

Sigma Nu Fraternity
Mu Kappa Chapter
COVID-19
Crisis Management Plan



What is COVID-19 (Coronavirus)

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

How Does it Spread?

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Can someone spread the virus without being sick?

- People are thought to be most contagious when they are most symptomatic (the sickest).
- Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

Spread from contact with contaminated surfaces or objects

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

How easily the virus spreads

How easily a virus spreads from person-to-person can vary. Some viruses are highly contagious (spread easily), like measles, while other viruses do not spread as easily. Another factor is whether the spread is sustained, spreading continually without stopping.

The virus that causes COVID-19 seems to be spreading easily and sustainably in the community (“community spread”) in some affected geographic areas.

Steps to Prevent Illness

- **Practice Good Hygiene**
 - Stop handshaking/dapping up

- Clean hands at the door
- Create habits and reminders to avoid touching your face
- Cover coughs and sneezes with inside of elbow
- Disinfect frequently touched surfaces
- Increase ventilation
- Wash hands frequently
 - Wash with soap and water for at least 20 seconds after being in a public place, blowing your nose, sneezing, or coughing
 - If unable to wash hands, use hand sanitizer with 60% alcohol (minimum). Rub hands together until they feel dry
- **Rearrange large activities and gatherings**
 - Consider adjusting or postponing in-person group gatherings
- **Handle food carefully**
 - Limit food sharing
 - Strengthen health screening
 - Ensure members practice strict hygiene

Symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases.

The following symptoms may appear 2-14 days after exposure. It is important to know many do not exhibit any symptoms.

- Fever
- Cough
- Shortness of breath

What to do if you Experience Symptoms

Call your doctor if you...

Develop symptoms or have been in close contact with a person known to have COVID-19. Note many people with COVID-19 are asymptomatic.

OR

Have recently traveled from an area with widespread or ongoing community spread of COVID-19.

Steps to Prevent the spread of the COVID-19

- **Stay at home except to get medical care**
 - Stay Home
 - Avoid Public Areas
 - Avoid Public Transportation
- **Separate yourself from other people and animals**
 - Stay away from others
 - Limit contact with pets and animals
- **Call ahead before visiting your doctor**
- **Wear a facemask if you are sick**
 - If you are caring for others do the same
- **Cover your coughs and sneezes**
 - Cover with a Tissue
 - Dispose in lined trash can
 - Wash hands or use hand sanitizer immediately after
- **Clean your hands often**
 - Wash hands
 - Use 60%+ alcohol hand sanitizer
- **Avoid sharing personal items**
 - Don't share dishes, drinking glasses, cups, eating utensils, or bedding
 - Don't share nicotine devices such as JUULs, Boulders, etc
 - Wash these items thoroughly after use
- **Clean all "high-touch" surfaces**
 - Disinfect public areas
- **Monitor your symptoms**

Chapter Communication Plan

If the University were to ban all group gatherings the executive board will use the following avenues to communicate with the chapter.

- GroupMe
- Facebook - Mu Kappa Page
- Email/Outlook Group

Plan for Chapter Events

All planned events are to be canceled at the discretion of University Officials, the Alumni Chapter, and/or the Executive Board. Changes in events will be communicated through the communication channels listed above. If face to face contact is limited all chapter meetings will be suspended and information will be given through the Executive Board to general membership through the above communication channels.

Additional Resources

CDC - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

SEMO COVID-19 Website - <https://semo.edu/sealerts/covid-19.html>