

COVID-19 Guidelines

Keeping KAUST Safe



جامعة الملك عبد الله
للعلوم والتقنية
King Abdullah University of
Science and Technology

Health, Safety
and Environment



Due to the coronavirus disease 2019 (COVID-19) pandemic, HSE will provide the KAUST community and service providers with a series of guidelines that can be implemented in order to reduce the transmission of the virus. These guidelines are not exhaustive and everyone is encouraged to practice preventive measures (physical distancing, handwashing, respiratory etiquette, etc.) to ensure the safety and wellbeing of everyone in KAUST.

Issued by: Health, Safety and Environment Department

Issued date: 14 July 2020

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HANDWASHING

Due to the SARS-CoV-2 (COVID-19) pandemic, this document will provide KAUST faculty, staff, students, community members, and service providers with a series of guidelines that can be implemented in order to reduce the transmission of the virus. These guidelines are not exhaustive but aim to provide current best practices to ensure everyone in KAUST understands the importance of handwashing. These guidelines further provide people managers with the knowledge they need to ensure handwashing practices are understood and practiced in KAUST workplaces.

Why Clean Hands are Important

Handwashing is a simple yet one of the most effective ways to keep yourself and your family healthy. Germs are spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands.
- Touch contaminated objects or surfaces.
- Cough, sneeze, or blow your nose and then touch other people's hands, or touch common surfaces such as door handles, staircase railings, and so forth.

Everybody in KAUST should be aware about the importance of hand hygiene and should be able to perform it correctly and at the right time.

Examples of Handwashing Measures

The table below gives examples of what can be done to keep hands clean. These measures can be used anywhere in KAUST. **In addition to the examples below, any facility-specific or workplace specific protocols must be followed.**

In most situations, washing hands with soap and water is the best way to get rid of germs. When soap and water is not available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol (read the product label). However, hand sanitizers may not be as effective when hands are visibly dirty or greasy.

When to Wash Hands

Wash hands throughout the day, or sooner when visibly dirty or soiled.



Before using a face mask or face cloth covering.



Before eating food or drinking fluids.



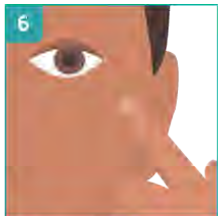
Before and after caring for someone who is sick.



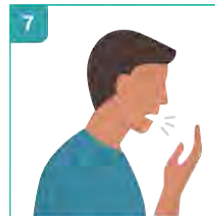
Before and after treating a wound or cut.



Before, during, and after preparing food.



Before touching your eyes, nose, or mouth.



After blowing your nose, sneezing, or coughing.



After you have been in a public place.



After using the toilet.



After touching trash.



After touching an animal, animal food, or animal waste.



After changing diapers, or cleaning a child who has used the toilet.



After removing gloves.



After exposure risk to body fluids, for example, vomit, blood, etc.



After touching a surface that gets frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.

How to Wash Hands

Wash your hands often with soap and water for at least 20 seconds.



Wet your hands with clean, warm or cold running water.



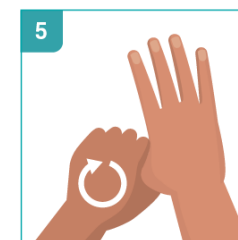
Turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap.



Lather the backs of your hands, between your fingers, and under your nails.



Wash your hands for at least 20 seconds.



Rinse your hands well under clean, running water.



Turn off the tap with a disposable tissue.



Dry your hands using a clean towel or air dry hands.

How to Use Hand Sanitizer?

If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Check the product label to see if the sanitizer contains at least 60% alcohol.



Apply the hand sanitizer to the palm of one hand (read the label to learn the correct amount).



Rub your hands together to cover all surfaces.



Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.



Once the hand sanitizer is dry, your hands are clean.

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FACE COVERINGS



Due to the SARS-CoV-2 (COVID-19) pandemic, this document will provide KAUST faculty, staff, students, community members, and service providers with guidelines that can be implemented in order to reduce the transmission of the virus. These guidelines are not exhaustive and everyone is encouraged to practice preventive measures (safe distancing, handwashing, respiratory etiquette, etc.) to ensure the safety and wellbeing of everyone in KAUST.

Introduction

COVID-19 can spread between people interacting in close proximity, for example, by speaking, coughing or sneezing - even if people are not exhibiting symptoms. Research studies have shown that masks save lives by preventing the release of respiratory droplets into the environment and slowing the spread of COVID-19 infections. Wearing a face covering any time you are outside your home is the safest approach to Keep KAUST Safe. **KAUST is requiring the use of face coverings** to protect everyone (see next page). It is important to emphasize physical distancing remains an essential requirement and that face coverings are NOT a substitute for physical distancing.

What is a face covering

A “face covering” is any well-secured fabric, cloth or paper mask that covers one’s nose and mouth. Face coverings can be well-designed medical masks or do-it-yourself (DIY) masks that can be made from household items such as bandanas, pillow sheets or cotton t-shirts, provided they cover the nose and mouth. Face coverings will prevent the release of respiratory droplets/particles into the environment (source control) and to some extent filter respiratory droplets/particles that you can potentially inhale (personal protection).

Note: Face coverings with an exhale valve are not allowed as respiratory droplets can escape through the valve. Also avoid using N95 masks with exhalation valves when possible. Where a N95 mask with valve is used, a face covering should be worn over the N95 mask to cover the valve and to prevent droplets/aerosols from releasing into the environment.

