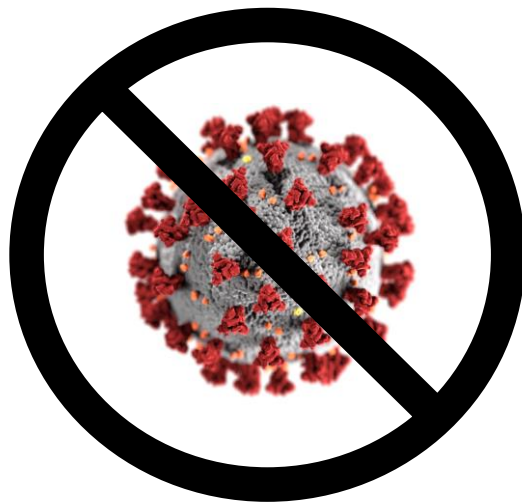




**Gaston College**  
Opportunities For Life

# **Help Protect Our College Community**



## **Mitigation Strategies to Slow the Spread of Coronavirus (COVID-19)**

**March 15, 2020**



The health and safety of our Gaston College community remains our top priority. As a result of COVID 19, all faculty, staff, and students are encouraged to review the following best practices published by the Centers for Disease Control (CDC) and the World Health Organization (WHO).

## Prevention

### **Clean hands often:**

- Wash your hands often with soap and water for at least 20 seconds.
- Use alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your face (eyes, nose, and mouth) with unwashed hands.

### **Avoid close contact with:**

- People who are sick.
- People who might have been exposed to COVID-19.
- Practice “social distancing” – see below.

### **Cover coughs and sneezes:**

- Cover coughs and sneezes with a tissue or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash hands for at least 20 seconds with soap and water.

### **Stay home if sick:**

- Stay at home, except for getting medical care. Do not go to work, school, or into public areas.
- Separate yourself from other people and animals in your home.
- Seek medical care if you show COVID-19 symptoms

### **Clean surfaces daily:**

- Clean and disinfect counters, tabletops, toilet, phones, and keyboards.

# Social Distancing

Social distancing is referred to as a conscious effort to reduce close contact between people to lower the risk of spreading an infectious disease. In response to COVID-19, the Centers for Disease Control and Prevention (CDC) has issued guidelines and recommendations for social distancing, which involves avoiding large public gatherings venues, adhering to spacing requirements in the workplace, and following proper personal hygiene.

## Best Practices for Social Distancing

The goal of social distancing is to limit exposure to infectious bacteria and viruses during a communicable disease outbreak, such as COVID-19. Adherence to public health hygienic recommendations is a critical component of social distancing best practices. The list below provides specific guidelines the CDC recommends for effective social distancing. Gaston College encourages all faculty, staff, and students to follow these practices.

- *Avoid attending large gatherings that involve close proximity with others to minimize exposure to potentially infectious diseases.*
- *Maintain personal distance (6 feet) whenever possible.*
- *Avoid coming in contact with individuals displaying symptoms of illness.*
- *Practice good hygiene by frequently scrubbing hands for at least 20 seconds with soap and water.*
- *Avoid touching your face, nose, and mouth and avoid rubbing your eyes.*
- *Practice proper coughing and sneezing etiquette by covering your mouth.*
- *Properly dispose of anything that comes in contact with your mouth such as tissues or plastic eating utensils.*
- *Stop handshaking – use other noncontact methods of greeting.*
- *Clean and disinfect frequently touched objects and surfaces.*
- *Increase ventilation by opening windows or adjusting air conditioning.*
- *Consider adjusting or postponing gatherings/meetings.*
- *Maintain healthy hygiene when handling food and avoid sharing food.*
- *Stay home if you're displaying symptoms of illness.*

# Know the Facts

Amid the current outbreak of COVID-19, it is important to know the facts to avoid any discriminatory behaviors, as outlined by the Centers for Disease Control and Prevention (CDC).

**FACT 1:**     **Diseases make anyone sick regardless of their race or ethnicity.**  
*All people regardless of race or ethnicity could be exposed to COVID-19.*

**FACT 2:**     **Some people are at increased risk of getting COVID-19.**  
*People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.*

**FACT 3:**     **Be knowledgeable about the purpose of surgical mask-wearing.**  
*Health experts suggest that a surgical mask will unlikely protect the spread of COVID-19 and further emphasizes personal hygiene as a best practice. Regardless, the CDC is recommending that those infected with, who have been exposed to, or are assisting someone with COVID-19, wear a surgical mask. This CDC recommendation does not indicate that everyone wearing a mask has been infected or has been exposed to COVID-19.*

**FACT 4:**     **You can help stop COVID-19 by knowing the signs and symptoms.**

- *Fever*
- *Cough*
- *Shortness of breath*

*Seek medical advice if you develop symptoms AND have been in close contact with a person known to have COVID-19, or if you live in or have recently been in an area with ongoing spread of COVID-19.*

