



Photo by Harv Lake

**THE UNIVERSITY
of
MONTANA WESTERN**

**COVID-19
SAFETY TRAINING**



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Training Objectives

- Provide an overview of COVID-19
- Share campus expectations and guidance to reduce risk of transmission of COVID-19 and what to do if you become ill
- Provide information on the University response to positive COVID-19 cases
- Provide additional resources for information and support



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What is COVID-19?

- An illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new (novel) coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild to severe and COVID-19 can be fatal.
- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.



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The Symptoms of COVID-19*

- Fever 100°F or higher
- Cough/dry cough
- Shortness of breath or difficulty breathing
- Chills
- Sore throat
- Muscle pain
- New loss of sense of taste or smell

Seek medical care immediately if you experience these emergency warning signs of COVID-19:

- Trouble breathing
- Persistent pain or pressure in chest
- Confusion/disorientation
- Inability to wake or stay awake
- Bluish lips or face

**Research suggests that many COVID-19 patients have very mild symptoms or don't experience symptoms at all, despite having COVID-19.*



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UMW's Planning and Response to COVID-19 centers around 4 key areas:

- **Mitigation** – to reduce exposure risks
- **Testing** – including self-monitoring for symptoms and seeking medical testing
- **Contact Tracing** – working with the Beaverhead County Public Health Department, which has the responsibility to perform contact tracing for positive cases.
- **Isolation/Quarantine** of positive cases



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THE BULLDOG WAY

At Montana Western, our campus and community is your second home and we are family. We are a pack – and we protect and watch out for each other. Please do your part to keep the pack healthy:

- ▼ Wear a face covering at all times when indoors and when you cannot socially distance outside.
- ▼ Remain close to campus and limit trips outside the Dillon area for the duration of the semester. If you are in public, in Dillon or elsewhere, follow local and state protocols to protect our broader bulldog community.
- ▼ Wash your hands frequently with soap and water and use hand sanitizer.
- ▼ Take your temperature every day before you come to work or class.
- ▼ Maintain physical distancing between others of at least 6 feet.
- ▼ Cover your cough and sneeze.
- ▼ Avoid touching your eyes, nose, and mouth.
- ▼ Do not attend class if you are sick and get medical care if necessary. Contact your instructor to let them know you will be missing class due to illness and to make arrangements for accessing course materials/assignments online.
- ▼ If you are contacted by Beaverhead County Public Health, please participate in testing and contact tracing to ensure the safety of the Bulldog Pack.
- ▼ Keep your clothing, belongings and personal space clean.



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MITIGATION

Protecting Yourself and Your Community



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3 Best Ways to Mitigate COVID-19 Risks:

1. Wear a mask
2. Maintain 6 Foot Physical Distancing
3. Practice Good Hand/Respiratory Hygiene



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Wear a mask

Montana Western requires cloth face coverings for all employees, students, contractors, vendors and visitors. This includes:

- Indoor spaces
- Enclosed or partially enclosed outdoor spaces
- Outdoor settings when people are unable to keep 6' distance at all times
- University owned vehicles when more than one person is in a vehicle

UMW students and employees will receive:

- 1 reusable cloth mask
- 1 reusable neck gaiter



*Information regarding UMW's mask policy is available on the web at:
<https://w.umwestern.edu/fall-2020-plan/campus-wide-guidance/>

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General Guidance for Wearing Masks

- Wash hands or use hand sanitizer before putting on mask or after removing mask;
- Try to touch only the ear loops when removing or putting on mask;
- Avoid touching your face and mask while wearing;
- Reusable cloth masks should be hand washed with soap and water or laundered with detergent between uses;
- Having multiple cloth reusable masks is helpful in rotating and washing to ensure a fresh mask each day.



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Maintain 6 Foot Physical Distancing

We've configured our classrooms, learning spaces and common areas to facilitate physical distancing.

- All classrooms will be cleaned between morning and afternoon classes.
- If there's only one door to a room, please allow others to leave the room before you enter.
- Please "Keep Right" when walking down hallways, staircases and along sidewalks or obey other posted directional signs.
- Use elevators if necessary, and always wear a mask.
- When waiting in lines or foyers, maintain 6' distance between you and others.
- Avoid gathering in large groups.



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Practice Good Hand/Respiratory Hygiene

Wash hands with soap and water for at least 20 seconds.

- If soap and water are not available, use hand sanitizer with at least 60% alcohol (please keep hand sanitizer with you at all times).
- Avoid touching eyes, nose and mouth with unwashed hands.
- Wash/sanitize immediately after touching "high traffic surfaces" (i.e. doorknobs, handrails, elevator buttons, ATM keypads)
- Cover mouth and nose when sneezing. If possible, use tissue and then dispose and wash hands.
- Use the hand sanitizer stations located throughout campus.



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Reduce your risk:



- ✓ Wear a mask
- ✓ Maintain physical distancing
- ✓ Wash your hands; cover your cough or sneeze



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If You are Sick and Reside in Campus Housing...

IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS:



COUGH



FEVER



SHORTNESS OF BREATH

PLEASE STAY IN YOUR ASSIGNED ROOM



SCAN ME
Complete this self-report form

Contact your medical provider to discuss symptoms

Complete the self-report form

Wait for further instructions from Residence Life



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If You are Sick and Live off-campus...

Stay home and call your medical provider.

Medical Providers in Dillon:

- **Southwest Montana Community Health Center**
44 Barrett St., Dillon, MT, 59725 Phone: 406-683-4440
- **Barrett Hospital Provider Clinic**
30 MT HWY 91 S., Dillon, MT, 59725 Phone: 406-683-1188
- **Beaverhead Urgent Care**
120 South Atlantic St., Dillon, MT, 59725 Phone: 406-683-4400



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TESTING

Detecting Positive COVID-19 Cases



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The Montana University System and the University of Montana Western are committed to testing strategies for both symptomatic and asymptomatic individuals. Symptomatic testing is the top priority – our ability to rapidly confirm positive cases and work quickly to isolate them. Testing identifies individual cases to prevent them from leading to clusters or outbreaks.



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Symptomatic Testing Options

- Students can get tested for COVID-19 at the Southwest Montana Community Health Center (see slide #15). **Please call ahead for an appointment or to notify them you're coming in.**
- For employees, contact your primary medical care provider.
- Screen yourself for symptoms and take your temperature daily before coming to campus and seek medical guidance if you feel ill and/or are exhibiting any of the symptoms of COVID-19.
- Temperature check stations on campus are available at the Bulldog Life & Guest Services Center in the SUB, the Dining Hall, the BARC and for residence hall residents after hours by calling the Residence Life On-Call number: 406-925-9828.



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CONTACT TRACING

Identifying Potential Exposure



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The Beaverhead County Public Health Department (BCPHD) is the lead agency for providing statistics on positive cases in Dillon and within the county. They also have the lead responsibility for contact tracing for all positive cases. The University will assist BCPHD with these efforts whenever possible.

If you test positive for COVID-19, you will be contacted by BCPHD and interviewed to determine individuals who were in close contact with you at the time when you were contagious and, thus, may need to quarantine or be tested themselves.



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The Beaverhead County Public Health Department will contact individuals who had close contact with someone near them who has tested positive and will provide further instructions which may include testing and quarantine.

If you have not been contacted, you do not need to quarantine, but you should monitor yourself closely and contact your medical care provider immediately if you experience any symptoms for further instructions. Do not come to class or work.



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Contact tracing is most efficient when:

- The positive case has a small number of potential close contacts
- The positive case has been careful to wear a mask, maintain physical distancing and practice good hand/respiratory hygiene.

So, keep your circle small (no large gatherings) and practice the Big 3: wear your mask, keep your distance and wash your hands!



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ISOLATION & QUARANTINE

Preventing spread of COVID-19



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What's the difference between quarantine and isolation?

Quarantine and isolation are measures to help protect the public by preventing exposure to people who have an infectious disease.

- **Quarantine** separates and restricts the movement of people who may have been exposed to the novel coronavirus to see if they will become sick.
- **Isolation** separates people who have tested positive with COVID-19 from those who are not sick.



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If you are notified by BCPHD that you are a close contact of a positive case, you will be asked to quarantine.

- Quarantined individuals are asked to stay home for 14 days after last contact with a positive case. During this time, watch for fever, cough, shortness of breath or other symptoms of COVID-19. If these symptoms appear, the quarantined individual will be tested for COVID-19.
- If possible, stay away from others, especially those who are at higher risk of serious complications from COVID-19.
- For employees and students living off-campus, quarantine means staying at home. For students living on-campus, the university has a plan for isolation and quarantine that may involve moving students to other residential units designated for this purpose. Students living on campus with questions about quarantine and isolation plans should contact UMW Residence Life staff for additional information.



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If you test positive for COVID-19, you will be asked to isolate for a period of time determined by BCPHD based on your onset of symptoms and the date of your test.

- When isolated, you stay home except to get medical care. During isolation, you should monitor your symptoms, avoid contact with other members of your household and pets, and stay in a separate room/use separate facilities if possible.
- For employees and students living off-campus, isolation means staying at home. For students living on-campus, the university has a protocol for isolation and quarantine that may involve moving students to other residential units designated for this purpose. Students living on campus with questions about quarantine and isolation plans should contact UMW Residence Life staff for additional information.



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If a confirmed case on campus results in an elevated risk to our community at large – where a mass communication would complement the contact tracing done by the county – we will work with the Beaverhead County Public Health Department to provide timely information with as much detail as we are able. Individual cases will not always rise to this level of response.



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For more Information

- UMW COVID-19 Website: <https://w.umwestern.edu/fall-2020-plan/>
- UMW COVID-19 FAQs: <https://w.umwestern.edu/fall-2020-plan/faqs/>
- Beaverhead County Public Health Department: <https://beaverheadcounty.org/departments/beaverhead-county-covid-19-response/>
- Montana University System COVID-19 Information: <https://mus.edu/coronavirus/index.html>
- State of Montana COVID-19 website: <https://covid19.mt.gov/>



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***Thanks for doing your part to
reduce COVID-19 risks on campus
and in the community by
committing to the Bulldog Way!***