Why use a face covering

Current information on COVID-19 transmission and infection from research studies have shown that a significant portion of individuals infected with COVID-19 lack symptoms (“asymptomatic”) and even those who eventually develop symptoms (“pre-symptomatic”) can transmit the virus to others before showing symptoms. This means that the virus can spread between people interacting in close proximity (speaking, coughing, sneezing) even if those people are not exhibiting symptoms. By applying face coverings in public areas will help to slow the spread of the virus in the community.

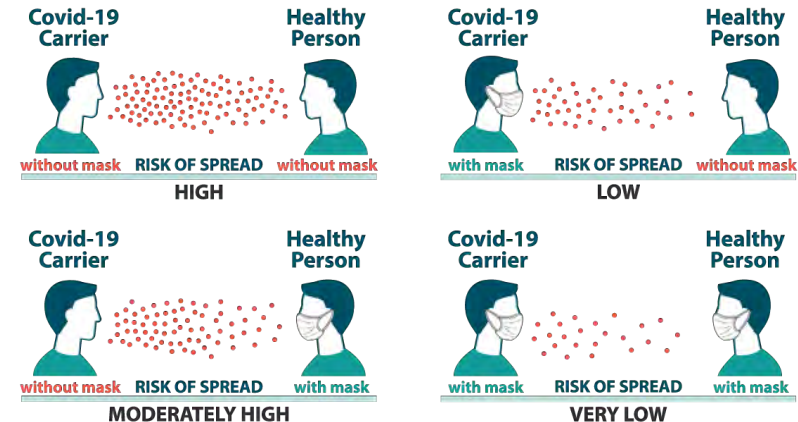
The U.S. Centers for Disease Control and Prevention (CDC) recently determined that face coverings provide some personal protection from respiratory droplets and particles. The relationship between source control and personal protection is likely complementary and possibly synergistic so that individual benefit increases with increasing community face-covering use. In addition, adopting universal masking policies can help avert future lockdowns. Source: [Scientific Brief: Community Use of Cloth Masks to Control the Spread of SARS-CoV-2](#)

Am I required to wear a face covering?

Anyone who is above the age of 2 years old and does not have a medical condition that prevents them from wearing a face-covering must wear one.

The importance of wearing a face covering in indoor settings to prevent COVID-19 transmission.

- COVID-19 infectious particles can be released in the air when breathing and speaking.
- Face coverings will reduce the amount of COVID-19 infectious particles in the air when properly worn.
- The risk of COVID-19 transmission is very low when everyone wears a face covering in indoor settings.



When to use a face covering

Campus and Workplace

Indoors

Face coverings are required at all times except when alone in a private office or when eating/drinking in designated areas.

Note: A desk, cubicle or workstation in open office spaces is not considered a private office.

In research laboratories, wear disposable face coverings (i.e. medical masks). Discard disposable face coverings when moist, wet, soiled or at the end of the day. Cloth/fabric (reusable) face coverings may not be worn in the laboratory as there is a potential for contamination.

Outdoors

Face coverings are not required when physical distancing is maintained.

Face coverings are public health measures and not considered personal protective equipment (PPE). Job specific PPE as identified in the job risk assessment must still be worn.

Public Indoors

Face coverings are required at all times in public indoor facilities except when eating/drinking in restaurants and cafes and in designated activity rooms at the recreation centers with COVID-19 prevention instructions posted at door entrance.

Public indoors include KAUST Health, markets, pharmacy, retail shops and stores, restaurants, cafes, banks, mosques, libraries, recreation centers, public transportation (bus/taxi), restrooms and any other public indoor facilities.

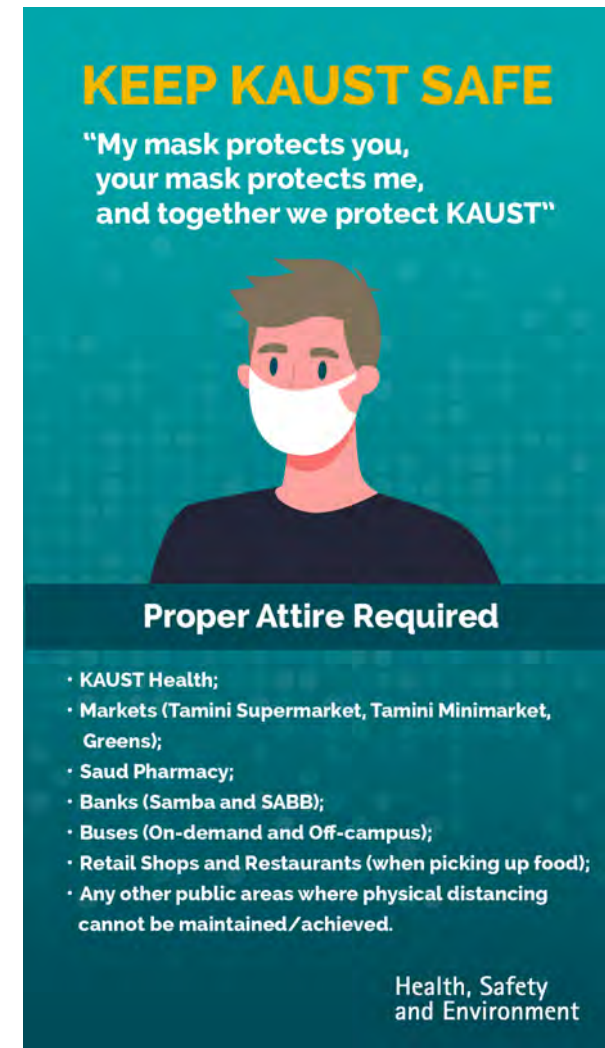
Public Outdoors

Face coverings are not required when physical distancing is maintained, except the playground areas where face coverings will be required due to close proximity of playground activities.

