



# WSU Health & Wellness Services

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SFMC PRESENTATION

FEB. 1, 2021

# Pivoting for COVID





## What happens during a telehealth visit?



You will meet virtually with a provider via Zoom to discuss your illness or injury from the comfort of your home.



You will be able to get all of your questions and concerns answered by a medical professional.



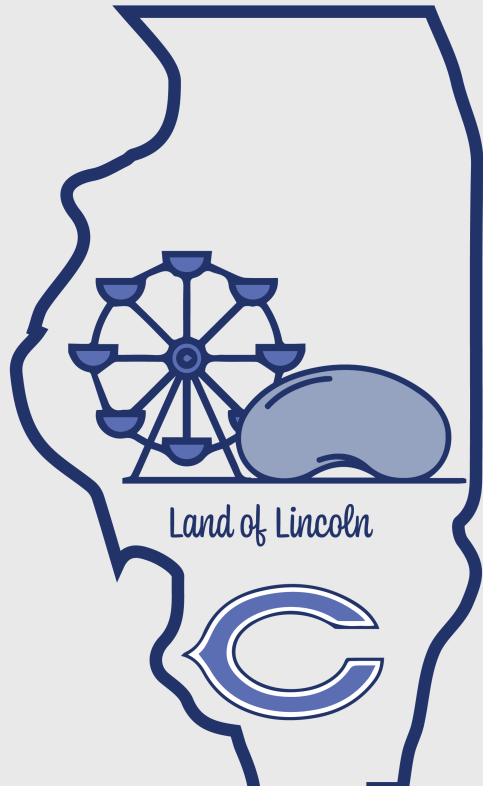
We will be able to provide you guidance and prescribe medications or treatments depending on the reason for your visit.



Call **507.457.5160** to schedule an appointment.

# HEY! Illinois Warriors

Services



Land of Lincoln

Did you know that you can be seen by our providers even when you're a 5+ hour drive away?

Telehealth appointments are available to all WSU students regardless of distance.

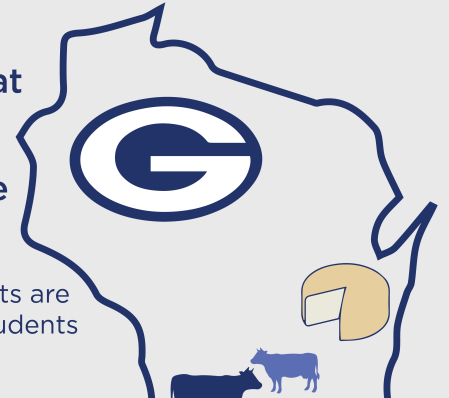


Call **507.457.5160** to schedule an

# HEY! Wisconsin Warriors

Did you know that you can be seen by our providers even when you're across the river?

Telehealth appointments are available to all WSU students regardless of distance.



# HEY! Minnesota Warriors

Did you know that you can be seen by our providers from the comfort of your own home?

Telehealth appointments are available to all WSU students regardless of distance.



