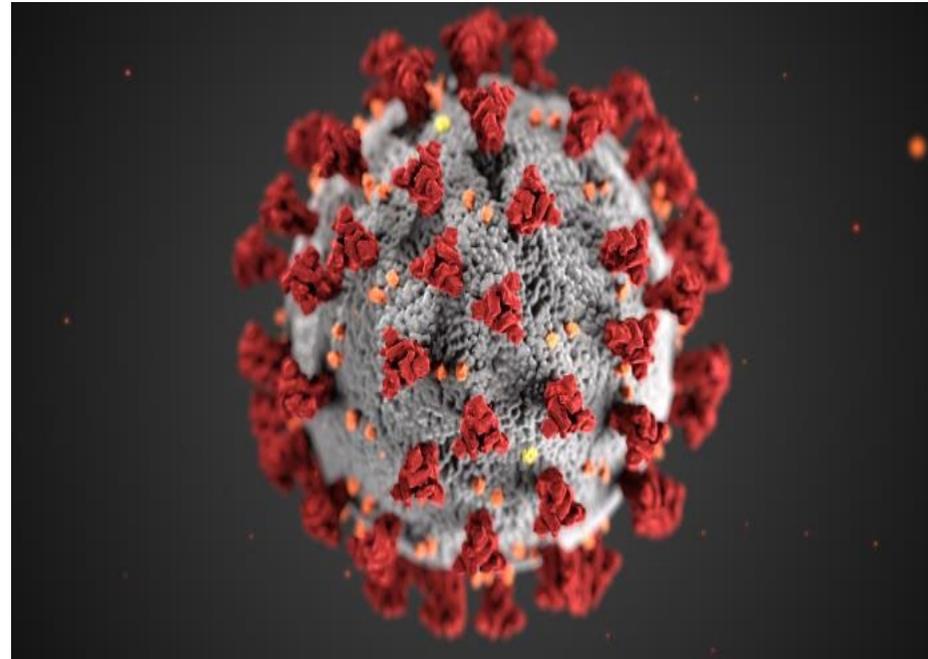




**Fork Union  
Military Academy**

# COVID-19





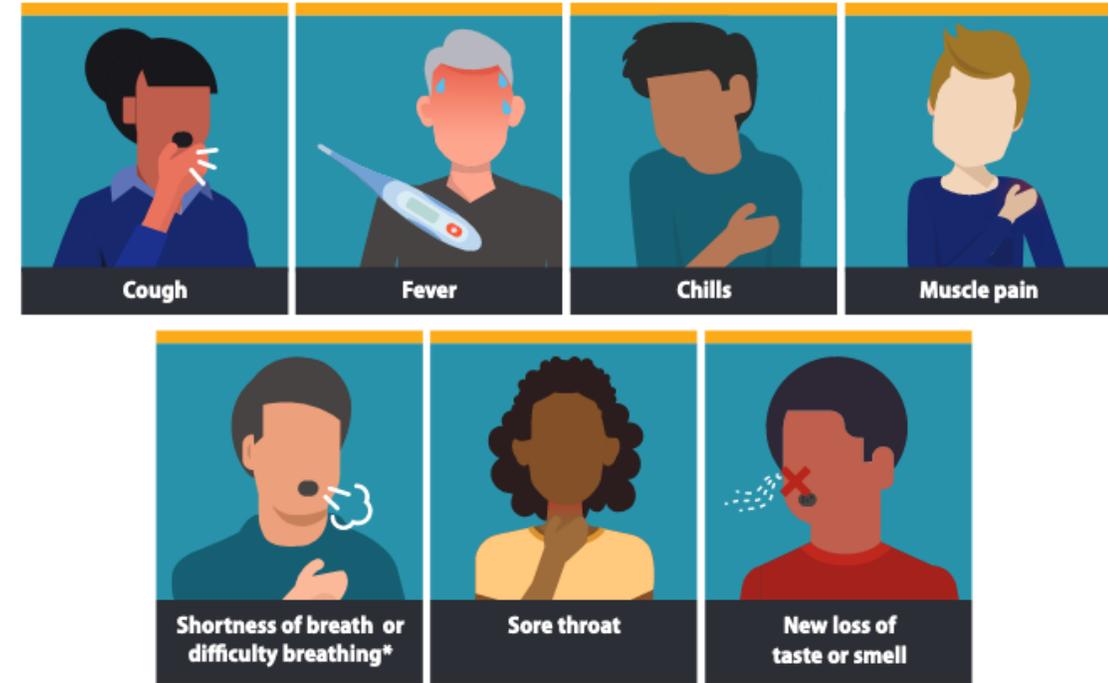
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## Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. 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 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

Know the symptoms of COVID-19, which can include the following:



**Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.**

**\*Seek medical care immediately if someone has emergency warning signs of 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.





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## COVID-19 Screening Protocol: Daily Cadet Health Screening

TAC officers should assess cadets for symptoms of COVID-19 before the start of each day. Cadets should answer: “YES or NO” since my last daily check in, have I had any of the following symptoms:

- A new fever (100.4°F or higher) or a sense of having a fever?
- A new cough that cannot be attributed to another health condition?
- New shortness of breath that cannot be attributed to another health condition?
- New chills that cannot be attributed to another health condition?
- A new sore throat that cannot be attributed to another health condition?
- New muscle aches (myalgia) that cannot be attributed to another health condition or specific activity (such as physical exercise)?