Public outdoors include parks, beaches, stadium/tracks, Safaa golf course, football fields, tennis/basketball courts, monuments, café/restaurant outdoor seating, recreational pools and any other outdoor fields.

KAUST Events and Functions

It is important to follow the face covering and other requirements at all KAUST events and functions. In situations where the presenter is speaking to an audience, he/she can remove the face covering if physical distancing is maintained between the speaker and the audience. When taking a group photo, face coverings are required indoors but can be removed outdoors (unless physical distancing cannot be maintained).



How to use a face covering

It is imperative to use and handle a face covering properly to ensure effectiveness and to prevent contamination.

Every individual must be able to:

- Properly put on and remove a face covering (Appendix A – How to put on and remove a face covering);
- Inspect face coverings for tears, defects, uncleanliness, etc.;
- Dispose one-time of face coverings safely in a waste bin;
- Wash and reuse of face coverings on daily basis; and
- Understand the use and limitation of face coverings (Appendix B – The Dos and Don'ts of Face Coverings)



Frequently Asked Questions (FAQs)

1. *Do I still need to stay at least 2 meters (6 feet) away from people if wearing a face covering in the public?*

Yes. Face coverings are an additional public health measure people should take to reduce the spread of COVID-19. Face coverings do not replace safe distancing, and KAUST required that you stay at least 2 meters (6 feet) away from other people when in public areas.

2. *What if I have a medical condition or disability that prevents me from wearing a face covering?*

You are not required to wear a face covering, but this makes practicing safe distancing and good hand hygiene even more essential. If you have medical conditions such as emphysema, moderate to severe asthma, heart disease, or other health problems, you are at a higher risk for severe illness if you get COVID-19. As such, you should stay home as much as possible and be sure to practice good hand hygiene and maintain safe distancing from others if you need to leave the house.

3. *I'm not sick. Do I have to wear a face covering?*

Yes. In any situation where you will be in a public place (designated by KAUST) and unable to maintain safe distancing, you must wear a face covering. This helps stop the spread of COVID-19.

4. *Does my child need to wear a face covering?*

Children two (2) years old and above are required to wear a face covering at KAUST designated public areas.

5. *Will I be turned away from the supermarket or store if I show up and don't have a face covering?*

This is up to the discretion of the supermarket or store. If you have a medical condition or disability that prevents you from being able to wear a face covering, you may ask the store for a reasonable accommodation.

6. *Can I reuse a cloth/fabric face covering?*

Cloth/fabric face covering masks can be washed and reused. It is recommended you wash the masks daily if you wear them for a significant period during the day. You may want to rotate a few face mask coverings. Washing can be hand or machine wash (use warm or hot water) using normal household laundry detergent and/or bleach, and wear them again only once they are completely dry (use high heat for dryer). It is also recommended that clean face coverings be stored in zip-lock plastic bags to avoid contamination.

7. What are the best practices when using a face covering?

When wearing a face covering, remember to:

- Clean hands with soap and water or an alcohol-based hand sanitizer with at least 60% alcohol prior to putting on a face covering.
- Ensure the face covering fits snugly around the mouth and nose.
- Avoid touching the face covering while using it. If you do, wash your hands with soap and water or an alcohol-based hand sanitizer with at least 60% alcohol.
- Wash face coverings after each use.
- Do not wear a face covering when it is damp or when wet from spit or mucus.
- When removing the face covering, remove it from behind, do not touch the front.
- After removing the face covering, immediately wash your hands with soap and water for 20 seconds or use an alcohol-based hand sanitizer with at least 60% alcohol.

8. For how long can I use a paper face covering?

If you use a paper face covering, we recommend that you use a new one every day. Throw used paper face coverings into the waste bin when you are done.

**9. Where can I get cloth/fabric face coverings?**

Cloth/fabric face coverings can be purchased at Tamimi and Saud Pharmacy.

You can also make your own face coverings at home using household items such as simple fabric, bandana, scarf, cotton t-shirt, etc. by following the CDC guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

10. What type of face covering is better — paper or cloth?

Either a paper or cloth face covering is fine — as long as you are covering your nose and mouth.

11. Can I wear a personal hygiene/reusable face shield instead of a face covering?

No, the personal hygiene/reusable face shields can be used as additional protection against COVID-19—for example, from bodily fluids getting on your face or to prevent you from touching your face as a source of contamination. But personal hygiene/reusable face shields are not a substitution for face coverings and you must wear a face covering at all required locations stated in Keep KAUST Safe guidelines. Also, personal hygiene/reusable face shields do not replace the use of safety glasses or certified chemical face shields when working with hazardous substances in the laboratory or workplace, as they are not certified PPE.

12. Is there any evidence that wearing face coverings in public is effective in slowing the spread of COVID-19?

There is some evidence to support the conclusion that wearing of face coverings can help to control the spread of COVID-19 by reducing the shedding of respiratory droplets into the environment from asymptomatic individuals. Research on this subject matter is continuing and below are links to recent published studies.

