WELCOME TO INSTITUTIONS OF HIGHER EDUCATION SECTOR TELEBRIEFING

October 13, 2020

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MEDICAL & DATA UPDATES

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COUNTY NUMBERS

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RED TIER (3)

- Adjusted rate of 6.8 (6.5 last week), unadjusted case rate of 7.2 (7.0 last week)
- Our test positivity rate was 3.0%, which is within the 1-3.9 range for the Orange Tier 3) with 273.5 tests per 100k (excluding prisons), above the state median of 239.2
- Health Metric test positivity 5.7%
- 50,746 cases (48,660 last week) cases, and 195 new daily cases on 10/11.
- 10-19 yo cohort remains at 10% this week and the 20-29 yo remains the largest stratum, with just over one-quarter of the total

New Health Equity Metric

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BLUEPRINT FOR A SAFER ECONOMY – STATE METRICS FOR TIER MOVEMENT

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1. Case Rate
2. Test Positivity
3. Health Equity (NEW)

Incentivizes counties to reduce infections across every neighborhood:

- Counties with low disparities move quicker through colored tiers.
- Counties with large disparities move slower through colored tiers.

New Health Equity Metric

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WHAT IS HEALTH EQUITY?

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Health equity is achieved when every person has the opportunity to ***"attain his or her full health potential"*** *and no one is* ***"disadvantaged from achieving this potential because of social position or other socially determined circumstances."***

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***Live Well San Diego* is based upon Health Equity.**

The Health Equity Testing Percentage will place Counties in one of the Tiers:

This metric will NOT move counties back a tier, only up a tier!

Tier	Health Equity Testing Positivity Percentage
1 (Purple)	≥8.1%
2 (Red)	≤8.0%
3 (Orange)	≤5.2%
4 (Yellow)	≤2.1%

San Diego County 6.2%

County Tier Status/ Health Equity Metric

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FOR A COUNTY WITH A POPULATION OF GREATER THAN 106,000, THE COUNTY MUST:

- **Ensure that the test positivity rates in its most disadvantaged neighborhoods do not significantly lag behind its overall county test positivity rate OR**
- **Submit a plan that (1) defines its disproportionately impacted populations, (2) specifies the percent of its COVID-19 cases in these populations, and (3) shows that it plans to invest Epidemiology and Laboratory Capacity for Prevention and Control of Emerging Infectious Disease.**
  - Plan can include spending on augmenting testing, disease investigation, contact tracing, isolation/quarantine support, and education and outreach efforts for workers.

School Dashboards

SDSU, UCSD, EDU

- SDSU cases rate decreasing
- UCSD cases remain low
- USD has seen decline since Aug 20-26

UC San Diego

University of San Diego®

San Diego State University

Revised CDC IHE Guidance

- Isolate/quarantine on campus or nearby. Sending people with COVID-19 to distant homes is not desirable because it could lead to community spread.
- Consider ventilation system upgrades or improvements
- Avoid the use of shared small appliances and self-service food or drink options, use outdoor spaces when possible, and touchless payment systems and disposal containers
- CDC also updated their How COVID Spreads page to indicate it sometimes be spread by airborne transmission in small droplets and particles that can linger in the air for minutes to hours.

MMWRs

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10/9/20

- Transmission Dynamics by Age Group in COVID-19 Hotspot Counties — United States, April–September 2020.

- Factors Influencing Risk for COVID-19 Exposure Among Young Adults Aged 18–23 Years — Winnebago County, Wisconsin, March–July 2020,

INFLUENZA IMMUNIZATION

- CDC Interim Guidance on Vaccination of Persons With Suspected or Confirmed COVID-19: “Routine vaccination should be deferred for persons with suspected or confirmed COVID-19, regardless of symptoms, until criteria have been met for them to discontinue isolation.
- Per CDPH, a venue potentially could be used for both stand-alone COVID-19 testing and mass immunization if:
  - Activities are separated by space (e.g., different sides of fairgrounds parking lot) and/or time
  - Publicity and procedures before and during the clinic:
  - Clearly direct patients to the separate zone for testing versus immunization.
  - Describe the measures taken to keep patient safe from exposures

PUBLIC HEALTH ORDER & GATHERING UPDATES

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PUBLIC HEALTH ORDER UPDATE

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Updated: October 10, 2020

All "gatherings," as defined in section 15 below, that do not comply with the requirements of the California Department of Public Health Guidance for Private Gatherings found at https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/CDPH-Guidance-for-thePrevention-of-COVID-19-Transmission-for-Gatherings-10-09.aspx, are prohibited.