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## Sick Call Times

**0600 – 0630:** Positive COVID-19 screenings, report to side entrance only

\*there is only one nurse during this time, please do not report to the infirmary for anything other than positive COVID-19 screenings until after 0630 (unless it is a true emergency)

**0630 – 0700:** Non-emergent sick call report to the side entrance. If you are being seen for an injury or other issue that is not contagious, you should use the front door.

**0725:** Cadets report to the side door for scheduled doctor sick call. If you are being seen for an injury or other issue that is not contagious, you should use the front door.

**0800 – 1900:** If you need to be seen by a nurse, please use the front entrance.

**Cadets must have a pass from an adult (teacher, TAC, coach, etc.) to come to the infirmary during class, drill or athletics.**

**1900 – 0600: The nurse is on-call for urgent or emergent health issues. The infirmary doors are locked during this time. For safety reasons, cadets should check-out with the evening or night TAC and then ring the emergency buzzer at the front door.**



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## COVID-19 Testing

Two kinds of tests are available for COVID-19: viral test and antibody tests.

- A viral test tells you if you have a current infection.
- An antibody test might tell you if you had a past infection. An antibody test might not show if you have a current infection because it can take 1–3 weeks after infection for your body to make antibodies. Having antibodies to the virus that causes COVID-19 might provide protection from getting infected with the virus again. If it does, we do not yet know how much protection the antibodies might provide or how long this protection might last.

## Cadet Testing Procedures

1. Each morning cadets will be screened for COVID-19 symptoms.
2. Any cadet that has a fever or any symptoms of COVID-19 will immediately be sent to the Infirmary for evaluation.
3. Following evaluation by an Infirmary nurse, the cadet will see Dr. Lanford.
4. Dr. Lanford will determine the need for COVID-19 testing.
5. If COVID-19 testing is performed, the cadet will be quarantined in the Infirmary until the test results are received.  
(48-72 Hours)



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**Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.**

## Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching garbage





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## Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

- 1.Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- 2.Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- 3.Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- 4.Rinse** your hands well under clean, running water.
- 5.Dry** your hands using a clean towel or air dry them.





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## Use Hand Sanitizer When You Can't Use Soap and Water

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

**Sanitizers can quickly reduce the number of germs on hands in many situations. However,**

- Sanitizers do **not** get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.



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## How to use hand sanitizer

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds



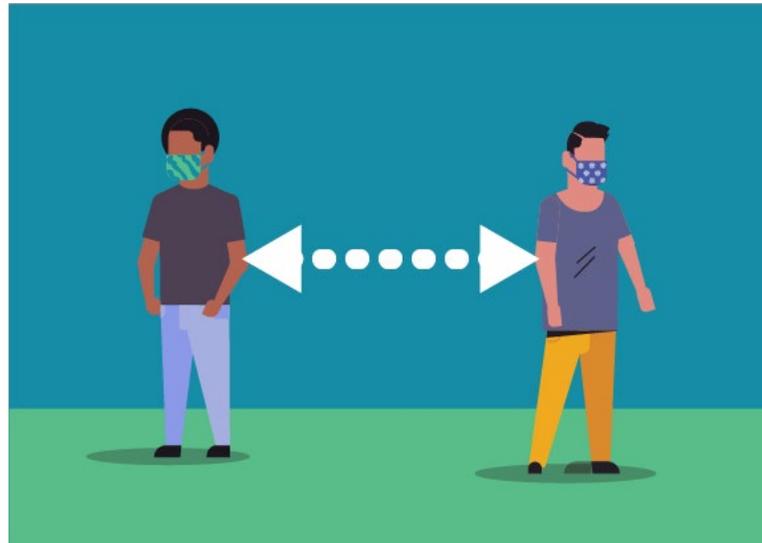


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COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period.

Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby.

The droplets can also be inhaled into the lungs. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.





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Cloth face coverings are recommended, by the CDC, as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the cloth face covering coughs, sneezes, talks, or raises their voice. This is called source control.

- The CDC recommends all people 2 years of age and older wear a cloth face covering in public settings when around people outside of their household, especially when other social distancing measures are difficult to
- COVID-19 can be spread by people who do not have symptoms and do not know that they are infected. That's why it's important for everyone to wear cloth face coverings in public settings and practice social distancing (staying at least 6 feet away from other people).

## **Wear your Face Covering Correctly**

- Wash your hands before putting on your face covering
- 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





# Fork Union Military Academy

## Guidance for cleaning and disinfecting

Routine cleaning and disinfecting is key to maintaining a safe environment for faculty, students, and staff.

- **Cleaning removes** dirt and most germs and is usually done with soap and water.
- **Disinfecting kills** most germs, depending on the type of chemical, and only when the chemical product is used as directed on the label.





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## Routine cleaning and disinfecting on campus

Clean and disinfect at least daily (or more, depending on use patterns) frequently touched surfaces and objects such as:

- Door knobs and handles
- Stair rails
- Classroom desks and chairs
- Lunchroom tables and chairs
- Countertops
- Handrails
- Light switches
- Push buttons on vending machines and elevators
- Shared remote controls
- Shared telephones
- Shared desktops
- Shared computer keyboards and mice





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Thank you for helping to keep our campus safe and healthy.

Questions?

Please contact the infirmary at

[infirmary@fuma.org](mailto:infirmary@fuma.org)

or

434-842-4310