HEALTH AND WELLNESS ON COLLEGE CAMPUS DURING COVID-19

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POINTS FOR DISCUSSION

- Epidemiology of COVID-19
- Stages of COVID-19
- A Disease of Disparities
- Social Determinants of COVID-19
- Resisting Stigma
- UCI COVID-19 Response
- Mitigating Risk on Campus
- Campus Resources
Epidemiology of COVID-19 Across the U.S.

- **TOTAL CASES**: 6,825,697 (+39,345 new cases)
- **TOTAL DEATHS**: 199,462 (+438 new deaths)
- **CASES IN LAST 7 DAYS**: 288,027

Stages of COVID-19

5 DAYS

The approximate time between infection and the start of symptoms

2 DAYS

The amount of time infectiousness can begin before symptoms

3 DAYS

The amount of time between close contact with an infectious person and possibility of onward transmission
COLLEGE CAMPUSES ACROSS THE U.S.

105+ COLLEGES HAVE REPORTED AT LEAST 100 CASES OVER THE COURSE OF THE PANDEMIC

88,000 CASES HAVE BEEN REPORTED IN OVER 1,600 AMERICAN COLLEGES AND UNIVERSITIES SINCE THE START OF THE PANDEMIC

60 DEATHS HAVE BEEN REPORTED IN OVER 1,600 AMERICAN COLLEGES AND UNIVERSITIES SINCE THE START OF THE PANDEMIC
County

09/22/20: 52,200  
09/01/20: 48,800  
08/01/20: 36,600  
07/01/20: 14,400  
06/01/20: 6,500  
05/01/20: 2,500  
04/01/20: 606  
03/01/20: 1
"Societies in part create the disease they experience and further, they materially shape the way in which diseases are to be experienced."

Mervyn Susser
A DISEASE OF DISPARITIES

Orange County, UCI Cases
SOCIAL DETERMINANTS OF COVID-19

Factors that make certain populations disproportionately vulnerable to COVID-19 include:

- Race/ethnicity as a potential proxy to other things
- Physical environment (e.g. crowded living conditions)
- Poverty (e.g. lack of access to care)
- Occupation type
- Education (e.g. health literacy)
STIGMA AND COVID-19

At the onset of the pandemic, the UCI Program in Public Health surveyed its student body on their COVID-19 related stigma experiences. Here’s what we found:
COVID-19 IN TIMES OF SOCIAL INJUSTICE

STAY SAFE DURING PROTESTS AGAINST RACISM AND POLICE BRUTALITY

- All protesters, journalists, public safety personnel, bystanders, and public officials attending protests should wear face masks covering their mouths and noses at all times and goggles to protect against tear gas and pepper spray.
- Demonstrators should try to attend protests with persons they have sheltered-in-place with, like household members.
COVID-19 IN TIMES OF
SOCIAL INJUSTICE

- Carry hand sanitizer, use it often, share it liberally with others, and minimize the sharing of personal items, such as cell phones.
- Always maintain at least 6 feet of physical distance from any other person (two arms lengths). Consider alternatives to loud chanting, singing, and shouting (examples include drums, noise makers, and carrying signs).
RESULTS

1.5X

Asian students were almost 1.5 times more likely to report enacted stigma (i.e., someone mocking or avoiding them) compared to non-Asian students.
RESULTS

ASIAN STUDENTS WERE ALMOST 2.6 TIMES MORE LIKELY TO REPORT INTERNAL STIGMA (I.E. FEELING ASHAMED OR WORTHLESS) COMPARED TO NON-ASIAN STUDENTS
ASIAN STUDENTS WERE 6 TIMES MORE LIKELY TO FEAR BEING STIGMATIZED IN THE FUTURE
HOW STUDENTS CAN INTERVENE TO RESIST STIGMA

SPEAK UP

when we observe discriminatory language, images, or interactions
HOW STUDENTS CAN INTERVENE TO RESIST STIGMA

LISTEN TO PEERS

who are at risk of stigma and activists working to dismantle broken systems, particularly those describing their lived experiences
HOW STUDENTS CAN INTERVENE TO RESIST STIGMA

ADVOCATE

for policy change in local organizations or systems
MITIGATING COVID-19 ON CAMPUS

All students, staff, and faculty will play an active role in safeguarding the health and well-being of all UCI community members.
STRATEGIES TO MITIGATE COVID-19 ON CAMPUS

CONTACT TRACING
The Contact Tracing Program at UCI will interview all positive cases to identify close contacts.