STATE OF CALIFORNIA GATHERING UPDATES

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Updated: October 9, 2020

- The guidance provides an updated plan for Californians to gather outside their household and applies to private gatherings, and all other gatherings not covered by existing sector guidance are prohibited

- Gatherings are defined as social situations that bring together people from different households at the same time in a single space or place

Find more information at:
https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/CDPH-Guidance-for-the-Prevention-of-COVID-19-Transmission-for-Gatherings-10-09.aspx

STATE OF CALIFORNIA GATHERING UPDATES

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- Gatherings that include more than **3 households are prohibited**. This includes everyone present, including hosts and guests. Remember, the smaller the number of people, the safer

- Keep the households that you interact with stable over time. The host should collect names of all attendees and contact information in case contact tracing is needed later

- All gatherings must be held outside. Attendees may go inside to use restrooms as long as the restrooms are frequently sanitized

- A gathering of no more than three households is permitted in a public park or other outdoor space, even if unrelated gatherings of other groups up to three households are also occurring in the same park or other outdoor space. If multiple such gatherings are occurring, mixing between group gatherings is not allowed

STATE OF CALIFORNIA GATHERING UPDATES

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- Anyone with any COVID-19-like symptoms must stay home and not come into contact with anyone outside their household & anyone who develops COVID-19 within 48 hours after attending a gathering should notify the other attendees
- For any gatherings permitted under this guidance, the space must be large enough so that everyone at a gathering can maintain at least a 6-foot physical distance from others (not including their own household) at all times
- Gatherings should be two hours or less and when gathering, face coverings should be worn in accordance with CDPH guidance

State of California Singing, Chanting & Shouting at outdoor gatherings

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Singing, chanting, and shouting are strongly discouraged, but if they occur, the following rules and recommendations apply:

- All people who are singing or chanting should wear a face covering at all times while singing or chanting, including anyone who is leading a song or chant & people who are singing or chanting are strongly encouraged to do so quietly
- People who are singing, shouting, chanting, or exercising are strongly encouraged to maintain physical distancing beyond 6 feet to further reduce risk
- Instrumental music is allowed as long as the musicians maintain at least 6-foot physical distancing. Musicians must be from one of the three households. Playing of wind instruments (any instrument played by the mouth, such as a trumpet or clarinet) is strongly discouraged

COVID-19 AND INFLUENZA VACCINE DEVELOPMENT AND DISTRIBUTION

Melissa Thun, Public Health Nurse Manager
Epidemiology and Immunization Services Branch

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NEW RESOURCES

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LET'S TALK ABOUT MENTAL HEALTH

The Importance of Taking Care of Your Mental Health During COVID-19

College Students, Mental Health, & COVID-19

When Active Minds asked college students about their mental health during the COVID-19 pandemic:

- 80% reported that their mental health has worsened
- 91% reported feeling stressed or anxious
- 80% reported that they felt sadness or disappointment
- 63% reported that they struggled to stay connected with others

- 60% reported that virtual face-to-face time with friends and family helped their mental wellness
- 48% reported that they had experienced a financial setback
- 48% reported that they found it harder to find privacy or a quiet space in their current living space
- 85% reported that staying focused on school or work was difficult for them in their current living space

Did you move back home?

These tips can help if you've had to move back in with family:

- Set boundaries with your family - let them know when you have class or when you need some personal space
- If possible, find a space in the house that you can use for studying and classes - avoid relaxing here as separating class and relaxation is important
- Make sure you have an established routine as this can help you create a head space of going to class
- Call and video chat with friends regularly
- Write your thoughts and feelings out to help process them

Did you go back to campus?

The following can reduce anxiety you may have about moving back to campus:

- Set boundaries and expectations with roommates about COVID-19 prevention
- Discuss mask wearing, social distancing, and personal risk levels
  - If you or your roommate are high-risk, make sure you are on the same page
- Take time to cope with changes due to COVID-19
  - It is okay to be upset that your college experience may not be what you expected
- Don't be afraid to talk to your friends or roommates about your mental health, they may be experiencing the same thing

Don't Be Afraid to Reach Out

Your school has mental health professionals ready to help. Call the student health center to schedule an appointment!

If you need help right now, the following mental health hotlines are available 24/7:

San Diego Access & Crisis Line: Call 1-888-724-7240 for immediate support and resources, interpreter services available in 150 languages

National Suicide Prevention Line: Call 1-800-273-8255

Crisis Text Line: Text 'Hello' to 741741

Trevor Lifeline: If you are LGBTQ+ and 25 years old or younger call 1-866-488-7386

National Domestic Violence Hotline: Call 800-799-7233

National Sexual Assault Hotline: Call 800-656-4673

Taking Care of Yourself

Make sure you are practicing self-care to ensure you stay healthy and happy! The key to self-care is finding what works best for you!

Here are a few things you can do to practice self-care:

Stay Connected Safely: Schedule time to virtually hang out with friends

Prevent Boredom: Now's a good time to start a new hobby or learn a new skill like gardening, painting, cooking, reading, or learning a language

Cope with stress: Practice relaxation techniques like meditation, nature walks, or mindfulness

Care for Your Body: Create and maintain routines for eating healthy, be physically active, and be sure to get enough sleep

Flyer can be found on County of San Diego's COVID-19 website on the College & University Sector page. Updated 8/16/2020. Visit the County of San Diego Behavioral Health Services Website for more information on mental health.

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MENTAL HEALTH FLYER

Emergency Preparedness for College Students

Tips and resources to help you stay prepared for an emergency during the COVID-19 pandemic.

