

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 our website https://www.rccd.edu/admin/bfs/risk/Pages/covid_19.aspx

Topic of the Month—COVID-19

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 state of California is currently in Stage 2, where retail, related logistics and manufacturing, office workplaces, limited personal services, outdoor museums, child care, and essential businesses can open with modifications. The state is issuing industry guidelines to ensure these businesses open safely. The industry guidelines can be reviewed on the state website <https://covid19.ca.gov/industry-guidance/>

The County of Riverside has been granted a variance that has allowed gradual expansion of Stage 2 to open more businesses at a quicker pace. This variance allows for hair salons, gyms and other businesses with strict social distancing and safety guidelines. See the chart below to see our current state of reopening.

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 steps 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.



Self-Check Daily

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.



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.

Download the app today!



Search **Rave Guardian** in the App Store or Google Play store.



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.

COVID-19 Seroprevalence Study (Antibodies)

Riverside University Health System—Public Health is conducting a COVID-19 study. The participants in this study are selected at random and will be asked to complete a survey and give a blood sample. This blood sample will be testing for COVID-19 antibodies and the results will be used to provide information that can assist scientists to understand the virus and make plans to care for people during the outbreak.

Along with this study, antibody testing will soon be available for the general public around Riverside County in the near future. More information coming soon.

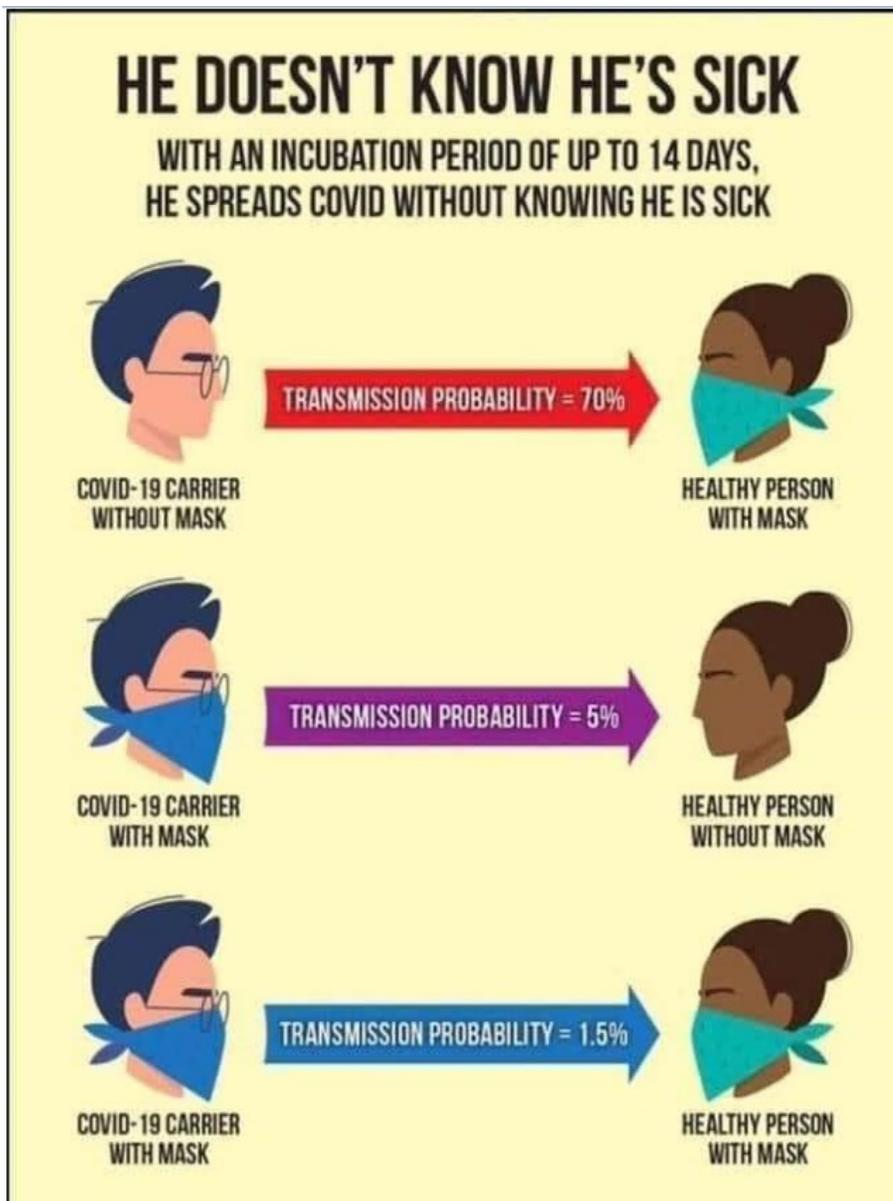
Safety Corner—Target Solutions

Target Solutions is our online training platform for safety training. Now available through Target Solutions is a series of COVID-19 trainings. These training 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> 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](#).