**FACT 5:**     **There are simple things you can do to help keep yourself and others healthy.**  
*Refer to the best practices above for specific guidelines.*

## **Additional Information**

Gaston College is committed to the health and safety of all employees and students and will provide the most current information available. Additional resources regarding coronavirus 2019 (COVID-19) can be found at:

**Centers for Disease Control and Prevention (CDC)** – Coronavirus Disease (COVID-19)  
<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

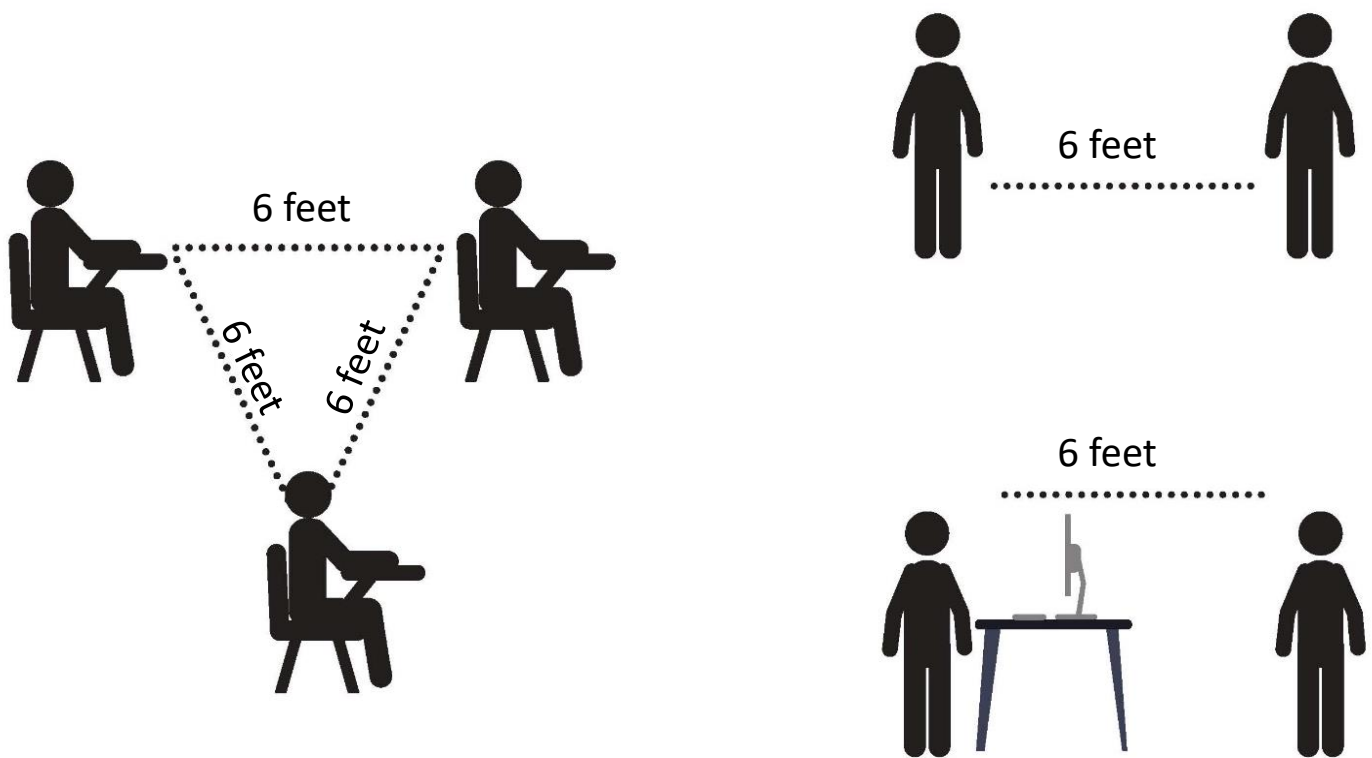
**North Carolina Department of Health and Human Services** – Coronavirus Disease (COVID-19) Response in North Carolina  
<https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina>

**World Health Organization (WHO)** – Coronavirus Disease (COVID-19) – Advice for the Public  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

COVID  
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STOP THE SPREAD OF GERMS

# Practice Social Distancing



**Maintain a Distance of  
at Least 6 Feet From Others**

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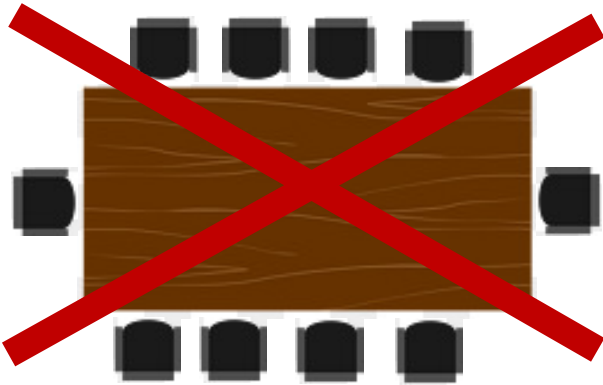
STOP THE SPREAD OF GERMS

