COVID-19 101: WHAT YOU NEED TO KNOW

This Handout is to inform you of important COVID-19 updates and resources. We have included updates from the State, information about COVID training, proper face covering use, and answers to many frequently asked questions.

For more information and updates from RCCD regarding COVID-19, please check out the RCCD COVID Website.

Topic of the Month—COVID-19

Many Californians have been staying home since the start of the statewide stay-at-home order issued on March 19, 2020 in an effort to keep people safe and save lives. These efforts have allowed the state to move forward on modifying this statewide order.

The County of Riverside is currently in the Red Tier, where more businesses can be open with modifications and allow for slightly more capacity than the Purple Tier. The state has issued industry guidelines to ensure these businesses open safely. The industry guidelines can be reviewed on the state website.

For a quick reference chart on different industries and what is allowed in the different tiers, you can check out the frame work issued by the California Department of Public Health here.

As the reopening has proceeded, there has been an increase in the number of COVID-19 cases in the State of California. As this occurs, there may be a slowing of the reopening process and possibly even some regression in tiers in order to keep people safe and to get the number of cases back down. To keep up to date on the state and county news, the link to the websites are below.

State of California: https://covid19.ca.gov/
County of Riverside: https://www.rivcoph.org/coronavirus

California Tiers for County reopening

<table>
<thead>
<tr>
<th>County Risk Level</th>
<th>Adjusted Cases</th>
<th>Positivity Rate</th>
<th>What This Means for Higher Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purple Tier</td>
<td>More than 7 daily new cases per 100k</td>
<td>More than 8% positive tests</td>
<td>Closed for indoor lectures and student gatherings. Some courses conducted in certain indoor settings, such as labs and studio arts, may be open.</td>
</tr>
<tr>
<td>Red Tier</td>
<td>4-7 daily new cases per 100k</td>
<td>5-8% positive tests</td>
<td>Capacity for indoor lectures and student gatherings must be limited to 25% or 100 people, whichever is less. Some courses conducted in certain indoor settings, such as labs and studio arts, may be open at regular capacity. Conduct student activities virtually when possible.</td>
</tr>
<tr>
<td>Orange Tier</td>
<td>1-3.9 daily new cases per 100k</td>
<td>2-4.5% positive tests</td>
<td>Capacity for indoor lectures and student gatherings must be limited to 50% or 200 people, whichever is less. Some courses conducted in certain indoor settings, such as labs and studio arts, may be open at regular capacity. Conduct student activities virtually when possible.</td>
</tr>
<tr>
<td>Yellow Tier</td>
<td>Less than 1 daily cases per 100k</td>
<td>Less than 2% positive tests</td>
<td>Capacity for indoor lectures and student gatherings must be limited to 50%. Some courses conducted in certain indoor settings, such as labs and studio arts, may be open at regular capacity. Conduct student activities virtually when possible.</td>
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</tbody>
</table>

Daily Self-Check

All employees and students must self-check daily for any symptoms of COVID-19 prior to leaving home and arriving on campus. The self-checker is available through the RAVE Guardian app and will be sent to employees and students daily. Employees/students who have symptoms when they arrive on site or become sick during the day should be immediately sent home.

Download the app today!

If you are safe to come on site you will see a green check.

If you are not safe to come on site you will see a stop sign.

Individuals with the following symptoms may have COVID-19: fever, cough, shortness of breath or difficulty breathing, chills, muscle pain, sore throat, loss of taste or smell, GI symptoms like nausea, vomiting, or gastrointestinal distress.
Target Solutions is our online training platform for safety training. Now available through Target Solutions is a series of COVID-19 trainings. These trainings have been made available to our employees. When you login to your account they will be available in your queue. They are not required trainings, but offered as an optional resource for information. The classes are listed below.