How and When to Wear a Face Mask

CDPH Guidance for Face Coverings

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 to shape
- ✓ Be washed daily!
- ✓ Be removed carefully and hands washed after removal

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 every day at 6:45am. 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>

Rave Guardian for Android: Download from the Google Play Store:

<https://play.google.com/store/apps/details?id=com.ravemobilesafety.raveguardian>

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.

Instructions for iPhones are available here: <https://support.apple.com/en-us/HT201925>. Android

instructions are available here: <https://support.google.com/android/answer/9079661?hl=en>

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.

What is the latest Rave App Version?

As of August, 2020, the most recent Rave App version is 2.4.4. If you have installed a previous version, please upgrade to the latest version to ensure access to all the features.

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 if I am unable to wear a mask/face covering?

If you are unable to wear a mask due to health issues or work in an area in which a mask is not conducive, face shields are an acceptable alternative.

10. 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.

[COVID-19 Frequently Asked Questions Continued...](#)

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To prevent the further spread of disease, COVID-19 contacts are encouraged to stay home and maintain social distance (at least 6 feet) from others until 14 days after their last exposure to a person with COVID-19. Contacts should monitor themselves by checking their temperature twice daily and watching for [symptoms of COVID-19](#).

11. What happens during contact tracing? Generally, contact tracing includes the following steps:

Case investigation: Public health staff work with a patient to help them recall everyone with whom they have had close contact during the time when they may have been infectious.

Contact tracing: Public health staff begin contact tracing by notifying exposed individuals (contacts) of their potential exposure as rapidly and sensitively as possible, not revealing the infected patient's identity.

Contact support: Contacts are provided with education, information, and support to help them understand their risk, what they should do to separate themselves from others who are not exposed, and how to monitor themselves for illness. In addition, they are informed of the possibility that they could spread the infection to others even if they do not feel ill.

Self-quarantine: Contacts are encouraged to stay home, monitor their health, & maintain social distance (at least 6 feet) from others until 14 days after their last exposure to the infected patient, in case they also become ill.

12. Who is considered a close contact to someone with COVID-19?

For COVID-19, a close contact is defined as anyone who was **within 6 feet of an infected person for at least 15 minutes** starting from 48 hours before the person began feeling sick until the time the patient was isolated.

13. 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.

14. 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.

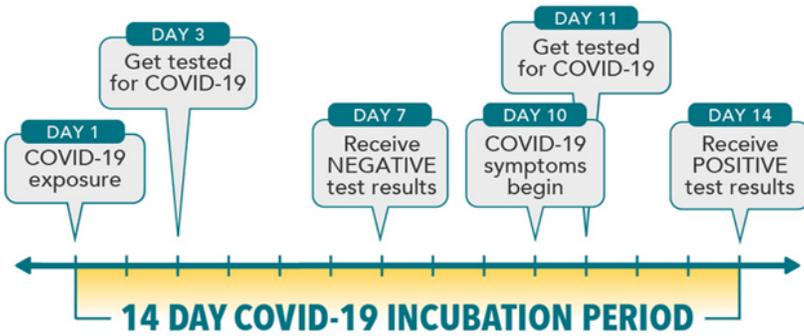
If you need support or assistance with self-quarantine, your health department or community organizations may be able to provide assistance.

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.

COVID-19 Frequently Asked Questions Continued...

15. What is the incubation period of COVID-19?

IT CAN TAKE UP TO 14 DAYS FROM TIME OF EXPOSURE FOR YOU TO TEST POSITIVE FOR COVID-19



The chart to the left shows the time that can lapse from a COVID-19 exposure to the time a positive test result can emerge. A person can become positive up to 14 days after exposure, even with a previous negative test result. During this time, the exposed can expose other individuals to the virus with or without symptoms.

IF YOU THINK YOU'VE BEEN EXPOSED TO COVID-19, SELF QUARANTINE FOR 14 DAYS AND MONITOR FOR SYMPTOMS

For more information, visit: publichealth.lacounty.gov/coronavirus



16. 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.

17. 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.

18. 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.

19. 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.

20. 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>

Your supervisor will contact HRER and Risk Management for further assistance.

[COVID-19 Frequently Asked Questions Continued...](#)

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21. 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/>

22. 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.



@Cagovernor – California For All @CAPublicHealth CountyRiversideDepartmentOfPublicHealth



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@Cagovernor – California For All

STOP the SPREAD of GERMS

and respiratory diseases like COVID-19



COVER YOUR FACE
Wear a mask whenever
you're in public



SOCIAL DISTANCING
Maintain a distance of
6 feet from others



WASH YOUR HANDS
with soap and water for
at least 20 seconds



CLEAN & DISINFECT
frequently touched
objects and surfaces



**AVOID TOUCHING
YOUR FACE**
(eyes, nose, and mouth)



STAY AT HOME
when you're sick*

RESOURCES:

County of Riverside Coronavirus hotline, 2-1-1 for testing site and resources.
Testing appointments: Riverside County Health, 800-945-6171.
RCCD.edu/covid19

*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, Diarrhea.
Source: Centers for Disease Control
cdc.gov/coronavirus

