通工具上和疫情爆发时，都必须使用口罩。

- 慎重对待你与他人密切接触可能给他们带来的健康问题和考量——包括舍友、室友、同屋者、同学、实验室/表演/体育活动实践伙伴、教职员工、邻居和社区中的其他人。如果其他人对你不遵守大学既定的健康和卫生指南（包括戴口罩）表示不满，你应该改变自己的行为并遵守相关指南。

- 避免呼吸道（鼻子和嘴巴）飞沫与他人接触：咳嗽和打喷嚏时捂住嘴，咳嗽或打喷嚏时用肘部挡住保护他人；将用过的纸巾扔进垃圾桶；洗手或对手消毒；不要共用食物/饮料或餐具；上课时不要吃东西。

- 无视大学健康、卫生和安全措施并使南加州大学社区成员面临更高患病风险的行为可能会导致纪律处分、撤销包括使用校园服务在内的特权、取消南加州大学住房合同和/或根据适用的大学政策或协议解雇或开除。

其他资源链接

- [南加州大学COVID–19资源中心](#)
- [南加州大学环境健康与安全部COVID–19资源页面](#)
- [美国疾控中心洗手建议](#)
- [美国疾控中心COVID–19网站](#)

Student Expectations

1. To protect yourself and the greater community, the University expects every employee to comply with all information contained in this training and the principles of the **Trojan Commitment.**
   - Students who test positive for COVID-19 must adhere to recommendations from the contact tracing team at USC Student Health; these recommendations may include self-isolation for up to 14 days and notification to USC individuals who may have had potential exposures.
2. Failure to comply with the training and policies may result in discipline, revocation of privileges including access to campus services, cancellation of USC Housing contract, and/or dismissal in accordance with applicable University policies or agreements.

Community Expectations

The safety of the entire USC community rests with each of us. In addition to the hygiene and health guidance listed previously in this module — wearing face coverings, adhering to physical distancing signage and instructions, following hand hygiene and illness protocols — the USC community is counting on each student to safeguard each other's lives and well-being by reducing risks as follows:

- Accurately reporting all symptoms of illness and self-isolating until you can be tested. Stay home when you are sick, wear a facial covering and visit a Pop Testing site for COVID testing.

- Following the campus mask policy. Facial coverings are required in healthcare facilities, on transportation, and in the event of an outbreak.

- Respecting the health concerns of others who you may be impacting by coming into close proximity with them — roommates, suitemates, housemates, classmates, lab/performance/athletic practice partners, faculty, staff, neighbors, and others in the community. If others express discomfort with your noncompliance with established health and hygiene guidance from the University, including wearing face coverings, you are expected to change your actions and comply.

- Eliminating exposure to others from your respiratory (nose and mouth) droplets: cover your coughs and sneezes, cough or sneeze into your elbow to protect others; dispose of used tissues in trash bins; wash or sanitize your hands; do not share food/drinks or utensils; do not eat during class.

- Actions that disregard University health, hygiene and safety measures and put members of the USC community at heightened risk of illness may result in discipline, revocation of privileges including access to campus services, cancellation of USC Housing contract and/or dismissal in accordance with applicable University policies or agreements.

Additional Resource Links

- **USC COVID-19 Resource Center**
- **USC Environmental Health and Safety Dept. COVID-19 Resource Page**
- **CDC Hand-washing Recommendation**
- **CDC COVID-19 Website**

多项选择测验

01/05： 未接种疫苗的个人必须：

☐ A. 在校园内戴口罩
☐ B. 定期进行COVID−19检测
☐ C. 保持经常洗手的习惯
☐ D. 以上都是

02/05： 已接种疫苗的个人：

☐ A. 如果与COVID−19有密切接触暴露，可以无需隔离
☐ B. 可预防严重的COVID−19疾病、住院和死亡
☐ C. A和B都是

03/05： 以下是正确陈述：

☐ A. 密切接触是指在24小时内与某人在6英尺范围内相处的时间总计达15分钟或更长时间
☐ B. 未接种疫苗的人必须在校园内戴口罩或遵循现行指南
☐ C. COVID−19的症状可能包括发烧、咳嗽、头痛、肠胃不适、疲劳以及味觉或嗅觉的丧失
☐ D. 以上都是

04/05: 大学将通过以下方式分享重要更新：

☐ A. 南加州大学电子邮件
☐ B. Coronavirus.usc.edu网站
☐ C. 摩尔斯电码
☐ D. A和B
☐ E. 以上都是

05/05:: 如果我对南加州大学当前的COVID−19相关情况有疑问，我应该：

☐ A. 发送电子邮件至covid19@usc.edu
☐ B. 访问coronavirus.usc.edu网站
☐ C. A和B
☐ D. 询问我隔壁的邻居

Multiple Choice Quiz

01/05: Unvaccinated individuals are required to:

☐ A. Wear a mask on campus
☐ B. Test regularly for COVID-19
☐ C. Maintain frequent handwashing habits
☐ D. All of the above