- WHO, *Advice on the use of masks in the context of COVID-19*. Interim Guidance. Published 5 June 2020. WHO Ref. #: WHO/2019-nCov/IPC_Masks/2020.4
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks>
- UK Government COVID-19: *Face Masks for the General Public*. Published 29 May 2020 from Scientific Advisory Group for Emergencies (SAGE). <https://www.gov.uk/government/publications/spi-b-the-use-of-facemasks-in-a-community-setting-20-april-2020>
- US Centers for Disease Control and Prevention (CDC). *Recommendation Regarding the Use of Cloth Face Coverings, Especially in Areas of Significant Community-Based Transmission*. April 3, 2020.
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>
- Chu, D.K., Akl, E.A., Duda, S., Solo, K., Yaacoub, S., Schünemann, H.J., *Physical distancing, face masks, and eye protection to prevent person-to-person transmission of SARS-CoV-2 and COVID-19: a systematic review and meta-analysis*. The Lancet. June 1, 2020.
[https://doi.org/10.1016/S0140-6736\(20\)31142-9](https://doi.org/10.1016/S0140-6736(20)31142-9)
- Prather, K.A., Wang, C.C., Schooley, R.T. *Reducing transmission of SARS-CoV-2*. Science. 27 May 2020.
<https://doi.org/10.1126/science.abc6197>
- Bae S., Kim M., Kim J.Y., et al. *Effectiveness of Surgical and Cotton Masks in Blocking SARS-CoV-2: A Controlled Comparison in 4 Patients*. Ann Intern Med. 2020; [Epub ahead of print 6 April 2020].
<https://doi.org/10.7326/M20-1342>
- Leung, N.H.L., Chu, D.K.W., Shiu, E.Y.C. et al. *Respiratory virus shedding in exhaled breath and efficacy of face masks*. Nat Med 26, 676–680 (2020).
<https://doi.org/10.1038/s41591-020-0843-2>
- Stadnytskyi, V., Bax, C.E., Bax, A., Anfinrud, P. *The airborne lifetime of small speech droplets and their potential importance in SARS-CoV-2 transmission*. Proceedings of the National Academy of Sciences May 2020, 202006874;
<https://doi.org/10.1073/pnas.2006874117>
- WHO. *Advice on the use of masks in the context of COVID-19*. 6 April 2020.
[https://www.who.int/publications-detail/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-\(2019-ncov\)-outbreak](https://www.who.int/publications-detail/advice-on-the-use-of-masks-in-the-community-during-home-care-and-in-healthcare-settings-in-the-context-of-the-novel-coronavirus-(2019-ncov)-outbreak)

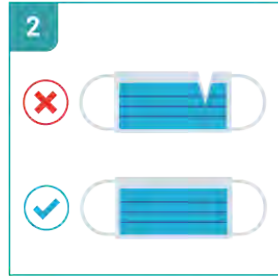
13. Do I need to wear a face covering when I am exercising (running, biking, etc.) out in the public?

No, as long as you maintain safe distancing (2 meters or 6 feet) from others. People should only engage in exercise that enables them to keep physical distance from others. Walking, running, and biking are good examples of activities that do not require shared equipment or close contact with others.

Appendix A - How to put on and remove a face covering



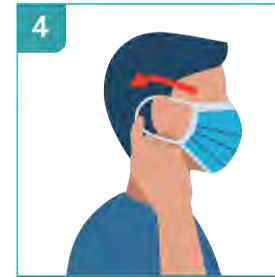
Clean your hands with soap and water or hand sanitizer before touching the mask.



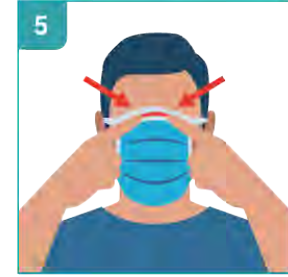
Inspect mask for tears, defects, holes or dirty/unclean before wearing the mask.



Determine mask inside/outside by the straps which locate behind the mask.



Hold the mask by the ear loops. Place a loop around each ear.



Mold or pinch the stiff edge (if available) to the shape of your nose.



Bring the mask to your nose level and place the strings over the crown of your head and tie the strings together into a bow.



Pull the bottom of the mask over your mouth and chin.



Hold both of the ear loops and gently lift and remove the mask.



One time use mask can be disposed in trash bin when they become damp or dirty.



Cloth/ fabric masks can be washed as normal laundry and re-used.



Clean your hands with soap and water or hand sanitizer after touching the mask.

Appendix B - The Dos and Don'ts of wearing a cloth face covering



Cover nose
& mouth



Pull hair back



Tie straps behind
head & neck



Remove by grabbing
from the back



Pull below nose



Hang from
one ear



Pull below chin



Hang around neck



Drink with
mask on



Eat with
mask on



Cross straps



Leave a strap
hanging



Wear on
forehead



Leave hair down
on face



Touch phone
to mask



Wear a dirty
or wet mask



Touch
front of mask



Reach
under mask



Remove mask to
cough, sneeze,
or talk



Remove mask to
talk on phone

Source: Corri Levine@CBLevineMS



KEEPING KAUST SAFE

www.kaust.edu.sa/keepKAUSTsafe



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and Environment**



**NO FACE COVERING
NO ENTRY**



A FACE COVERING IS NOT EFFECTIVE UNLESS YOU WEAR IT PROPERLY



Do not
pull below nose



Do not
expose chin



Do not
cover only the
tip of your nose



Do not
hang around neck



Do not
wear it loose



Do
cover nose
& mouth



! NOTICE !