- Coronavirus 101: What you need to know
- Coronavirus 102: Preparing your household
- Coronavirus 103: Managing Anxiety & Stress
- Coronavirus 104: Transitioning to a remote workforce
- Coronavirus 105: Cleaning & Disinfecting the Workplace
- Coronavirus 106: DIY Cloth Face Coverings
- Coronavirus 107: Reopening Your Organization

These trainings are also available to students through YouTube [https://www.youtube.com/channel/UCKRGGVbFeRC3Vy1my-GznJg/videos](https://www.youtube.com/channel/UCKRGGVbFeRC3Vy1my-GznJg/videos) and through Canvas.

**Safety tip:** The use of face coverings can limit the release of infected droplets when speaking, coughing, and/or sneezing and can protect individuals from those droplets as well. On June 18, 2020, Governor Newsom with the California Department of Public Health issued an order that the general public in California when outside the home are to wear face coverings. The order can be read [here](https://www.ca.gov/COVID-19-Face-Coverings/).

![CDPH Guidance for Face Mask](https://www.cdph.ca.gov/programs/coronavirus/documents/face-coverings.pdf)

**How and When to Wear a Face Mask**

People working in California must wear face coverings when they are in the following high risk situations:

- Inside of, or in line to enter, and indoor public space.
- Engaged in work, whether at the workplace or performing work off-site, when:
  - Interacting in-person with any member of the public
  - Working in any space visited by members of the public
  - Working in or walking through common areas, such as hallways, stairways, elevators, and parking facilities
  - In any room or enclosed area where other people are present when unable to physically distance.

If an employee is alone at their desk and is able to physically distance, a mask is not required. A mask should be worn once another person comes within 6 feet of that employee’s desk.

**Cloth face masks should:**

- Fit snugly but comfortably against the side of the face.
- Be secured with ties or ear loops.
- Include multiple layers of fabric.
- Allow for breathing without restriction.
- Be able to be laundered and machine dried without damage or change in shape.
- Be washed daily.
- Be removed carefully and hands washed after removal.

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**Safety Corner—Target Solutions**

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RAVE Guardian

We have added important COVID-19 information and resources to our RAVE Guardian app.

Under Important Numbers we have added the following:
- County of Riverside: Coronavirus Information Line
- Coronavirus Testing: Appointment Center for Testing
- RCCD COVID-19: COVID Questions

Under Resources Directory we have added the following:
- COVID-19 Funding: Funding Resources (For students)
- CDC COVID-19 Symptoms: Symptom Checker
- RCCD COVID Webpage
- County of Riverside Public Health: RUHS Coronavirus Information
- Testing Sites COVID-19: Testing Sites in the County of Riverside
- State of California: COVID-19 Information
- Center for Disease Control: COVID-19 Information
- CDC Travel Restrictions

More features will be added soon. To stay up to date with what's new on the RAVE Guardian app, download the app today.

RAVE App Frequently Asked Questions

I have the Rave Guardian App, where can I find the daily health assessment?
The health assessment will be in your inbox. You will need to hit the link to take the assessment. Please note that the Health Assessment is sent Monday through Friday at 6:00am and Saturday & Sunday at 7:30am. If you download the App after this time you will need to wait until the next day to receive the health assessment.

Where can I find the links to download the Rave Guardian app to my phone?
Rave Guardian for iPhone: Download from the Apple App Store: https://apps.apple.com/us/app/raveguardian/id691246562

Where can I find the latest updates to the Rave Guardian app?
App updates are managed differently for iPhones vs. Android devices. Here’s information on how to manage app updates:
Android App Updates: https://support.google.com/googleplay/answer/113412?hl=en
iPhone App Updates: https://support.apple.com/en-us/HT202180

My phone won't download the app, why?
There could be many reasons for this: your memory may be full, you may have restrictions on your phone, etc. It is best to start by contacting your cell phone carrier to assist you with the download.

Do I have to have push notifications turned on for Rave Guardian?
We recommend that you allow notifications from Rave Guardian. This will alert you when your timer is about to run out, when you've received a response or notification, or when someone has requested you as a Guardian.

How do I change my mobile number?
Within the Guardian App: click your profile picture labeled "me" on the bottom of the homepage. This will allow you to edit all of your information.

I am receiving the health assessment hours after everyone else, why is this?
Confirm that the time zone on your mobile device is set properly and that the option to auto-update the time is enabled.

