



**GUIDELINES FOR SELF-MONITORING, SOCIAL DISTANCING, AND
EFFECTIVE HYGIENE**

Overview of Training Process

- **Steps for Training (You might want to screen shot this with your phone):**
 - Read and navigate through this short PowerPoint.
 - On the last slide, click on the link and sign the waiver form electronically. (You will need your MDCC D Number)
 - After completing the waiver form, you have one more step to complete the training. You will need to log in to MyDelta and click on MyBanner to answer a quick survey. **YOUR RESPONSE WILL NOT BE RECORDED WITHOUT COMPLETING THIS STEP. Thank you!!**
 - Log in to MyDelta
 - Click MyBanner
 - Click Personal Information tab
 - Click Answer a Survey
 - Click MDCC COVID19 Training Survey
 - Select the desired answers to each question. ALL questions must have an answer selected to proceed!
 - Click the Finish Later button if you want to save your answers and come back later to submit.
 - **ONCE YOU ARE FINISHED WITH YOUR SURVEY, BE SURE TO CLICK THE Survey Complete BUTTON.**

COVID-19 Overview

- **STOP THE SPREAD**
 - Compliance with all protocols is essential to our success in the upcoming academic year
 - MDCC will be utilizing CDC protocols as well as those issued by the Mississippi State Department of Health
 - <https://www.cdc.gov/coronavirus/2019-ncov/your-health/index.html>
 - https://msdh.ms.gov/msdhsite/_static/14,0,420.html

Know How It Is Spread

- The BEST way to prevent illness is to avoid exposure
- The virus is mainly spread from person-to-person
 - Between people in close contact with one another (less than 6 feet apart)
 - Through respiratory droplets produced when an infected person coughs, sneezes, or talks
 - The droplets can land in the mouths or nose of people who are nearby or inhaled into the lungs
- The virus can also be spread by touching surfaces and then touching your eyes, mouth, and or nose

Pre-Existing Health Conditions

People of any age with certain underlying medical conditions are at increased risk for severe illness from COVID-19

If you currently have any of the following please contact Disability Support Services: Nakeshia Fipps, Counseling and Disability Support Services Coordinator, P.O. Box 668, Moorhead, MS: Phone: 662.246.6361 or Email: ADAcompliance@msdelta.edu.

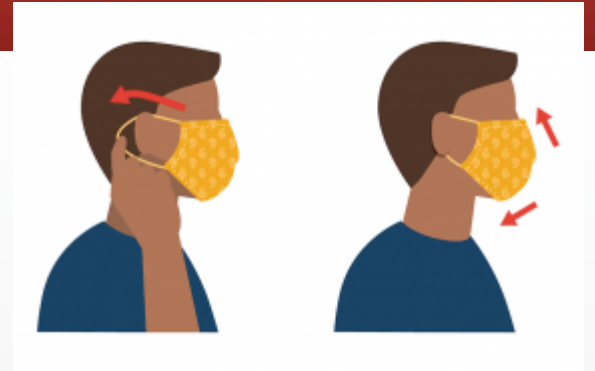
- Diabetes
- High blood pressure
- Heart failure
- Cancer, leukemia
- Organ transplant
- Immunosuppressive medications
- Underlying disease (asthma, COPD, cystic fibrosis, damaged or scared lungs)
- Kidney disease or dialysis
- Thalassemia (other blood disorders)
- Hepatitis
- Neurological conditions (Parkinson's, multiple sclerosis, cerebral palsy, spinal cord injury, spina bifida)
- Sickle cell anemia
- Immunocompromised (HIV, immune deficiencies, bone marrow transplanted, use of corticosteroids)
- Liver Disease
- Obesity (not due to pregnancy)
- Pregnant
- Age 65 or over

Before Coming To Campus You MUST Perform a Self-Assessment

- **Verify you have NO fever**
 - If you have had fever -You must be fever free for 72 (3 days) without medication before reporting to campus
 - **Do you have the following:**
 - Coughing or shortness of breath,
 - Sneezing and running nose (not allergy related),
 - Body aches,
 - Headaches, fever or chills
 - Fatigue, nausea or vomiting
 - Diarrhea
- Do NOT come to campus if you have any of these symptoms – contact your primary healthcare provider and contact your instructor(s)
- **Have you been exposed to a know positive Covid-19 person or someone who has Covid-19 symptoms? If Yes-Do NOT come to campus contact your primary healthcare provider and complete the COVID-19 Self-Reporting Form on the MDCC Website.**
 - Exposure is defined as close contact (less than 6 feet) and for greater than 15 minutes without facemask
 - **Are awaiting Covid-19 test results or have tested positive with Covid-19 within the last 2 weeks? If YES- Do NOT come to campus and complete the COVID-19 Self-Reporting Form on the MDCC Website**
 - **You may report to campus after Covid-19 symptoms upon release from your primary healthcare provider (this is usually 10-14 days and may require a negative test). You must contact the Vice President of Student Services Office at 246-6444 or by email at vpofstudentservices@msdelta.edu to confirm your date of return.**

