RETURNING TO CLINICAL DURING COVID-19
Guiding Principles and Purpose
Drexel is committed to preserving and maintaining the health and safety of all members of its community. The Fall 2020 Covid-19 Task Force brought together an interdisciplinary team of professional staff and faculty from across the University to work collaboratively to find the safest, most beneficial and inclusive path to a return to campus in the fall. The guiding principles of this task force are:

• The Well Being of the Drexel Community.
• Educational and Research Support.
• A Culture of Caring.

What Is COVID-19?
COVID-19 (COVID or SARS–CoV2) is a coronavirus. There are many types of coronaviruses that infect humans, and many that commonly infect the respiratory tract. COVID-19 is coronavirus that was not previously seen in humans and is therefore considered novel or new. As a newly identified virus it was named and abbreviated as COVID-19. CO represents corona, VI for virus and D for disease. The number 19 represents the year in which the virus was first identified.

Signs and Symptoms of COVID-19
People with COVID-19 have demonstrated a wide range of symptoms and experiences. Symptoms can range from asymptomatic (no symptoms) to mild symptoms and even severe illness/death.

Symptoms can appear 2—14 days after exposure to the virus. The CDC lists the most current symptoms associated with a COVID infection, but it is important to be aware the list of symptoms can change. Consult the CDC for the most update information on COVID symptoms:

cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms

Common Symptoms of COVID-19 Include:

• Fever or chills.
• Cough.
• Shortness of breath
• Difficulty breathing.
• Fatigue.
• Muscle or body aches.
• Headache.
• New loss of taste or smell.
• Sore throat.
• Congestion or runny nose.
• Nausea or vomiting.
• Diarrhea

How Is It Spread?
The virus that causes COVID-19 is thought to spread mainly in the respiratory droplets of an infected individual when they sneeze, cough or breathe. Those droplets can be transmitted to the mouth and nose of other individuals or inhaled into the lungs. This leads to exposure and possible infection. Spread is most likely when individuals are in close contact, less than 6 feet apart. Even those who do not appear sick can spread the virus.

How Do I Protect Myself?
Personal Safety Practices for Everyday
According to the CDC (2020), prevention is the best protection.

Wash your hands often!

• Wash your hands for 20 seconds with soap and water, especially after being out in public or coughing and sneezing.
• If soap and water is not available, use a hand sanitizer with at least 60% alcohol.
Contact Precautions
- Avoid touching your nose, mouth and eyes with unwashed hands.
- Avoid close contact with others. When possible, maintain **6 feet (2 arms length)** distance from other individuals.
- When possible, avoid close contact with sick persons or protect yourself if in clinical area.
- Avoid large gatherings and groups.
- Cover your mouth and nose with cloth cover or mask when in contact with others or public places.
- Cover your mouth and nose when you sneeze with tissues or into your elbow.
- Clean and disinfect frequently touched surfaces such as: keyboards, phones, light switches, door handles, faucets, sinks, countertops and toilets.
- Use an EPA approved disinfectant. To see if your cleaner/disinfectant is approved, use the following link:
  epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19

Monitor Your Health
- Be aware of COVID symptoms and monitor your temperature.
- You can spread COVID even if you do not feel sick.
- CDC offers a symptom self-check at:
  cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms

Face Masks (Not Considered PPE)
- Face masks must be worn by all Drexel community members when in the presence of others and in public settings when social distancing measures are difficult to maintain.
- Appropriate use of masks and coverings is critical in minimizing risks to others near you.
- You could spread COVID-19 to others even if you do not feel sick.
- The mask is not a substitute for social distancing.
- Disposable masks may only be worn for one day and then must be placed in trash.
- You may also wear a cloth face covering.
- Cloth face coverings must only be worn for one day at a time and must be properly laundered before use again.

Everyday Face Masks: Type and Intended Use of Face Coverings/Masks

<table>
<thead>
<tr>
<th>Type</th>
<th>Cloth Face Covering</th>
<th>Disposable Mask</th>
<th>Medical-Grade Surgical Mask</th>
<th>N95 Respirator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Description</td>
<td>Home-made or commercially manufactured face coverings that are washable and help contain wearer’s respiratory emissions.</td>
<td>Commercially manufactured masks that help contain wearer’s respiratory emissions.</td>
<td>FDA-approved masks to protect the wearer from large droplets and splashes; helps contain wearer’s respiratory emissions.</td>
<td>Provide effective respiratory protection from airborne particles and aerosols; helps contain wearer’s respiratory emissions.</td>
</tr>
<tr>
<td>Intended use</td>
<td>Required for campus community use in non-healthcare settings (office spaces, general research/work settings, shops, community areas where 6’ social distancing cannot be consistently maintained. Must be replaced daily. (While likely necessary for ingress and egress, not required when working alone in an office.</td>
<td>These masks are reserved for healthcare workers and other approved areas with task-specific hazards determined by OESO.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Putting on Face Covering/Disposable Mask
• Wash hands or use hand sanitizer prior to handling the face covering/disposable mask.
• Ensure the face-covering/disposable mask fits over the nose and under the chin.
• Situate the face-covering/disposable mask properly with nose wire snug against the nose (where applicable).
• Tie straps behind the head and neck or loop around the ears.
• Throughout the process: Avoid touching the front of the face covering/disposable mask.