I am still having issues with the Rave guardian app and I have updated my software, what else can I do?
Turn your phone off and back on. Make sure you have not downloaded the App twice on the same cell phone. If so delete one of them. If you have the app on 2 phones, you will only receive the assessment on one. This ensures that the test is not taken multiple times on the same day by the same person.

If after all of this the App is still not functioning properly please delete the app and re-download. If you do not receive the health assessment the next day, please call Risk Management for assistance at 951-222-8566.
COVID-19 Frequently Asked Questions

1. Do I need an appointment to be tested at a County site? At a State site? How do I make the appointment?

Yes, appointments are needed at all sites. Appointments can be made for any of the County of Riverside testing sites by calling (800) 945-6171. Appointments for the State of California testing sites can be made online at https://lhi.care/COVID testing or by calling (888) 634-1123.

2. Can I get same day testing at County and/or State sites?

Yes, same day testing is available. However, all people wanting to be tested must have an appointment prior to arriving at a testing site.

3. How long does it take to get my test results? Is it different if it is a County site or a State site?

Those tested at a County of Riverside testing site currently get their results back within 3 to 4 business days. Those tested at a State of California testing site also currently get their results back within 3 to 4 business days.

4. Can I be tested more than once?

Yes. The PCR (swab) test is a point in time test. You can be tested more than once if you feel that you may have been exposed. Keep in mind that it may take several days after exposure to have a positive result. If you are testing because you had a previous positive test result, you may wish to follow-up with the Department of Public Health (951-358-5107) to see if there is another way for you to be cleared.

5. Is testing free at County or State sites?

There are no out-of-pocket costs for you to get tested at either County or State sites. However, they are asking for insurance information so that they can bill them directly. You will not be charged a co-pay or share of cost for the test. If you do not have insurance or do not want to provide it, you will still get tested.

6. Can I be tested by my primary care provider or another provider in the community? In addition, would those tests count in Riverside County’s numbers?

Yes, testing may be available through providers in the community. Contact your provider to determine if they are available. Regardless of where you are tested, laboratories and medical providers are required to report test results to the Riverside County Department of Public Health.

7. If I test positive, where does that information go? In addition, what is contact tracing?

Test results are reported to the Riverside County Department of Public Health. This is required under the California Health and Safety Code and allows Public Health to promptly investigate cases and disrupt the spread of disease. During the investigation, the person with the positive test result will be asked about any other people that they may have been in close proximity to when they were contagious – these are called contacts. These contacts are called to determine if they sick or not and to determine the need for testing and/or quarantine. All information is confidential and Public Health does not identify the name of the person with positive results as part of the contact tracing activities.

8. What is known about antibody testing and should I have it done?

You or your healthcare provider may be interested in checking whether your body has made specific antibodies against the virus that causes COVID-19. It is important to note that antibody tests do not detect the virus itself, and thus are not meant to diagnose active infection. Antibody testing may help determine if a person has been exposed to COVID-19, the frequency of infection in persons without symptoms and how widespread the disease is within communities.

9. What is contact tracing?

Contact tracing is used by health departments to prevent the spread of infectious disease. In general, contact tracing involves identifying people who have an infectious disease (cases) and their contacts (people who may have been exposed) and working with them to interrupt disease transmission. For COVID-19, this includes asking cases to isolate and contacts to quarantine at home voluntarily.

Contact tracing for COVID-19 typically involves

Interviewing people with COVID-19 to identify everyone with whom they had close contact during the time they may have been infectious. Notifying contacts of their potential exposure. Referring contacts for testing, monitoring contacts for signs and symptoms of COVID-19, and connecting contacts with services they might need during the self-quarantine period.
12. What can a person diagnosed with COVID-19 expect during contact tracing?

If you are diagnosed with COVID-19, a case investigator from the health department may call you to check-in on your health, discuss who you’ve been in contact with, and ask where you spent time while you may have been infectious and able to spread COVID-19 to others. You will also be asked to stay at home and self-isolate, if you are not doing so already.

