

AUS | الجامعة الأميركية في الشارقة
American University of Sharjah

COVID-19 Awareness Training

AUS Safety and Crisis Management



What is Novel Coronavirus COVID-19?

- Novel Coronavirus COVID-19 is a new strain of coronavirus that can cause respiratory infections in humans.
- It was first identified in December 2019 in China and has spread rapidly around the world.
- In humans, several coronaviruses are known to cause respiratory infections ranging from the common cold to more severe diseases.
- Most people who catch COVID-19 only feel mild symptoms, but some can become extremely ill.

Know How it Spreads

- The virus is thought to spread mainly from person-to-person:
 - Between people who are in close contact with one another.
 - Through respiratory droplets produced when an infected person coughs or sneezes (these droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs).
- The virus can also be transmitted by touching surfaces contaminated with infected droplets and touching the nose, mouth or eyes.
- At present, no specific cure or vaccine has been developed as the virus strain is new. Treatment is mainly supportive to help reduce the symptoms. The best way to prevent illness is to avoid being exposed to this virus.

Groups at Higher Risk

Older adults and people who have severe underlying medical conditions such as heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19. Based upon available information to date, those at high-risk for severe illness from COVID-19 include:

- People aged 60 years and older.
- People who live in a nursing home or long-term medical care facility.
- People who are immunocompromised including those undergoing cancer treatment.

Groups at Higher Risk (continued)

Other groups who have been found to be at higher risk of COVID-19 complications include:

- People who have serious heart conditions or hypertension.
- People with chronic lung disease or moderate to severe asthma.
- People of any age with severe obesity (body mass index [BMI] >40).
- People with certain underlying medical conditions, particularly if not well controlled, such as diabetes, renal failure or liver disease.

Women who are pregnant should be monitored since they are known to be at risk with severe viral illness; however, to date, data on COVID-19 has not shown increased risk.

Symptoms of COVID-19

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed COVID-19 cases. These symptoms may appear 2 to 14 days after exposure (that means the amount of time from being exposed to the virus to showing symptoms).

Common symptoms include:

Fever	Sore throat	Dry cough
Fatigue	Nausea	Shortness of breath
Headache	Vomiting	Muscle or body aches
Congestion or runny nose	Diarrhea	New loss of taste or smell

Take Steps to Protect Yourself

This is an opportunity to remind the whole AUS community that it is the responsibility of all to minimize the spread of communicable disease of any kind, including COVID-19. We therefore urge you to adhere to the following advice of health authorities to prevent the spread of COVID-19.

Prevent the Spread	
Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, gone for a walk, or after blowing your nose, coughing or sneezing.	Maintain a social distance of two meters from people.
If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.	Avoid contact with people who are sick.
Wash your clothes after every shift and disinfect your footwear before entering home.	Avoid touching eyes, nose and mouth with unwashed hands.

Take Steps to Protect Others

Protecting others is the responsibility of everyone. We therefore urge you to do the following.

Prevent the Spread

Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.

Stay home if you are sick, except to get medical care.

Dispose of used tissues in the trash properly.

Wear a face mask: All members of the community are required to wear a mask when in public to ensure their own safety and that of others.

Immediately wash your hands with soap and water for at least 20 seconds after your cough, sneeze or handle a face mask. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Avoid touching eyes, nose and mouth with unwashed hands.

Take Steps to Protect Others (continued)

Prevent the Spread

Should you feel unwell with fever, cough, difficulty breathing or believe you may have been exposed to someone with COVID-19, call University Health Services at +971 6 515 2100 and press option 1 for further instructions.

University Health Services are open from 8:30 a.m. to 4:30 p.m. (Sunday through Thursday).

After normal UHS hours, please call the 24-hour Medical Hotline at +971 50 635 7651 or ext. 4911.

If you are off campus, please report to the nearest medical facility.

Manage Anxiety and Stress

The outbreak of COVID-19 may be stressful for people. AUS' University Counseling Services (UCS) provides students, faculty, staff and dependents free, confidential counseling services in support of positive mental health and well-being and can help with a variety of issues. You can speak with a counselor by phone or video conference, in addition to in-person meetings.

Important Information

UCS is open Sunday–Thursday, 8:00 a.m. to 5:00 p.m. To schedule a confidential appointment with one of the counselors, please email **UCSappointments@aus.edu** OR call **+971 6 515 2100** and select Option 1 for Health Center.

COVID-19 Information and Updates

For the latest university updates, including preventative measures regarding COVID-19, please visit www.aus.edu/updates or scan this QR code.



COVID-19 Information and Updates (continued)

You may also download the AL HOSN UAE app for contact tracing.



AL HOSN UAE
App Store



AL HOSN UAE
Play Store

COVID-19 Information and Updates (continued)

You can visit the UAE Ministry of Health and Prevention's dedicated COVID-19 website to download the UAE COVID-19 app, allowing you to stay up-to-date with all the latest information and advice.



MOHAP website



COVID-19 UAE
App Store



COVID-19 UAE
Play Store



Thank you