ISOLATION
Those with symptoms will stay home and be referred for testing if appropriate. All positive cases and close contacts of positive cases will quarantine for 14 days from last exposure.

TESTING
Students with symptoms will be referred to Student Health for evaluation and referral for testing if appropriate.
REDUCE YOUR RISK

PROTECT YOURSELF AND OTHERS

Students, staff, and faculty can help keep one another healthy and safe by taking simple precautions. Reducing the risk of other medical conditions, keeping healthy by exercising, eating right, and getting sleep are also essential steps to take to protect oneself.

Note: Those with metabolic syndrom are 6 times more likely to have poor COVID-19 outcomes.
Reduce Your Risk

WASH YOUR HANDS
often with soap and water
for at least 20 seconds. Also
be sure to regularly disinfect
frequently touched objects
and surfaces.

WEAR A FACE
COVERING
in public settings and when
around people outside of
your immediate household.

SOCIAL DISTANCE
to avoid close contact with
others, especially in public
settings. Maintain 6 ft of
space from others.
MOST VULNERABLE COVID-19 TIMES

RISK IS GREATER WHEN YOU ARE:

- Sharing a meal
- Singing or shouting
- Going to bars, parties, or sharing alcohol
WASH YOUR HANDS
often with soap and water
for at least 20 seconds.

WEAR A FACE COVERING
in public settings and when around people
outside of your immediate household
SOCIAL DISTANCE

to avoid close contact with others, especially in public settings. Maintain 6 ft of space from others.

CLEAN AND DISINFECT

frequently touched objects and surfaces daily
ASYMPTOMATIC TESTING

TESTING FOR STUDENTS DECLARING ON-CAMPUS STATUS:

- UCI will not ask about prior testing
- UCI will ask students to sequester and test on arrival to campus
- Students will stay in assigned "pods"
- Students will comply with weekly asymptomatic testing
- Positive tests will initiate contact tracing
SYMPTOMATIC TESTING

- If symptomatic during transit or upon arrival, students will isolate and be referred to Student Health for evaluation and testing within 24 hours.
- Symptomatic students will quarantine and be interviewed by the UCI Contact Tracing team to identify and test close contacts.
- Symptomatic testing after Daily Symptom Checker will yield triage.
HEALTH EQUITY CONTACT TRACING WORKSHOP

In partnership with the Orange County Health Care Agency (OCHCA), the UCI Program in Public Health held a summer workshop aimed at training public health practitioners, students, community leaders, and residents to do contact tracing through the lens of health equity.
CAMPUS RESOURCES
Campus Resources

COVID-19 CHATLINE
The Program in Public Health COVID-19 Chatline is now available for questions and inquiries. Hours: Mon-Fri 9AM-6PM PST and Sat-Sun 12-4PM PST

ANTEATER PLEDGE AMBASSADORS
Ambassadors are peers that you can turn to for helpful information about COVID-19. They can also help provide or locate supplies like masks and hand sanitizer.

UCI CORONAVIRUS INFORMATION HUB
Visit uci.edu/coronavirus for FAQs, testing information, and other university-wide initiatives.
THE SUCCESS OF THIS ENDEAVOR WILL REQUIRE THE COORDINATED EFFORTS OF ALL UCI PROGRAMS, DEPARTMENTS, AND COMMUNITY MEMBERS.

TOGETHER, WE CAN.