Your name will not be revealed to those you may have exposed, even if they ask. Self-isolation means staying at home in a specific room away from other people and pets, and using a separate bathroom, if possible.

Self-isolation helps slow the spread of COVID-19 and can help keep your family, friends, neighbors, and others you may come in contact with healthy. If you need support or assistance while self-isolating, your health department or community organizations may be able to provide assistance.

Symptoms of COVID-19 can include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

If your symptoms worsen or become severe, you should seek medical care. Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.

13. What can close contacts expect to happen during contact tracing?

If you have been in close contact with someone who has COVID-19, a contact tracer from the health department might contact you to inform you that you’ve been exposed to COVID-19. You should stay at home and self-quarantine for 14 days, starting from the last day you were possibly exposed to COVID-19. The contact tracer will help identify the dates of your self-quarantine. The contact tracer can also provide resources about COVID-19 testing in your area.

Self-quarantine means staying home, monitoring your health, and maintaining social distancing (at least 6 feet) from others at all times. If you need to be around other people or animals in or outside of the home, wear a cloth face covering. This will help protect the people around you. If you need support or assistance with self-quarantine, your health department or community organizations may be able to provide assistance.

You should take your temperature twice a day, watch for symptoms of COVID-19, and notify your health department if you develop symptoms. You should also notify people you had close contact with recently if you become ill, so they can monitor their health. If your symptoms worsen or become severe, you should seek medical care. Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.
14. What is the incubation period of COVID-19?

15. Am I considered a close contact if I was wearing a cloth face covering?

Yes, you are still considered a close contact even if you were wearing a cloth face covering while you were around someone with COVID-19. Cloth face coverings are meant to prevent someone from transmitting the disease to others, and not to protect someone from becoming infected.

16. What if I have been around someone who was identified as a close contact?

If you have been around someone who was identified as a close contact to a person with COVID-19, you should closely monitor yourself for any symptoms of COVID-19. You do not need to self-quarantine.

17. What safety measures is RCCD currently taking for employees that are reporting to work on-site?

- Employees are required to wear face coverings and use social distancing of 6 feet or more when working onsite.
- Common areas and frequently touched surfaces are disinfected daily.
- Hand sanitizer, soap, and paper towels will be readily available in all restrooms throughout the district.
- Employees who develop symptoms outside of work should notify their supervisor and stay home.
- COVID safety training is available.

18. What do I do if I have been exposed to COVID-19, if I think I have symptoms of COVID-19, or if I have tested positive for COVID-19.

A. Can I come on site for just a short time to get something or do something?

No. If you have been exposed to COVID-19, have any symptoms of COVID-19, or have tested positive for COVID-19, please do not come on-site. COVID-19 is a highly contagious virus and is very easily spread. Symptomatic or asymptomatic, a person has the ability to spread the virus if they have been exposed.

B. When can I return to work on-site?

If you have been exposed to COVID-19, have any symptoms of COVID-19, or have tested positive for COVID-19 you can return onsite after you are cleared to return by HRER.

** Symptoms of COVID-19 include fever or chills, cough, shortness of breath, fatigue, muscle or body aches, headache, New loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting and diarrhea.

19. How do I report a COVID-19 exposure or positive test?

Do not report on site to work. Contact your supervisor and give him/her the following information:

- Date of potential exposure
- Last date worked on site (which site)
- Date of COVID-19 test (Riverside testing locations) [https://www.rivcoph.org/coronavirus/testing](https://www.rivcoph.org/coronavirus/testing)

Your supervisor will contact HRER and Risk Management for further assistance.
20. What can I do if there is a long wait on hold when I call to schedule an appointment for COVID-19 testing?

You can schedule an appointment to be tested online through [Project Baseline](https://www.projectbaseline.com/study/covid-19/)

21. How can I get reliable updated information on COVID-19 and State and County closures?

You can follow the Governor, California Department of Public Health and Riverside County Public Health on social media.

The Governor hosts Live press conferences 4-5 times a week at Noon. Riverside county public health hosts press conference Monday-Friday at 4pm.