Removing Face Covering/Disposable Mask
• Do not touch your eyes, nose, or mouth when removing the face covering/disposable mask.
• When taking off the face covering/disposable mask, loop your finger into the strap and pull the strap away from the ear, or untie the straps.

CDC Video on Applying and Removing PPE:
cdc.gov/coronavirus/2019-ncov/hcp/using-ppe

Use and Care of Face Coverings
• For details regarding cloth face coverings, including how to create, wear and care for home-made face coverings, visit the CDC website:

Key Tips for Care of Face Masks
• Perform hand hygiene.
• Do not touch the front of the respirator or face mask when using and removing.
• Perform hand hygiene after removing the respirator/face mask and before putting it on again if your workplace is practicing reuse.*
* Facilities implementing reuse or extended use of PPE will need to adjust their donning and doffing procedures to accommodate those practices.

1. All students in clinical areas that will have direct patient contact will need to wear a mask and protective eye wear at all times. This can be glasses, goggles and face shields. A second pair of eye protection is necessary in the event the first becomes damaged, misplaced or otherwise unusable.

2. In cases such as therapy sessions, where there is no direct patient care contact, just a mask is necessary — UNLESS the patient/client refuses or cannot wear a mask. In these cases, students will need both a mask and goggles (or protective eyewear/facemask)

3. Students are advised against communal eating as this may increase exposure risk. Social distancing should be maintained during mealtimes and breaks at the clinical site.

WHAT TYPE OF MASK DO I NEED?

HOMEMADE MASK OR PAPER MASK
WHO SHOULD WEAR:
General public
WHEN TO WEAR:
When a person can’t perform social distancing; scarves and bandanas can be used if necessary.
USE LIMITATIONS:
Cloth masks should be washed after each use; don’t wear damp or when wet from spit or mucus.

SURGICAL MASK
WHO SHOULD WEAR:
Health care workers and patients in health care settings
WHEN TO WEAR:
During single or multiple patient interactions or routine health procedures; recommended when N95s aren’t available.
USE LIMITATIONS:
Ideally should be discarded after each patient encounter. Extended use is preferable to reuse.

N95 RESPIRATOR
WHO SHOULD WEAR:
Health care workers
WHEN TO WEAR:
Caring for patients with COVID-19 and performing procedures that put them most at risk of virus exposure.
USE LIMITATIONS:
Ideally should be discarded after each patient encounter. Extended use is preferable to reuse.
Returning to Clinical: What You Need to Know About Protecting Yourself and Others
All students entering clinical sites will follow specific site requirements as outlined by the CDC for the use of Personal Protective Equipment (PPE).

What is PPE? Who Needs PPE? How Do I Use PPE?
These are important questions and require attention to detail. Your sites will dictate what PPE is required. All students that will require use of PPE must visit the CDC site below and watch the video regarding the use of PPE.

cdc.gov/coronavirus/2019-ncov/hcp/using-ppe
What Should I Do When I Get Home?
Protecting yourself, your home, roommates and family members is important. While it has been determined that COVID-19 is transmitted more via person-to-person, taking simple steps to limit exposure promotes safety for all.

How to Return Home Safely Using the 3 S’s:
1. **S**hoes (second pair, don’t wear clinical shoes into living space).
2. **S**trip your clothes.
3. **S**hower.

Important Resources for All Students

**Drexel Health Tracker App**
The Drexel Health Tracker app allows you to track your symptoms, health and provides links to resources at Drexel University. Prior to arrival on any Drexel University Campus, a check of symptoms through the app is required. Although optional for those not on campus, its use is encouraged for all members of the Drexel Community. The app is available to Apple, Android and Goggle users.

**University Webpage/Communications**
Students, staff and faculty are responsible to routinely check the Drexel University Covid-19 website for information, resources and updates. Here you will find additional links and email addresses to report Covid-19 illness as well as answer questions.

drexel.edu/now/coronavirus/response

drexel.edu/covid-19

**Drexel Student Health Center**
University City Science Center
3401 Market Street, Suite 105B
Entrance on 34th Street across from DAC
Phone: 215.220.4700
drexel.edu/counselingandhealth/student-health-center

COVID-19 Drexel Student Health FAQ

What Should I Do If I Feel Sick?
COVID-19 can present with a wide range of symptoms, ranging from mild to severe. Symptoms may appear 2 – 14 days after exposure to the virus.

