

Midwest Institute Emergency Preparedness Plan for Covid-19

Students will be contacted with directions and instructions if this event occurs. Communication and information will be sent directly to your Midwest student email.

Midwest Institute is actively planning for the potential effects of the COVID-19 virus.

The most important action is prevention. There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus

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.

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Avoid close contact** with people who are sick
- Put **distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for [people who are at higher risk of getting very sick](#).

Stay home if you are sick, except to get medical care or if a family member is sick.

Cover coughs and sneezes

- **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. [Learn what to do if you are sick](#).
- **If you are NOT sick:** You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.

Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include:

- **Diluting your household bleach.**
To make a bleach solution, mix:
 - 5 tablespoons (1/3rd cup) bleach per gallon of water
OR
 - 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted

Watch for 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

1. Establish preventative measures and pre-pandemic planning: Prepare and commence an internal awareness campaign on what the campus community can do to prevent infection, including: staying informed; practicing good hygiene; remaining calm, and showing compassion.
2. Review our emergency preparedness plan and make the updates necessary to ensure the safety of the entire campus and minimize disruptions in student life, learning, and welfare.
3. Identify and procure necessary supplies and services.
4. Review command and control procedures and guidelines.
5. Review infection control policies and procedures.
6. Review communication processes and coordination.
7. Coordinate treatment and dissemination plans with the Department of Emergency Services and other healthcare organizations.
8. Ensure the continuity of student learning from a distance if affected by a larger scale event.
9. Identify resources for campus and community responses.

It is important to emphasize that thus far the vast majority of people who have become ill with COVID-19 (the disease caused by the novel coronavirus) have experienced relatively mild symptoms, such as fever and cough.

Steps to prevent the flu and COVID-19:

- WASH your hands OFTEN with soap and water for at least 20 seconds;
- AVOID touching your eyes, nose or mouth,

- Clean the areas you live in with household disinfectants, especially your phones;
- Use an alcohol-based (60% alcohol concentrate) hand sanitizer if soap and water are not available;
- Avoid close contact with people who are sick; stay over 6 feet from others;
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing; then wash your hands;
- Eliminate or decrease contact with others and STAY HOME if you begin to feel sick or have any of the following symptoms.
- Drink plenty of fluid, normally about 72 ounces per day
- Stay active
- Eat nutritiously
- Get good sleep
- Manage your stress

Signs and Symptoms for COVID-19

The most common symptoms of COVID-19 are fever and tiredness accompanied by a dry cough. Some patients may have aches and pain, nasal congestion, runny nose, sore throat or diarrhea or a combination of these. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms or don't feel unwell. Those who develop difficulty breathing, worsening cough or fever and also have underlying medical conditions should seek medical attention.

Things to do if you are sick

The risk for contracting COVID-19 is low at this stage. COVID-19 has no treatment or cure as of now. We treat the symptoms. The symptoms for young adults are that of the common cold.

- Lots of fluids
- 2 Tylenol or 3 ibuprofen every 6 hours
- If sore throat gargle salt water
- If stuffed up, runny nose, ear pressure, or headache take Sudafed or a decongestant
- If you start to get a cough take mucinex without a suppressant
- Call the Wellness Center 406-447-5441 with any questions.

Resources:

- [Centers for Disease Control and Prevention \(CDC, National\)](#)