FACE COVERING MUST BE WORN AT ALL TIMES

except when eating or in your private office



! NOTICE !

FACE COVERING MUST BE WORN AT ALL TIMES

except when eating or in your private office

! NOTICE !

Face covering is mandatory



NO ENTRY WITHOUT FACE COVERING

Wearing a face covering is mandatory
for children who are 2 years old and above



! NOTICE !

FACE COVERING MUST BE WORN AT ALL TIMES

except when eating or in your private office



! NOTICE !

FACE COVERING MUST BE WORN AT ALL TIMES

except when eating or in your private office

PHYSICAL DISTANCING



3



Due to the SARS-CoV-2 (COVID-19) pandemic, this document will provide KAUST community and service providers with a series of guidelines that can be implemented in order to reduce the transmission of the virus. These guidelines are not exhaustive and everyone is encouraged to practice preventive measures (physical distancing, handwashing, respiratory etiquette, etc.) to ensure the safety and wellbeing of everyone in KAUST.

Introduction

The presented information provides examples to increase the physical distance between individuals and activities or minimize exposure opportunities if distancing requirements cannot be achieved. Everyone must be prepared for social and workplace changes that will include maximum occupancy limits and possible movement of workstations and dining areas to meet these physical distancing guidelines.

Why Distancing Measures?

The virus, SARS-CoV-2, spreads between people who are in close contact for a prolonged period. This occurs when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are released into the air and smaller particles can potentially be inhaled into the lungs of people nearby. These droplets can also contaminate the surfaces which if touched can potentially help the virus infect another person.

Maintain physical distance

General guidance from agencies such as Center for Disease Control promote individuals staying physically distant from one another as part of slowing the spread of the virus. Below are some guidance on how this can be achieved. It is also encouraged to use this section in conjunction with examples from Minimize Exposure.

- Rearrange tables, desks and other furniture to maintain physical distance.
 - Removal of some furniture may be required.
 - Labeling furniture as “Do not use” is also acceptable.
- Place markings on the floor at appropriate intervals in areas where queuing is likely to occur (e.g. grocery stores, campus diner, etc.).

In instances such as walking down a hallway or a grocery aisle, you may not be able to maintain physical distance between you and another individual. In these cases, be sure to maintain as much space you reasonably can while passing. Also, be sure to have a face covering on in public spaces.

Minimize Exposure

In addition to physical distancing, below are additional examples to minimize exposure. Extend operating hours or allow personnel to come into the work after hours.

- Disinfect workspace before and after work.
- Disinfect high touch surfaces such as door handles and elevator buttons frequently.
- Consider placing hand sanitizers/soap at strategic locations.
- Assign work areas to individuals.
- Minimize contact with other staff during non-essential activities.
- Do not come to work if you are feeling unwell.

Occupancy and Gatherings

Current level – TIER 2

Occupancy Tiers		Tier 4	Tier 3	Tier 2	Tier 1B	Tier 1A	Normal	
Workplace/Classroom Occupancy		KAUST Lock Down	50%	50%	100%	100%	KAUST Normal Status	
Face Coverings			Required	Required	Required	Required (risk based)		
Physical Distance			2 meters	2 meters	1.5 meters	1 meter		
Auditorium/Meeting/Conference/Class Rooms			As per posted occupancy sign					100%
Department Organized Event	Outdoors		10	50	100	100		
	Indoors		10	50	50	100		
Private Gathering	Outdoors		10	25	50	50		
	Indoors		5	12	20	30		

HSE has assessed workstation layouts at KAUST and found them to meet the 1.5 meter physical distance guidelines. Departments evaluating their spaces for readiness who have questions that require clarification should contact HSE at HSE@kaust.edu.sa

While gatherings are allowed, take a practical approach when following the "Keeping KAUST Safe" guidelines. Below are some considerations when having personal and home gatherings.

- Understand that a gathering of any size carries a certain level of risk.
- If you are sick or feeling ill, do not host or attend a gathering.
- Gatherings in outdoors areas (beaches, discovery square, sporting courts, etc.) are preferred over indoors (homes, recreation clubs, etc.).
- Limit your time at the gathering/home visit.

For department events

All departments must register their planned events with HSE. Email HSE@kaust.edu.sa with the following information.

- Department
- Contact person name, number, and email
- Name of the event
- Planned date and time
- Number of expected participants
- Location (indicate indoors or outdoors)
- Detail of planned activity

For private events

- Private events must be self-regulated following the Keeping KAUST Safe (K2S) Guidelines.

Screens and other physical barriers

Physical barriers are an additional measure that can be used for protection against large, potentially infectious droplets and are most effective in protecting individuals that interact with many different people throughout the day. This includes cashiers, helpdesk personnel, and other customer facing positions. This additional measure is not effective against smaller, potentially infectious particles that can be produced by breathing or talking. Small respiratory particles can move around the screen via the room's ventilation, which prevents this from being a suitable option to increase a room's occupancy. Being able to maintain physical distance is the primary factor when K2S.

