Reality Check

As of January 7, 2021 the United States numbers are below

• Coronavirus Cases: 22,005,067

• Deaths: 372,169 This is a 3% death rate
  and is projected to be 600,436 by April 1, 2021

• Recovered: 13,068,810 – Recovered only means “not dead”. A significant % of hospitalized cases have residual impacts that will greatly reduce quality and length of remaining life.

Source - Worldometers
GOAL of THIS PRESENTATION

• Get all cadets required to be on campus here safely without bringing COVID
• Keep COVID off campus to allow successful semester (i.e., classes complete, graduation happens, cruise happens)
• Cadets on campus last semester did in EXCELLENT job overall.
What Do I NEED to know

• WEAR a mask over nose and mouth at all times when out on campus
• Hand Hygiene – Especially frequently if traveling by plane, train, or bus
• Social Distance – Especially when eating since your mask is off
• Daily Health check will be Diligently enforced. Health Center now has Rapid testing available! Only need to wait 15 minutes !!
The Virus: How it Spreads

Person-to-person
• Between people who are less than about 6 feet apart
• Through respiratory droplets from coughing, sneezing, spittle, or even just breathing:
  - droplets can land in the mouths, nose, eyes, or be inhaled directly into respiratory system
Droplets also land on surfaces so...
A COVID positive person touches their face and then transfer the virus to surfaces.

NOW - Touch a contaminated surface or object and then touching your own mouth, nose, or eyes
SANITIZE SANITIZE SANITIZE and DON’T TOUCH MASK or FACE

Remember - Asymptomatic people can spread the virus too

(CDC 2020)
Symptoms

May appear 2-14 days after exposure to the virus. People with these symptoms *may have* COVID-19:

- Fever or chills
- Cough
- Shortness of breath
- Difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

OR SYMPTOMS may MIMIC EXISTING ALLERGIES OR ASTHMA, etc so people DISMISS THEM – DON’T DISMISS ANY SYMPTOMS.
What to do if you feel ill or need a CAPS counselor

CALL FIRST our Campus Health Center

(707) 654-1170
8:30 AM-5:30 PM Mon – Fri
(Closed 1:00 PM – 2:00 PM for lunch)

For after-hours urgent medical or psychological concerns/symptoms, call:

(707) 654-1170 and select option 1
to be connected to an advice nurse.
Available 24/7

https://www.csum.edu/web/health-services/
When to Seek Emergency Medical Attention

CALL 911 or go to emergency medical facility:

Notify the operator that the person may have COVID-19.

• Trouble breathing
• Persistent pain or pressure in the chest
• New confusion
• Inability to wake or stay awake
• Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you. When in doubt, Call!
Self Care

If you, or a friend, are having suicidal thoughts and/or are in a mental health crisis, please call Suicide Prevention Lifeline at:

(800) 273-TALK (8255)
CAL MARITIME Guidelines

1. Wear a face covering
2. Maintain social distancing
3. Wash or sanitize your hands often
4. Stop touching your face
5. Wear gloves when directed
6. Sanitize surfaces frequently
1. Wear Face Coverings

Use the Face Covering to Protect **OTHERS** in case you are infected but don’t have symptoms

It also protects you

It’s required in California! Wear it at all times

**EXCEPTION:**

When you are ALONE in your office or residence hall room or if it conflicts with other PPE

-- It’s not political at Cal Maritime. It’s what we do. --
They Work:
They stop the spread of spittle, aerosols, and droplets
Face Coverings

Cloth material must be tightly woven and at least 2 layers.

The Bookstore has Gators that are multi-layer, filtered and Maritime branded.

Masks must be worn with faceshields.
**NOs**

No Valved Masks
(exhalation is unfiltered)

No Face Shields only
(redirects, but does not filter aerosolized material)
How to Wear Face Coverings/ Care for Cloth type

- Don’t put the covering around your neck or up on your forehead
- Don’t let it fall beneath your nose
- Don’t touch the face covering, and, if you do, wash or sanitize your hands FIRST
- Inspect and Wash cloth face coverings can be laundered with other clothes. Ensure elastic straps do not lose elasticity
It’s simple...be a good SHIPMATE!
Wear your face covering for the rest of us!

https://coastguard.dodlive.mil/2015/12/shipmate-for-life/
3. Wash Your Hands

1. **Wet** your hands and apply soap.
2. **Lather** the backs of your hands, between your fingers, under your nails.
3. **Scrub** your hands for at least 20 seconds. Hum “Happy Birthday”
4. **Rinse** your hands.
5. **Dry** your hands using a clean towel or air dry them.
6. **Keep Clean** If in a public restroom use towel to open door to exit
When to Wash Hands?

**BEFORE**
- *Touching* your eyes, nose, or mouth
- Donning face covering
- Donning gloves
- During, and after preparing food
- Eating food

**AFTER**
- *Touching* face or face covering
- Doffing gloves
- Blowing your nose, coughing, or sneezing
- Touching shared objects or surfaces
- Using the toilet
- Handling garbage
When to Wash Hands?

**BEFORE**
- Touching your eyes, nose, or mouth
- Touching mask
- Donning gloves
- During, and after preparing food
- Eating food.

