

# Sigma Nu Fraternity

The Colony of Sigma Nu at University  
of Tennessee at Chattanooga

COVID-19 or “Coronavirus”

Crisis Management Plan



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## **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 and effected business and travel across the world

## **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 gatherings
  - If possible, hold meetings in well-ventilated areas
- **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.

- Fever
- Cough
- Shortness of breath

## What to do if you Experience Symptoms

Call your doctor if you...

Develop symptoms, and have been in close contact with a person known to have COVID-19

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**

## **Wash Your Hands Often to Stay Healthy**

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

### **Follow these five steps every time.**

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

### **Use Hand Sanitizer When You Can’t Use Soap and Water**

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

## **From the University of Tennessee at Chattanooga**

As of Friday, March 13, there is one confirmed cases of COVID-19 in Hamilton County, but none on the UTC campus. The University has suspended face-to-face instruction effective March 16. There will be no classes — in-class or online — for the week of March 16, which will be used to migrate face-to-face courses to online instruction platforms to start the week of March 23. Regular operations are planned to return on Monday, March 30.

### **Colony Communication Plan**

The University has ban all group gatherings the executive board will use the following avenues to communicate with the colony.

- GroupMe
- Email/Outlook Group

### **Plan for Colony Events**

All planned events have been canceled at the discretion of University Officials. Changes in events will be communicated through the communication channels listed above. If face to face contact is limited all colony 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>

UTC- <https://www.utc.edu>

Sigma Nu- <https://www.sigmanu.org>