

# 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.

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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.

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## 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](https://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?

# SCREENING QUESTIONS

	YES	NO
<p><b>Do you currently have any of the following symptoms:</b></p> <ul style="list-style-type: none"> <li>• <b>Chills</b> or <b>Fever</b> of 100 degrees or higher</li> <li>• Loss of <b>Taste</b> or <b>Smell</b></li> <li>• <b>Muscle Soreness</b> or <b>Headaches</b></li> <li>• <b>Cough</b> or <b>Runny Nose</b> or <b>Sore Throat</b></li> <li>• <b>Difficulty Breathing</b> or <b>Shortness of Breath</b></li> <li>• <b>Conjunctivitis</b> (inflammation of eye including redness, itching and tearing) <u>ALONG WITH</u> feeling feverish</li> <li>• GI symptoms such as <b>Abdominal Pain</b> or <b>Diarrhea</b> or <b>Nausea</b> or <b>Vomiting</b></li> </ul>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<p><b>Complete this section if you are <u>NOT</u> fully vaccinated*:</b></p> <ul style="list-style-type: none"> <li>• In the past 14 days, have you had close contact with a person known to have COVID-19?</li> <li>• 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) ?</li> </ul> <p><i>*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 &amp; Johnson's Janssen vaccine</i></p>	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>

## 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).

## 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 interferes 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](#)
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## 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.

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## SYMPTOMS (STET)

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



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.

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## 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.
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**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:**



**Call USC Student Health:**

**213-740-9355 (WELL) or schedule through [usc.edu/myshr](https://usc.edu/myshr).**

**QUESTIONS?**

- Call the USC COVID-19 hotline at **213-740-6291**
- Email: **[covid19@usc.edu](mailto:covid19@usc.edu)**

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**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](https://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.](https://usc.edu/myshr)**



**STUDENTS:**

- Go to: **[usc.edu/myshr](https://usc.edu/myshr)**
  - Call USC Student Health at **213-740-9355 (WELL).**
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## 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](mailto: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.



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## Safety

**COVID-19 Hotline:**  
213-740-6291  
[covid19@usc.edu](mailto:covid19@usc.edu)

- All students must follow all **health and hygiene guidance** of the University as posted on the [coronavirus.usc.edu](https://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](https://coronavirus.usc.edu) for information, including links to current health and hygiene recommendations, mental health resources, and updated screening process instructions.
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## 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](mailto:covid19@usc.edu).



## 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.

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## 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](#)
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## 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 of 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
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## 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](mailto: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.

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