These symptoms can include:
- Fever or chills.
- Cough.
- Shortness of breath.
- Difficulty breathing.
- Fatigue.
- Muscle or body aches.
- Headache.
- New loss of taste or smell.
- Sore throat.
- Congestion or runny nose.
- Nausea or vomiting.
- Diarrhea.

COVID-19 is an evolving virus and this list may not include all possible symptoms. For updates, please consult the CDC at:
cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms

If you feel sick, we advise that you immediately report your symptoms to the Drexel Student Health Center.
- Students can self-report symptoms by either calling the Student Health Center at **215.220.4700**, by utilizing the website at **COVID19Health@drexel.edu** or the Drexel Health Tracker App, a smartphone application available to all Drexel Community.
- A Student Health staff member will make contact with you, discuss your symptoms, risks and facilitate testing if appropriate. Health Center staff will also discuss and provide assistance with any possible needs for isolation or symptom monitoring.
Most people with COVID-19 experience mild illness but it is important to keep track of your symptoms and seek emergency medical care immediately if you experience any emergency warning signs (CDC, 2020). These could include:

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

As noted earlier, COVID-19 is an evolving virus and this list may not include all possible symptoms. Please call your medical provider/seek emergency medical care for any other symptoms that are severe or concerning to you.

Please consult other CDC website links for information and updates.


What Should I Do If I Think I Was Exposed to COVID-19?
COVID-19 is thought to spread mainly through close contact from person to person. People who are asymptomatic (without symptoms) may also be able to spread the virus. The CDC, (2020) defines close contact as within 6 feet between people. It may also be possible to come in contact with the virus by touching surfaces or objects exposed to COVID-19 then touching your mouth, nose, or possibly eyes. The CDC notes this is not believed to be the main way the virus spreads, but research on COVID-19 spread is still ongoing (CDC, 2020).

If you believe you have been exposed to COVID-19 we advise that you report your exposure to the Drexel Student Health Center, right away. Students can self-report by either calling the Student Health Center at 215.220.4700, utilizing the website at [COVID19Health@drexel.edu](mailto:COVID19Health@drexel.edu) or the Drexel Health Tracker App, a smartphone application available to all Drexel Community. A Student Health staff member will make contact with you, discuss your exposure risk, any possible symptoms and facilitate testing if appropriate. Student Health Center staff will also discuss and provide assistance with any needs for isolation, quarantine or symptom monitoring. Please refer to item #1 of this document for important information on symptom monitoring and emergency warning signs.

Other helpful information and updates from the CDC related to the spread of COVID-19, quarantine and isolation, and spread prevention in the home can be found below.


What should I do if I’m positive for COVID-19?
If you have tested positive for COVID-19, we ask that you immediately report your status to the Drexel Student Health Center. Students can self-report by either calling the Student Health Center at 215.220.4700, utilizing the website at [COVID19Health@drexel.edu](mailto:COVID19Health@drexel.edu) or the Drexel Health Tracker App, a smartphone application available to all Drexel Community.

A Student Health staff member will make contact with you, discuss your current symptoms, offer assistance as needed, and provide contact risk counseling/services. Student Health Center staff will also discuss and provide assistance with needs for isolation, symptom monitoring, guidance on safely ending isolation and return to class/clinical activity.

As previously noted, COVID-19 is thought to spread mainly through close contact from person to person. People who are asymptomatic (without symptoms) may also be able to spread the virus, meaning you could test positive for COVID-19 and still be without symptoms.

Please refer to the items of this document for important information on symptom monitoring and emergency warning signs. Other helpful information and updates from the CDC related to the spread of COVID-19, quarantine and isolation, spread prevention in the home, return to activities as a student and healthcare provider/clinical student can be found below.

Expectations/Guidelines for All Students: Doing Your Part to Limit the Spread

- Follow CDC recommendations.
- Stay home if you are sick.
- Do not share items that are difficult to clean or disinfect.
- Avoid sharing electronic devices, books, pens, and other learning aids.

Transportation Guidelines:
- Practice hand hygiene and respiratory etiquette.
- Practice social distancing.
- Stay home when appropriate.
- Have adequate supplies: sanitizing wipes, hand sanitizer, face covering.
- Avoid touching surfaces.
- Wear a mask or appropriate face covering.

Students who use public transportation or ride sharing should use forms of transportation that minimize close contact with others (e.g., biking, walking, driving or riding by car either alone or with household members).

Be aware and follow policies of each clinical site
- Speak up if you see someone not following guidelines. Promote a Community of Caring by promoting safety for all.
- Follow proper reporting for illness and exposure as outline by Student Health.