Occupancy signs

While you must maintain physical distance, it is also important to consider how many people are occupying a space at any given time. Individuals must be able to maintain physical distance between one another when occupying the space. An occupancy sign containing the determined number must be posted at the entrance of:

- Auditoriums
- Meeting Rooms
- Conference Rooms
- Gyms
- Classrooms
- Small Retail Areas
- Elevators

Occupancy exceptions

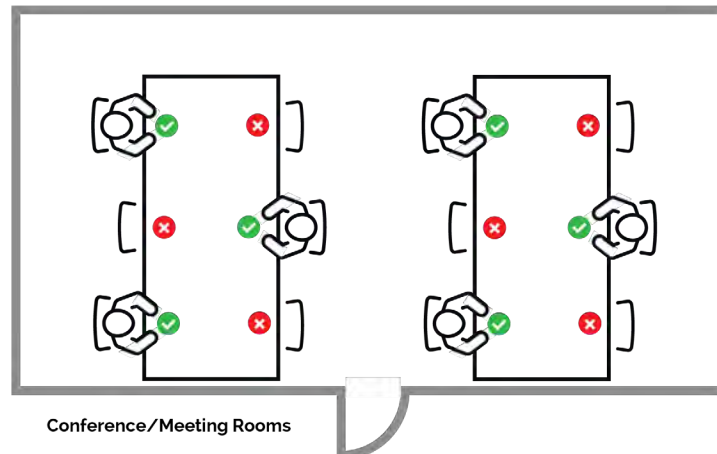
Elevators: A maximum of 4 people are permitted inside an elevator at any given time.

Transportation: There must be an empty seat between passengers.

Other Exceptions: If you have spaces in which the physical distancing requirements can't be applied due to operational needs, contact Health, Safety and Environment (hse@kaust.edu.sa) to evaluate the space and complete a health risk assessment for your specific needs. While these guidelines are overarching for KAUST, specific mitigations may be identified by HSE to increase the density of a space.

Diagrams

Below are various ways you can set up your space to maintain physical distance.





4

COVER
COUGHS
AND
SNEEZES



Due to the SARS-CoV-2 (COVID-19) pandemic, this document will provide KAUST faculty, staff, students, community members, and service providers with a series of guidelines that can be implemented to reduce the transmission of the virus. These guidelines are not exhaustive but aim to provide current best practices to ensure everyone in KAUST understands the importance of covering coughs and sneezes. These guidelines further provide people managers with the knowledge they need to share with their staff the importance of covering coughs and sneezes.

Why Covering Coughs and Sneezes are Important

Germs are spread from other people or surfaces when you:

- Cough, sneeze, or blow your nose and then touch other people's hands, or touch common surfaces such as door handles, staircase railings, phones, and so forth.
- Touch your eyes, nose, and mouth with unwashed hands.
- Touch contaminated objects or surfaces.

When to Cover Coughs or Sneezes (Cough Etiquette)

- Always cover your mouth and nose when you cough or sneeze.
- It is especially important in any public area, such as schools, daycare facilities, shops, and healthcare settings.

Immediately after Coughing or Sneezing

- Put the used tissue in a wastebasket. Don't leave used tissues lying around or on surfaces.
- Do not touch your eyes, nose, or mouth.
- Wash your hands with soap and running water for at least 20 seconds.
- If soap and water are not available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



How to Cover Coughs or Sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow.
- Do not use your hands.



Cover your mouth and nose with a tissue when you cough or sneeze.



Put your used tissue in the trash bin



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



Wash your hands with soap and running water. Dry your hands thoroughly with a disposable paper towel or hand dryer.

Help Stop the Spread

- Always carry disposable tissues, hand sanitizer, or disinfectant wipes with you when at work, attending class, or visiting public areas.
- Protect other people in KAUST by staying home from work or school when you are ill.

COVID-19 SYMPTOMS GUIDE

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Due to the coronavirus disease 2019 (COVID-19) pandemic, this document will provide the KAUST community and service providers with a guide for recognizing the symptoms of the disease and for appropriate follow-up. Everyone is encouraged to practice preventive measures (physical distancing, handwashing, respiratory etiquette, etc.) to ensure the safety and wellbeing of everyone in KAUST.

Introduction

Early recognition of COVID-19 symptoms is crucial for further case management, if the diagnosis is confirmed. It assures close monitoring of disease progression and appropriate clinical care, particularly for serious illness. Early determination of cases is also vital in controlling the spread of the disease. For these reasons, everyone should be familiar with COVID-19 symptoms and seek prompt assistance if the illness is suspected.

COVID-19 Symptoms

The most common symptoms of COVID-19 are:



Fever



Tiredness



Breathing problems



Sore throat



Dry cough

Some patients may have aches and pains, chills, nasal congestion, runny nose, new loss of taste or smell, sore throat, or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but do not develop any symptoms and do not feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who contracts COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with the symptoms should seek medical attention.

Community Procedures for Follow-up on COVID-19 Symptoms

The symptoms for COVID-19 seem to start with a fever that is followed by a dry cough. After a week, this leads to shortness of breath. However, these symptoms do not necessarily mean it is the COVID-19 illness. The symptoms are similar to infection with other viruses that are much more common, such as cold and flu viruses. If a person thinks they have developed COVID-19 symptoms and are concerned, they should remain where they are and take the following actions.