02/05: Vaccinated individuals:

☐ A. May skip quarantine if they have a close contact exposure to COVID-19
☐ B. Are protected against severe COVID-19 disease, hospitalization, and death
☐ C. Both A and B

03/05: The following are true statements:

☐ A. Close contact is being within 6 feet of someone for a total of 15 minutes or longer within a 24-hour period
☐ B. Face coverings are required for indoor settings on campus or as directed by current guidelines.
☐ C. Symptoms of COVID-19 may include fever, cough, headache, gastrointestinal distress, fatigue, and loss or taste and smell
☐ D. All of the above

04/05: The university will use the following methods to share important updates:

☐ A. USC email
☐ B. Coronavirus.usc.edu website
☐ C. Morse Code
☐ D. A & B
☐ E. All of the above

05/05: If I have questions about USC's current COVID-19 disruptions, I should:

☐ A. Send an email to covid19@usc.edu
☐ B. Visit the coronavirus.usc.edu website
☐ C. A and B
☐ D. Ask my next-door neighbor

南加州大学COVID–19
学生
确认/同意：

我已经完成了南加州大学题为"健康、卫生和安全"的COVID–19培训，并且已经阅读了南加州大学的COVID–19健康与安全政策和指南。我理解并同意遵守南加州大学所有的COVID–19健康与安全协议和程序，如该培训和这些政策中所述，包括但不限于：

1. 每天在现身任何南加州大学场所或参与其项目和活动之前完成南加州大学症状监测调查。

2. 除独自一人在房间内以外，在校园内任何时候都要戴上口罩或遮盖物。

3. 遵守所有必要个人防护装备(PPE)的使用。

4. 遵守南加州大学规定的所有公共卫生指南。

5. 遵守南加州大学制定的消毒方案。

6. 如果我被诊断出感染COVID–19，会遵守南加州大学的报告指南：任何现身校园设施或参与校园项目的人员，如果在校外设施中被检测出COVID–19呈阳性，必须立即通过致电COVID–19热线213–740–6291或者发送电子邮件至 **covid19@usc.edu** 自行报告COVID–19检测结果呈阳性。你将被要求提供你在南加州大学相关活动的详细信息、与你有过接触的其他南加州大学员工和学生信息、你的诊断日期和症状出现的日期。

我理解遵守培训和政策是我保护自己的责任的一部分，并通过这样做，在疫情期间保护我所在社区的其他人。我明白，不遵守培训和政策可能会被视为非学术性违反该大学的学生行为准则，并会受到纪律处分，甚至包括开除。

我也理解并承认，尽管南加州大学正在制定健康和安全措施，以帮助保护教职员工、学生和校园访客免受COVID–19感染，但任何有人员在场的公共场所都存在暴露于COVID–19的固有风险。COVID–19是一种传染性极强的疾病，可导致严重疾病和死亡。我理解并承认，出于教育目的（例如现场工作或临床现场）进入校园或任何其他公共场所可能会使我暴露于与COVID–19相关的各种可预见和不可预见的危害和风险，并且同样我可能会使我的家人或者与我有接触的人暴露于这些风险。我自愿进入此类公共场所，充分知情和理解这些危害及风险。

USC COVID-19

ACKNOWLEDGMENT/CONSENT

For Students:

I have completed USC's COVID-19 training entitled "Health, Hygiene and Safety," and I have reviewed USC's COVID-19 health and safety policies and guidelines. I understand and agree to comply with all of USC's COVID-19 health and safety protocols and procedures, as described in that training and those policies, including but not limited to:

1. Completing the USC Symptom Monitoring Survey each day before being physically present in any USC location or participating in USC programs and activities.

2. Wearing a facemask or covering at all times on campus except when alone in a room.

3. Complying with use of all required personal protective equipment (PPE).

4. Following all public health guidelines as set forth by USC.

5. Following disinfecting protocols as set out by USC.

6. Following USC reporting guidelines if I am diagnosed with COVID-19: Anyone present in campus facilities or participating working in campus programs who has tested positive for COVID-19 at an outside facility must self-report the positive COVID-19 test result immediately on the COVID-19 hotline at 213-740-6291 or email **covid19@usc.edu**. You will be asked to provide details of your USC-related activities, contact with other USC employees and students, the date of your diagnosis, and the date of symptoms onset.

I understand that complying with the training and policies is a part of my responsibility to protect myself, and by doing so, protect others in my community during the pandemic. I understand that failure to comply with the training and policies may be treated as a non-academic violation of the University's Student Conduct Code and result in disciplinary action, up to and including expulsion.

I also understand and acknowledge that, despite the health and safety measures that USC is instituting to help protect staff, faculty, students, and campus visitors from COVID-19, an inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. I understand and acknowledge that entering campus or any other public place for educational purposes (such as fieldwork or clinical site) may expose me to a variety of hazards and risks foreseen and unforeseen related to COVID-19 and that I may expose those within my household or with whom I interact to the same. I enter such public place voluntarily, fully knowing and understanding these hazards and risks.