**AFTER**
- Touching face covering
- Doffing gloves
- Blowing your nose, coughing, or sneezing
- Touching public door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- After using the toilet
- After touching garbage
4. Sanitize Your Hands

- Whenever you can’t wash hands
- At least 60% ethyl alcohol (methyl alcohol is prohibited)
- May not be as effective on dirty or greasy hands
- Hand sanitizers/ disinfectant will be available in every instructional space (usually in spray bottles)
Hand Sanitizer

• Drugs approved by FDA
• Do not drink hand sanitizer
  **It could kill you**
• Flammable, however reports of fires are rare
• Store out of direct sunlight, sources of ignition, and away from hot surfaces
• MSDS were sent to faculty

Dispenser distance from ignition sources
From the NFPA 101 Life Safety Code Requirements for the use of ABHS Dispensers (via CDC)

*One-inch (25 mm) distance* (horizontal or vertical) above, to the side, or beneath an ignition source. *(Sources of ignition: Appliances or equipment that, because of their intended modes of use or operation, are capable of providing sufficient thermal energy to ignite flammable gas-air mixtures.)* *(Examples include wall outlets, thermostats, and appliances.)*
Note: While one-inch is acceptable, a more conservative approach is to **ensure a distance of no less than 6 inches** (12.7 mm; horizontal or vertical, measured from the center of the dispenser) between ABHR dispensers and source of ignition.

https://www.cdc.gov/handhygiene/firesafety/index.html

From FDA, 2020, www.CDC.gov/handhygiene/firesafety
When to Use Sanitizer

• Whenever you are unable to wash your hands and are supposed to
• When you arrive at your work station and before you leave your work station

“Clean at Hello and Clean at Goodbye”
QUESTION: How many times per hour does the average college student touch their face?

ONE DOES NOT SIMPLY STOP TOUCHING ONE'S FACE
QUESTION: How many times per hour does the average college student touch their face?

ONE DOES NOT STOP TOUCHING OUR FACE

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5. Stop Touching Your Face!

How many times do we need to tell you? ......

STOP Touching Your Face!

SHE SAID WORK ON NOT TOUCHING YOUR FACE

ME

No touching face, nose, or eyes.
2. Maintain Social Distancing

• Stay at least 6 feet apart (especially when eating or drinking)
• Do not gather in groups
• Stay out of crowded places
• Avoid contact sports
• No visitors in your dorm room
• One person at a time in laundry room and at copier
• Leave windows and doors open to allow for ventilation
2. Maintain Social Distancing

**How to navigate passageways**

- Follow directional guidance
  - In Technology Building
  - On TSGB
  - In PEAC
- Step aside to let others pass
- Pass “Back-to-Back”
- Keep at least 6 ft. distance between you and the next person while standing in lines and at the Dining Center
6. Wear Gloves When Directed

- The **best way** to protect yourself from germs when running errands and after going out is to regularly wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol.

- Wearing gloves can actually increase cross-contamination

- Don’t touch your face with your gloves!!

- If you have an **allergy** to Latex, *let the Health Center know immediately and be sure to use nitrile gloves instead which will be given to you.*
7. Sanitize Surfaces Frequently

**Hard (Non-porous) Surfaces**

- Dirty surfaces should be cleaned using a detergent or soap and water prior to disinfection.
- Most common EPA-registered household disinfectants will be effective.
- Each instructional space will have such cleaning supplies and instructions on how to use them.
- Spray liquid onto towels, wipe surfaces, dispose of towels appropriately.

A list of products that are EPA-approved for use against the virus that causes COVID-19 is available on CDC.gov/COVID19. Follow manufacturer’s instructions for all cleaning and disinfection products for (concentration, application method and contact time, etc.).
7. Sanitize Surfaces Frequently

**Soft (Porous) Surfaces**

- Clean or launder items as appropriate in accordance with the manufacturer’s instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely.

**WASH YOUR UNIFORM FREQUENTLY!!**

Don’t be a stinky (and thus, contaminated) Shipmate

Otherwise, use products that are EPA-approved for use against the virus that causes COVID-19 and that are suitable for porous surfaces.
7. Sanitize Surfaces Frequently

**Electronics**

- Follow the manufacturer’s instructions for all cleaning and disinfection products
- Consider use of wipeable covers for electronics
- If no manufacturer guidance is available, consider the use of alcohol-based wipes or sprays containing at least 60% alcohol to disinfect touch screens
- Dry surfaces thoroughly to avoid pooling of liquids
Who Will Do the Cleaning?

• Cal Maritime Janitorial Staff will clean at night
• EPA-approved disinfectants
• During the day, each cadet, faculty, and staff will clean his/her own work station at arrival and departure using provided material
• Some equipment, such as lathes, and sensitive electronic equipment, will not be cleaned due to risk of corroding or destroying equipment. Be sure to ask instructor for guidance
• If someone tests positive, janitorial staff or a third-party company will come in and do an extensive cleaning and disinfecting of all relevant and contaminated spaces

“Clean at Hello, Clean at Goodbye”
10. Campus Policies

• All “normal” campus policies are in effect
• **DO NOT ENTER RESIDENCE HALLS** under any circumstances
• Wear a mask at all times
• You must **follow all health and safety guidelines**
  • Those outlined in this presentation and those for specific locations (i.e. PEAC)
• You must complete the **digital daily screenings** before coming to campus
• You must **notify the Student Health Center** if symptoms arise
• Encourage your shipmates to do the right thing

*Please Note: Zero tolerance when it comes to Health & Safety*
Four Things...

1. Wear your mask at all times
2. Socially distance at all times
3. Wash & sanitize your hands frequently
4. Clean at hello and clean at goodbye

Be a Great Shipmate
In Doubt? ASK!
• Health Center
• Health & Safety Task Force
• Commandants
• Res Life
• See a problem, submit a work order

“Thank you so much for following the guidelines. Remind your shipmate to follow the guidelines too. Be safe and be kind!”
- Dr. McNie
Sources for this Presentation

1. US Centers for Disease Control & Prevention COVID-19
2. CDC “Considerations for Institutions of Higher Education”
3. OSHA “COVID-19 Workplace requirements”
4. OSHA “Guidance on Preparing Workplaces for COVID 19”
8. Environmental Protection Agency
9. (SOCP) Ship Operators Cooperative Program