- For severe or acute symptoms of emergency nature as below, call 911 (012 808 0911 from mobile)



Trouble breathing



Persistent pain or pressure in the chest

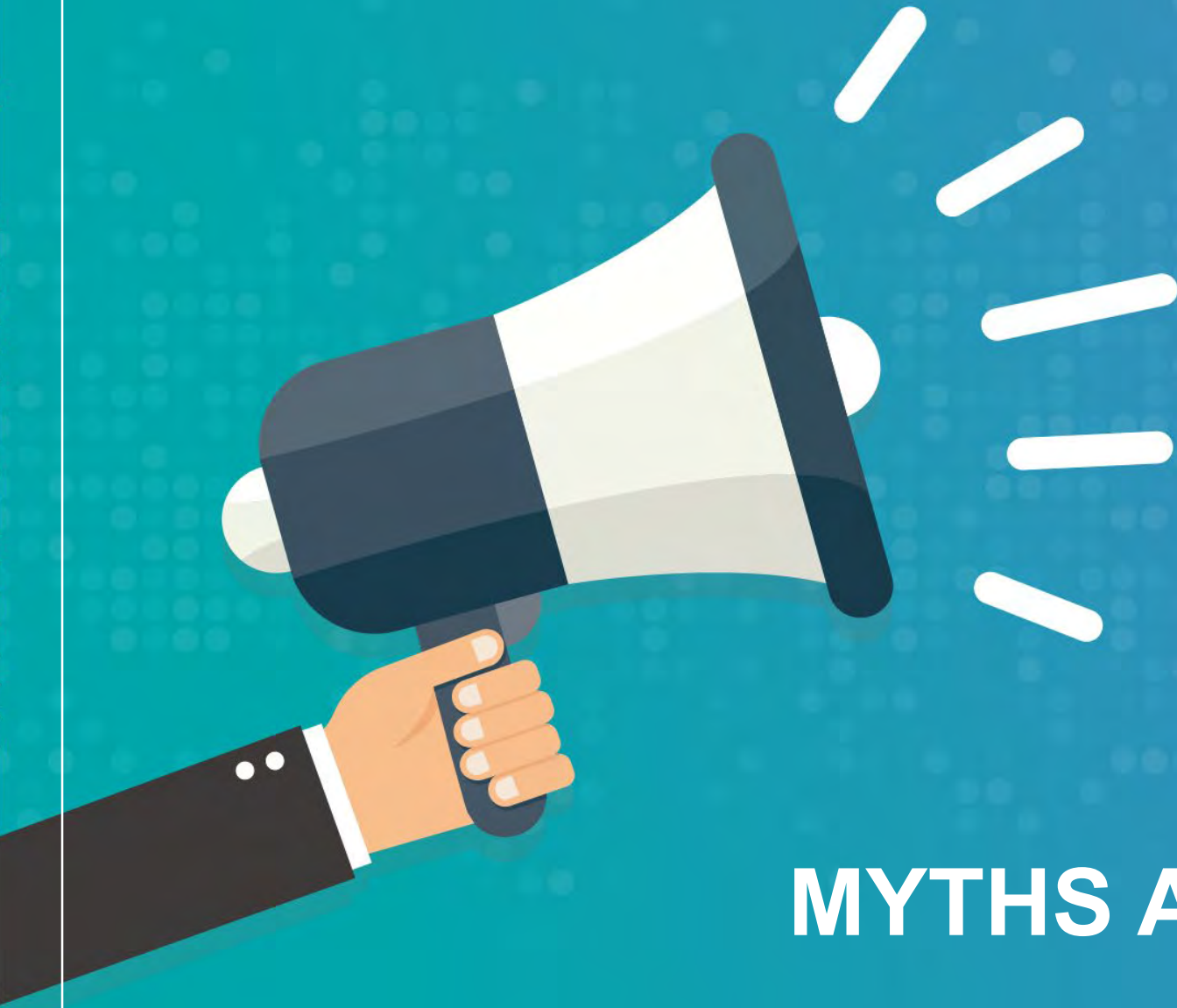


New confusion or not able to be woken



Bluish lips or face

- For mild symptoms, contact the KAUST Health call center on [012 808 0940](tel:0128080940) who will arrange a telephone consultation with the KAUST Health physician. If outside clinic hours, call KAUST Health on [012 808 4444](tel:0128084444).
- If a face-to-face consultation is required for those in quarantine, KAUST Health will arrange for transport to bring you to KAUST Health Emergency Room and take back to home / quarantine accommodation.



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COVID-19 MYTHS AND FACTS

The following collection of myths and facts about COVID-19 is based on the official information from WHO and US CDC.

Clinical

Myth. Both older and younger people are vulnerable to becoming severely ill with the new coronavirus.

Fact. People of all ages can be infected by the new coronavirus (SARS-CoV-2). However, older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.

Myth. Catching the new coronavirus means you will have it for life.

Fact. Most of the people who catch COVID-19 can recover and eliminate the virus from their bodies. If you catch the disease, make sure you treat your symptoms. If you have cough, fever, and difficulty breathing, seek medical care early – but call your health facility by telephone first. Most patients recover thanks to supportive care.

Myth. Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort means you are free from the coronavirus disease (COVID-19) or any other lung disease.

Fact. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous. The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia.

Prevention and Treatment

Myth. Mass outdoor disinfections help prevent the spread of the new coronavirus.

Fact. Mass spraying of disinfectants on the streets is not a helpful preventive measure. These areas are not expected to accumulate infectious particles. On the other hand, targeted disinfection of high-touch surfaces in public areas reduces the spread of the disease.

Myth. Regularly rinsing your nose with saline helps prevent infection with the new coronavirus.

