



Promoting Wellness and Safe Practices Among College Students During the COVID-19 Pandemic

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Objectives

- Identify student concerns related to the COVID-19 pandemic.
- Identify actions that can be taken by students to reduce the risks of contracting and/or spreading COVID-19 while on campus.
- Explain what can be done by the college to maintain safety and to ensure campus classes and resources remain open.

Survey

- While being tested on campus for COVID-19, some UNF students were asked to complete a short four-question survey following their test. The questions would gauge how the pandemic has affected them as college students. A total of 40 students completed the survey.

Question 1

- How has the implementation of virtual learning vs. in-person learning affected you as a student?
 - ***Positive responses: 6***
 - ***Negative responses: 10***
 - ***Neutral responses: 24***

Question 2

- How have the social implications of the pandemic (limited social gatherings, cancellation of activities, closures of campus resources, etc.) affected you?

- ***Positive responses: 1***

- ***Negative responses: 24***

- ***Neutral responses: 15***

Question 3

- Are you concerned about the risks of returning to campus and contracting the virus?

- ***Yes responses: 11***

- ***No responses: 29***

Question 4

- Have you continued to follow proper safety guidelines (wearing a mask, social distancing, handwashing, etc.) since returning to campus?

- ***Yes responses: 40***

- ***No responses: 0***

Survey results

- Based on the students' responses to the questions, we're able to draw a few different conclusions.
 - Twenty five percent of students surveyed were negatively affected by the switch to all virtual learning. This could mean a number of things including a low probability of passing, dropped classes, etc.
 - The majority of students surveyed have been negatively affected by the social implications of the pandemic. Students have spent less time socializing and have not been allowed to utilize campus resources. This also carries a potential negative impact on students' ability to succeed in their courses.
 - More than seventy percent of students surveyed are not concerned about the risks of returning to campus.
 - All of the students surveyed have continued to follow proper safety guidelines since returning to campus.



Preventing the Spread of COVID-19 on Campus

Preventing the Spread

- The CDC website provides guidance for Institutes of Higher Education to help students and faculty help prevent the spread of COVID-19.

- **Wear a mask**

- All students and faculty should wear face coverings while on campus. The virus is mostly spread by respiratory droplets which can be reduced by wearing a mask.

- **Frequent Handwashing/Sanitization**

- Students and faculty should wash their hands with soap and water for at least 20 seconds. If a handwashing is not an option, hand sanitizer containing at least 60% alcohol should be used.

- **Social Distancing**

- Students and faculty should maintain a social distance of at least 6 feet from peers. Also, group sizes should be limited within social gatherings.

- Of note: Recently, UNF faculty was made aware of a social gathering representing the school in which members were not socially distanced. Each member of the group was contacted and required by the school to quarantine for 14 days before returning to campus.

- **Daily Self-Monitoring**

- Students should complete a self-assessment daily. This includes monitoring for any new signs and/or symptoms of COVID-19 and temperature checks. If you are experiencing symptoms, notify the health department and the UNF COVID-19 coordinator immediately for further guidance.

- **Get a COVID-19 Test**

- Testing is available at the UNF campus. The testing site is open Monday-Thursday from 9:00am-2:00pm.

How can Colleges Help Prevent the Spread of COVID-19?

**CHECK-IN
STARTS
HERE**

**STAY 6
FEET APART
IN LINE**

**HOW WE ARE
HELPING TO STOP
THE SPREAD OF
COVID-19**

- Additional cleaning of high-touch surfaces
- Hand sanitizing stations throughout the building

- Colleges may implement strategies to help prevent the spread of COVID-19 on campus. These strategies can help to maintain a healthy and safe environment for students and faculty returning to campus.

- **Cleaning and Sanitizing Stations**

- Placing sanitizing stations throughout the campus will encourage faculty and students to practice frequent hand hygiene.

- **Signs and Messages**

- Signs placed throughout the campus with guidelines and alerts will help remind students and faculty about safe practices. These may include wearing a mask, social distancing, frequent handwashing, etc.

- **Encourage Social Distancing**

- In closed areas such as classrooms, dining halls, and other campus facilities, ensure seats are placed at least six feet apart and that there is a limit to the number of individuals in that area at one time. In areas where social distancing is not an option, place physical barriers to help separate people.

- **Provide Convenient Testing**

- It is a good idea for colleges to set up a testing site on campus or to provide convenient ways for students and faculty to be tested.

The University of North Florida has created a satellite COVID-19 testing site on campus. It has provided a convenient way for students and faculty to be tested with a quick turnaround result time. Individuals may test as many times as they desire, unless they have had a positive result in the last 90 days.

Conclusion

- In conclusion, many college students feel that the return to campus will help contribute to their success. There are many ways that both students and colleges can maintain safety and help prevent the spread of COVID-19.
- The CDC website offers information on how to protect yourself and others during the pandemic. A helpful handout can be found at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>.
- Your feedback will be greatly appreciated. We ask that you complete a short survey to help gauge the effectiveness of this presentation. The survey can be found at https://docs.google.com/forms/d/1hFF51RID_NO92Ag0_umiDewovhqBTZDgakwSrSPtYow/viewform?edit_requested=true.

References

- Considerations for institutions of higher education. (2020). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/considerations.html>