Mental Health and Emotional Wellbeing

Mental and emotional health are an important part of health and well-being. The COVID-19 pandemic and its impact may cause stress for some people. Anxiety and fear of illness, in addition to learning a new set of social rules can be overwhelming and emotional at times. Necessary actions to reduce the spread of COVID-19 such as social distancing, can contribute to feelings of loneliness and isolation.

Stress during a pandemic can sometimes contribute to some of the following:
- Worsening of chronic (long term) medical problems.
- Worsening of mental health conditions.
- Changes in eating or sleeping patterns.
- Difficulty concentrating or sleeping.
- Increased or new onset use of alcohol and/or tobacco or other substances.

Your mental and emotional health is important. Resources are available to those in need.
Drexel University Office of Counseling and Health Services
drexel.edu/counselingandhealth/counseling-center

Hours and Scheduling
If you would like to make an appointment for teletherapy or are trying to reach the Counseling Center for another issue, please email: counseling@drexel.edu.

If you are currently in crisis, please contact our on-call counselor at 215.416.3337. If this is a psychological emergency and you need immediate attention, please dial 911 or visit your nearest emergency room.

Drexel University Individual, Couples and Family Therapy
drexel.edu/cnhp/practices/Individual-Couple-and-Family-Therapy-Services

National Alliance on Mental Illness (NAMI): nami.org
NAMI Philadelphia: namiphilly.org
NAMI Main Line PA: namimlinelpa.org

APPS FOR WELLNESS:
Calm (meditation, relaxation and sleep): calm.com
Headspace (mindfulness and meditation): headspace.com
Nutrition and Food Hygiene
Whether at home or onsite, practice good kitchen or lunchroom hygiene by wiping down your table surface when you finish eating, using disinfec-tant and not sharing food or beverages. While less likely, it is possible to contract COVID-19 by touching a surface or object that has the virus on it, then touching one’s mouth, nose or eyes.

Tips for Onsite Food Safety and Hygiene:
• Minimize the number of times you eat while at the clinical site. Eat before your shift and after your shift, leaving only one meal to be consumed onsite.
• Pack your meal in disposable packaging to eliminate bringing the virus into your house. Make simple meals, like a sandwich, that can be eaten quickly to reduce the time you are exposed without a mask.
• Fill your backpack with individually packed nutrition for quick snacks.
• Avoid using a shared microwave or appliance to heat your food. If your food needs to stay cold, be sure to pack it with an ice pack in an insulated cooler.
• Take a break and eat outside.
• Wash your hands before returning to work, and avoid touching your face or PPE.
• Practice social distancing when ordering takeout or having food delivered.
• Stay hydrated.
• Eat healthy meals.

Clinical Simulation and Skills Labs
In an effort to provide a safe learning space, our labs and simulation center will be following CDC guidelines.

Students and staff will always wear the required PPE.
• We will be collectively supporting each other with reminders to wear our masks appropriately and maintain social distancing as it is easy to forget.
• There will be social distancing during your learning activities, and your professors and the lab staff will be there to remind and support you through the process.
• Practice time will have to be scheduled to ensure that we are able to provide social distancing in all of our clinical rooms.
• There will be increased availability of hand sanitizer and hand washing stations.
• Students will not be able to congregate in hallways and there will be signage to help you navigate the direction of flow and how to access your learning spaces.
• Simulation staff and faculty will be available to answer your questions and listen to any concerns that you may have about learning in the simulation space.

Am I Prepared to Return to Clinical?
Complete the following Checklist:
☐ Completed required acknowledgment.
☐ Completed the Drexel Health Tracker App check in 2 hours prior to arrival to clinical.
☐ Completed the required University Covid-19 training and Dragon Pledge.
☐ Reviewed specific program requirements and read the Clinical Re-entry guide.
☐ Reviewed specific clinical site requirements/training if applicable.
☐ Reviewed proper handwashing techniques.
☐ Reviewed proper use, care and removal of masks and applicable PPE.
☐ Understand my part as a member of our Community of Caring.

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drexel.edu/now/coronavirus/response
Drexel University Information and webinar page has previous and upcoming webinars and blogs as well as links to information regarding online learning, tools, and various services.
drexel.edu/covid-19
Drexel Student Health Center
University City Science Center, 3401 Market Street, Suite 105B Entrance on 34th Street across from DAC • Phone: 215.220.4700
drexel.edu/counselingandhealth/student-health-center

COVID-19 Resources/Links
Centers for Disease Control (CDC)
cdc.gov/coronavirus/2019-ncov
World Health Organization (WHO) – International
who.int/emergencies/diseases/novel-coronavirus-2019
National Institute of Health (NIH)
nih.gov/health-information/coronavirus