Fact. There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus. There is some limited evidence that regularly rinsing nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.

Myth. Eating garlic helps prevent infection with the new coronavirus.

Fact. Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.

Myth. Antibiotics are effective in preventing and treating the new coronavirus.

Fact. Antibiotics do not work against viruses, only bacteria. The new coronavirus is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment. However, if you are hospitalized for the COVID-19, you may receive antibiotics because bacterial co-infection is possible.

Myth. There are specific medicines to prevent or treat the new coronavirus.

Fact. **To date, there is no specific medicine recommended to prevent or treat COVID-19.** However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation, and will be tested through clinical trials.

Myth. Nonsteroidal anti-inflammatory drugs (NSAIDs) can worsen COVID-19 illness.

Fact. **Currently, there is no evidence to show that taking ibuprofen or naproxen can lead to a more severe infection of COVID-19.**

Myth. Exposing yourself to the sun or to temperatures higher than 25° C degrees prevents the coronavirus disease (COVID-19).

Fact. **You can catch COVID-19, no matter how sunny or hot the weather is.** Countries with hot weather have reported cases of COVID-19. To protect yourself, make sure you clean your hands frequently and thoroughly and avoid touching your eyes, mouth, and nose.

Myth. Taking a hot bath prevents the new coronavirus disease.

Fact. **Taking a hot bath will not prevent you from catching COVID-19.** Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.

Myth. Hand dryers are effective in killing the new coronavirus.

Fact. **Hand dryers are not effective in killing the 2019-nCoV.** To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

Myth. Ultraviolet disinfection lamp should be used to kill the new coronavirus on the body surface.

Fact. **UV lamps should not be used to sterilize hands or other areas of skin as UV radiation can cause skin irritation.**

Myth. Spraying disinfectants containing alcohol or chlorine all over your body treats the infection.

Fact. **Spraying disinfectants containing alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e., eyes, mouth).** Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

Myth. Air purifiers are effective in preventing the spread of COVID-19.

Fact. Air purifiers are not effective at capturing respiratory droplets (the main transmission source of COVID-19) unless a person is standing next to the air inlet of the purifier when sneezing or coughing. Due to this, air purifiers are not recommended in offices and households as means to prevent transmission. Instead, individuals should maintain physical distancing of at least (2 meters) so that individuals are not within the respiratory droplet zones of others. If physical distancing is not possible, wear a face covering so that you prevent respiratory droplets from becoming airborne when you sneeze, cough or speak.

Vaccines

Myth. Vaccines against flu and pneumonia protect you against the new coronavirus.

Fact. **Vaccines against flu and pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus.** The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against COVID-19. Although these vaccines are not effective against COVID-19, vaccination against respiratory illnesses is highly recommended to protect your health.

Myth. BCG and OPV vaccines protect you against the new coronavirus.

Fact. **There is no evidence that the Bacille Calmette-Guérin vaccine (BCG) or oral polio vaccine (OPV) protect people against infection with COVID-19 virus.** Clinical trials addressing this question are planned or underway, and WHO will evaluate the evidence when it is available. In the absence of evidence, WHO does not recommend BCG or OPV vaccination for the prevention of COVID-19.

Transmission

Myth. The new coronavirus can be spread through food.

Fact. **Currently, there is no evidence to support transmission of COVID-19 associated with food.** It may be possible that a person can get COVID-19 by touching a surface or object, like a packaging container, that has the virus on it and then touching their own mouth, nose, or possibly their eyes. Before preparing or eating food it is important to always wash your hands with soap and water for at least 20 seconds for general food safety.

Myth. The new coronavirus can be spread on package or products shipped from high-risk regions.

Fact. Although the virus can survive for a short period on some surfaces, **it is unlikely to be spread from products or packaging that are shipped over a period of days or weeks at ambient temperatures.** Currently there is no evidence to support transmission of COVID-19 associated with imported goods.

Myth. Pets (cats, dogs, birds) transmit the new coronavirus.

Fact. **At this time, there is no evidence that animals play a significant role in spreading the virus that causes COVID-19.** Based on the limited information available to date, the risk of animals spreading COVID-19 to people is considered to be low. A small number of pets have been reported to be infected with the virus that causes COVID-19, mostly after contact with people with COVID-19. However, since animals can spread other diseases to people, it's always a good idea to practice healthy habits around pets and other animals, such as washing your hands and maintaining good hygiene.

Myth. Fecal-oral route of transmission is another important way the new coronavirus spreads.

Fact. **There has been no confirmed fecal-oral transmission of COVID-19 to date.** The virus that causes COVID-19 has been detected in the feces of some patients diagnosed with COVID-19, but researchers are having hard time isolating live virus from stool specimens. The studies to determine the risk of transmission of the new coronavirus from the feces are underway. The risk is expected to be low based on the current data and data from previous outbreaks of related coronaviruses, such as severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

Myth. The new coronavirus can be transmitted through mosquito bites.

Fact. **The new coronavirus is not vector-borne.** It is a respiratory virus, which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.

Myth. 5G mobile networks spread COVID-19.

Fact. **Viruses cannot travel on radio waves/mobile networks.** COVID-19 is spreading in many countries that do not have 5G mobile networks. COVID-19 is spread through respiratory droplets when an infected person coughs, sneezes or speaks. People can also be infected by touching a contaminated surface and then their eyes, mouth or nose.



Keeping KAUST Safe