Know your hazards and find preparedness information

ReadySanDiego.org
Prepare. Plan. Stay Informed.

Know Your Hazards Map Tool

County COVID-19 Website

Stay informed before, during, and after emergencies

Register for AlertSanDiego
Get signed up. Get notified.

Download the SD Emergency Mobile App

Call or Visit 2-1-1 SAN DIEGO

Make a Plan

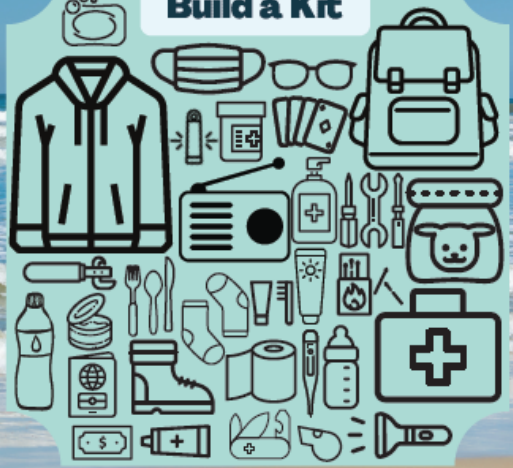
Your plan should include:

- Emergency contacts (including one out of the area) who you can call in an emergency
- Your floor plan with marked exit routes for each room
- Identified meeting places outside of your residence or campus and your neighborhood in case you are separated

Review your school's emergency procedures

California State University San Marcos
Cuyamaca College
Grossmont College
Miracosta College
National University
Palomar Community College
Point Loma Nazarene University
San Diego Community College District
San Diego State University
Southwestern College
University of California San Diego
University of San Diego

Build a Kit



Flyer can be found on County of San Diego's COVID-19 website on the College & University Sector page.
Updated 9/16/2020

HHSA

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EMERGENCY PREPAREDNESS FLYER FOR COLLEGE STUDENTS

ANNOUNCEMENTS

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HALLOWEEN GUIDANCE

Halloween Guidance during the COVID-19 pandemic!

To minimize the spread of COVID-19 and ensure children have a fun, safe Halloween, the County of San Diego offers guidance for the most common activities to protect you and your loved ones

GREAT SHAKEOUT!

- If you have a plan, disaster supplies and you practice an earthquake drill with your family, your chances of surviving will greatly improve

- Register to participate in the Great ShakeOut earthquake drill on October 15 at 10:15 a.m.

- It takes as little as 90 seconds and can be customized to fit your schedule

Register at: https://www.shakeout.org/register/

WEBINAR FOR COLLEGES/UNIVERSITIES

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Slowing the Spread at US Colleges and Universities

Date: Monday, October 19, 2020
Time: 3:00— 4:00 p.m. ET

Discussion will be around CDC COVID-19 guidance for Institutions of Higher Education in the presentation Campus Guidebook – Slowing the Spread at US Colleges and Universities.

Register at: https://www.zoomgov.com/webinar/register/WN_QU7luOvCTdeFwXYWfCDVqw

VOTING DURING COVID-19

- Voting by mail is simple, safer, and secure!
- As mail ballots start showing up in mailboxes around San Diego County, the Registrar of Voters office is reminding voters that it's safer to mark your ballot at home to avoid the risk of contracting COVID-19
- You can learn how to vote from home at www.sdvote.com

FLU VACCINE CLINICS

- The influenza vaccine is now available at doctors' offices and pharmacies throughout San Diego County and is covered by medical insurance
- People who do not have healthcare coverage can get vaccinated at one of the County's six Public Health Centers or a local community clinic
- The County is hosting free flu shot events from October 22nd through November 3rd. To learn more please visit our website

REGISTRATION NOW OPEN!

Thursday, December 3, 2020

Virtual Live Well Advance Conference

Stronger Together, Now More than Ever

8:00 am - 4:30 pm | Check-In Opens at 7:30 am

Learn and grow with more than
35 virtual Breakout Sessions including:

- Equity and Social Justice
- Climate Change
- Workplace Wellness
- Personal Wellness
- COVID-19 Topics
- Public Health Equity

Featuring Keynote Speaker

TRABIAN SHORTERS

New York Times Best Selling Author, Retired Tech Entrepreneur, and former Vice President of the John S. and James L. Knight Foundation

Special Thanks To Our Sponsors

ALLIANCE HEALTHCARE FOUNDATION

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LIVE WELL ADVANCE – SAVE THE DATE & REGISTRATION IS NOW OPEN!

COVID-19 Positive Recovery Stipend Program

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To help stop the spread of COVID-19, it is imperative to ensure that those who are sick and asked to isolate have the resources available to support COVID-19 related expenses.

- Through the COVID-19 Positive Recovery Stipend Program, the County will provide a stipend of $1,000, in the form of a paper check, for employed individuals who are confirmed COVID-19 positive and not otherwise eligible for paid time-off or State unemployment benefits.
- This one-time stipend will provide assistance to those who should stay home during the required isolation period.

For additional information, eligibility requirements, or frequently asked questions, please click here.