When You Arrive On Campus: Before You Exit your Car

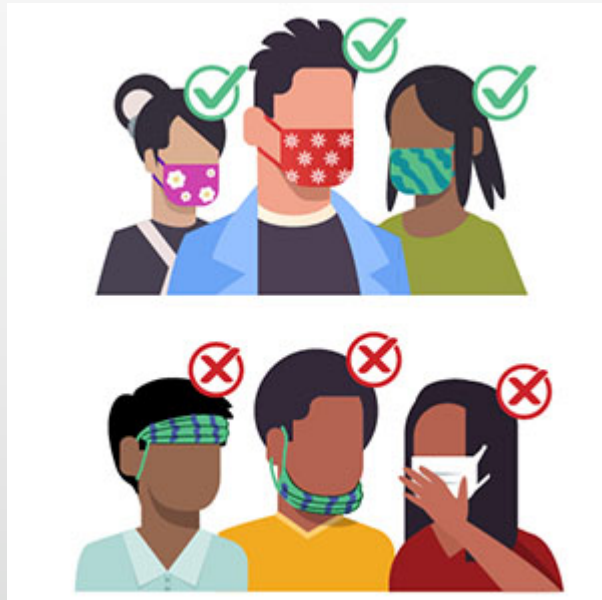
- **PUT on your MASK**
- **Wear your Face Covering Correctly**
- **Clean your hands before putting on your face covering (hand sanitizer)**
- **Put it over your nose and mouth and secure it under your chin**
- **Try to fit it snugly against the sides of your face.**
- **Make sure you can breathe easily. The mask should cover from below your chin to above your nose.**



How to make your own facemask

Why Must I Wear a Facemask

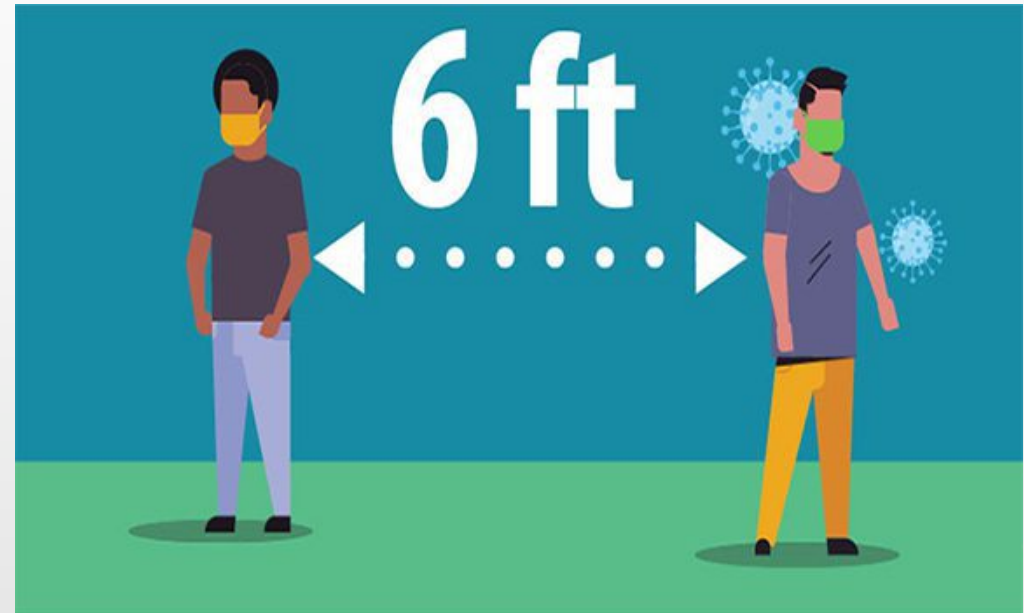
You MUST wear a face mask at all times in all indoor spaces and outside if social distancing of 6 feet is not possible



- Wear a face covering to protect others
- Wear a face covering that covers your nose and mouth to help protect others in case you're infected with COVID-19 but don't have symptoms
- Wear a face covering in public settings when around people who don't live in your household, especially when it may be difficult for you to stay six feet apart
- Wear a face covering correctly for maximum protection
- Don't put the face covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, wash your hands or use hand sanitizer to disinfect

Social Distance At ALL Times (Indoor and Outside)

- **Avoid Close contact**
 - Remember some people may not have symptoms
 - TWO arms length between you and the other person (6 feet)



When You Enter a MDCC Building

- **Enter in the Designated Entrance**
 - All buildings will have marked “In” and “Out” doors
- **Hand sanitize at a sanitizing station**



After Entering a Building

- Proceed to your designated classroom/lab
- Do NOT congregate in hallways
- All breakrooms and bathrooms will have a limited number allowed at one time- please look for postings on doors
- All hallways will have marked one-way paths
- Wearing of Mask and Social Distance will be enforced
- Although the main spread occurs through respiratory droplets when a person coughs, sneezes or talks, droplets can be transmitted to surfaces. Avoid touching your eyes, face, or nose with dirty (unwashed) hands



Practice Good Hygiene At All Times

- **WASH YOUR HANDS** frequently
- Sneeze into your elbow – even when you have on a mask
- Avoid touching your face



Proper Hand Washing

If You Feel Sick While On Campus

- **If at any time you experience any of the COVID-19 symptoms while you are on campus, notify your instructor, faculty member or MDCC staff. Complete Self-Report form found on MDCC website (www.msdelta.edu/covid)**

Protect Yourself and Others- Follow CDC Guidelines-Even while not on Campus

- Stay at least six feet from other people
- Cover your mouth and nose with a cloth face cover when around others
- Avoid close contact with people who are sick, even inside your home
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available use a hand sanitizer that contains at least 60% alcohol
- Be alert for symptoms
- Take your temperature if symptoms developed and contact your healthcare provider

LET'S STOP THE SPREAD



MISSISSIPPI DELTA

COMMUNITY COLLEGE

Don't forget! There's one more step after signing the waiver below. Go to MyDelta, MyBanner, and complete a short survey. Remember, your response won't be recorded without completing this step. Thank you!!!

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Click on the link below to sign the waiver.

[HTTPS://MSDELTA.FORMSTACK.COM/FORMS/CANVAS_RELEASE_WAIVER](https://msdelta.formstack.com/forms/canvas_release_waiver)

Protecting lives together!