# Practice Social Distancing

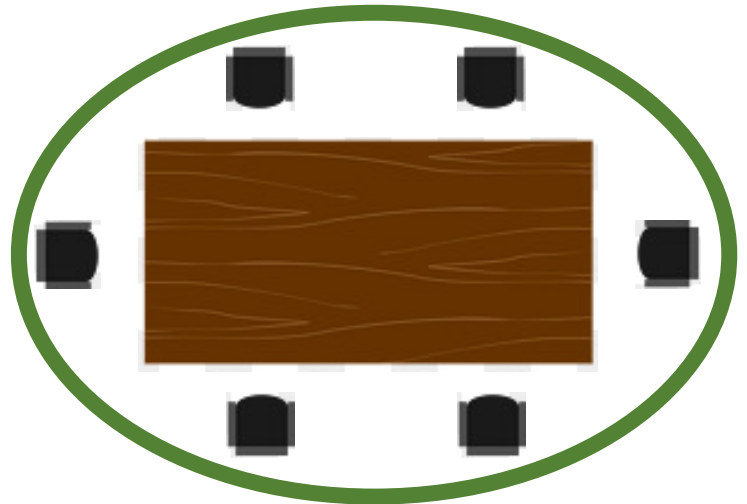
## Conference Rooms

- Avoid face-to-face conference room meetings, if possible.
- Consider using teleconferencing and other communication methods.
- If you must have a conference room meeting, practice social distancing.

NO



YES



**Maintain a Distance of at Least  
6 Feet From Others**

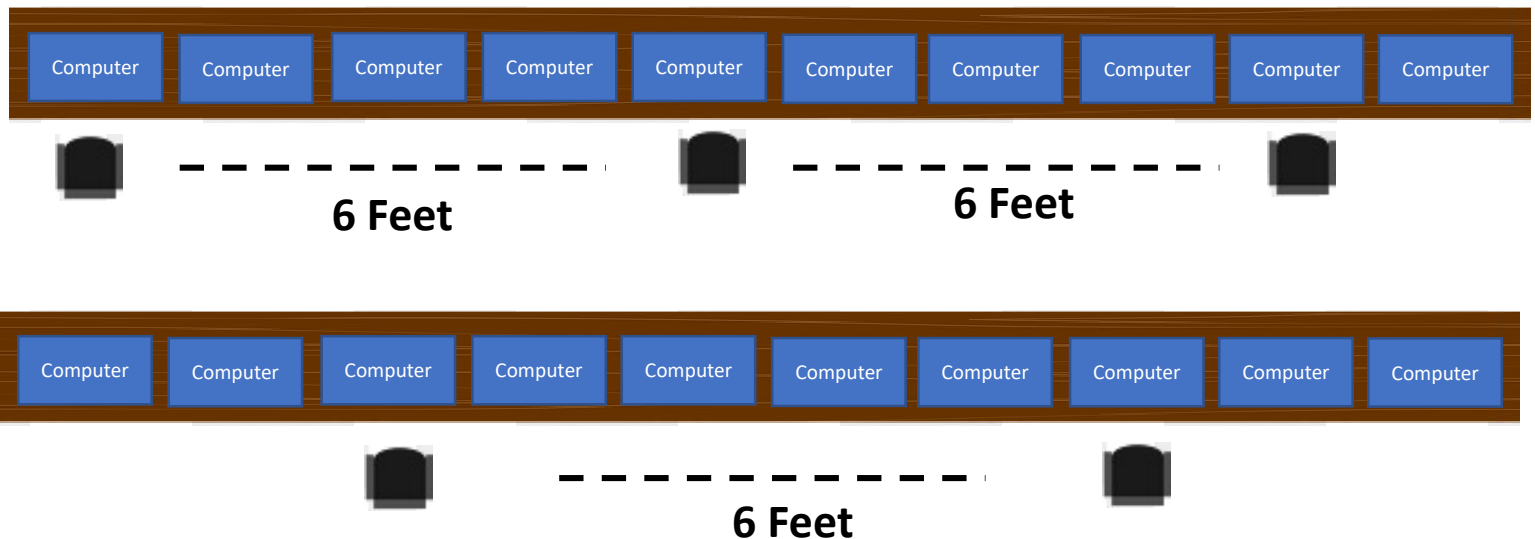
**COVID  
19**

**STOP THE SPREAD OF GERMS**

# Practice Social Distancing

## Computer Labs

- Avoid sitting less than 6 feet from another person in a computer lab.
- Remember to practice good hygiene. For example, wash your hands before and after using a computer, and avoid touching your face.



**Maintain a Distance of at Least  
6 Feet From Others**