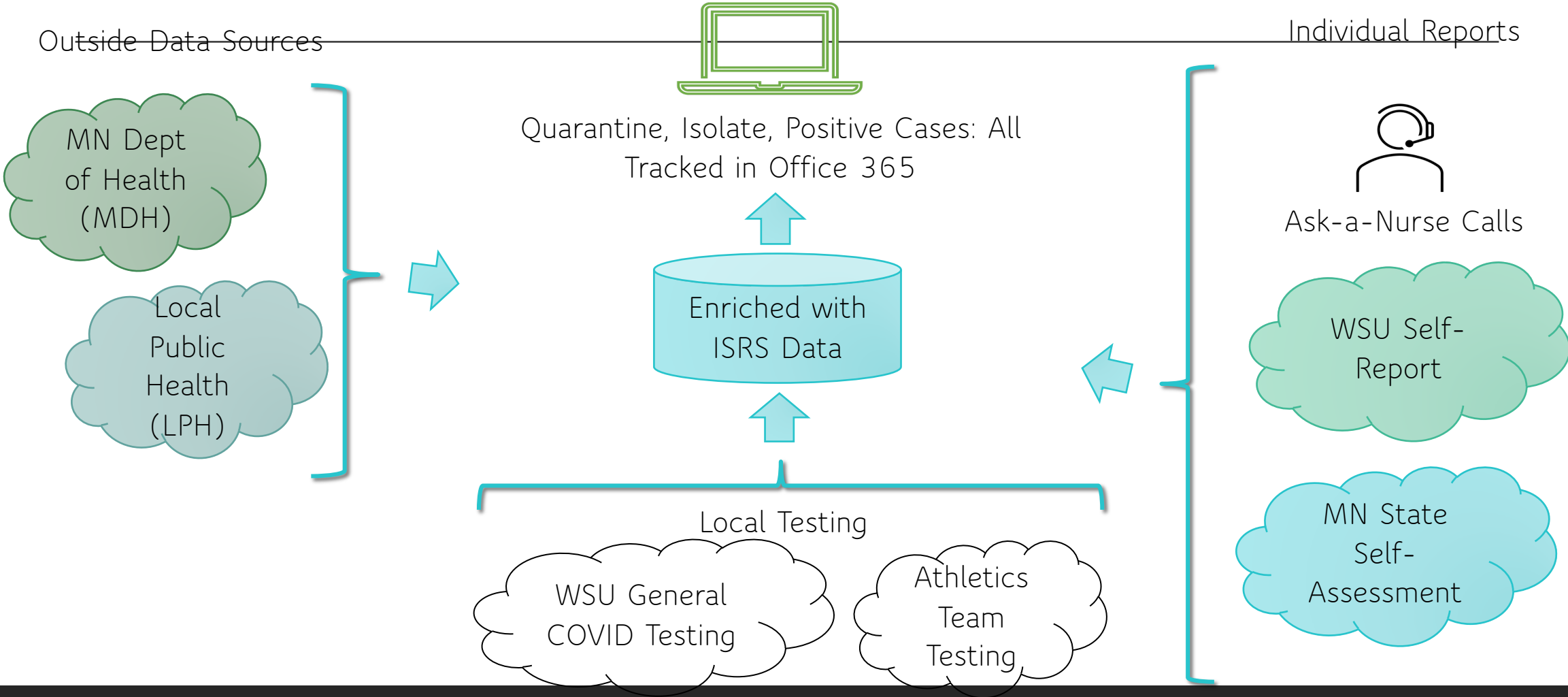
**HAVE YOU  
FILLED OUT  
THE DAILY  
SELF-ASSESSMENT?**

*Count  
on me*

Fill out the **WSU Daily  
Self-Assessment** at  
<https://minnstate.edu/CV19-WSU>



# Many Sources of COVID-19 Information



B	C	D	E	F	G	H	I	J	
Row	Today's Date	Tech ID	Last Name	First Name	COVID Status	DOB	Phone Number	Email	Se
1	8/20/2020	00123						<a href="mailto:Email1@go.minnstate.edu">Email1@go.minnstate.edu</a>	Is
2	8/21/2020	00124						<a href="mailto:Email2@go.minnstate.edu">Email2@go.minnstate.edu</a>	Is
3	8/21/2020	00125						<a href="mailto:Email3@go.minnstate.edu">Email3@go.minnstate.edu</a>	Is
4	8/22/2020	00126						<a href="mailto:Email4@go.minnstate.edu">Email4@go.minnstate.edu</a>	Is
5	8/22/2020	00127						<a href="mailto:Email5@go.minnstate.edu">Email5@go.minnstate.edu</a>	
6	8/23/2020	00128						<a href="mailto:Email6@go.minnstate.edu">Email6@go.minnstate.edu</a>	Is
7	8/23/2020	00129						<a href="mailto:Email7@go.minnstate.edu">Email7@go.minnstate.edu</a>	Re
8	8/23/2020	00130						<a href="mailto:Email8@go.minnstate.edu">Email8@go.minnstate.edu</a>	
9	8/23/2020	00131			Symptoms			<a href="mailto:Email9@go.minnstate.edu">Email9@go.minnstate.edu</a>	
10	8/23/2020	00132			Symptoms			<a href="mailto:Email10@go.minnstate.edu">Email10@go.minnstate.edu</a>	Is
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15	8/23/2020	00130						<a href="mailto:Email8@go.minnstate.edu">Email8@go.minnstate.edu</a>	Qu
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19	8/23/2020	00141			Quarantine			<a href="mailto:Email19@go.minnstate.edu">Email19@go.minnstate.edu</a>	Qu
20	8/23/2020	00124						<a href="mailto:Email2@go.minnstate.edu">Email2@go.minnstate.edu</a>	Is
21	8/23/2020	00143						<a href="mailto:Email21@go.minnstate.edu">Email21@go.minnstate.edu</a>	Is
22	8/24/2020	00144			Symptoms			<a href="mailto:Email22@go.minnstate.edu">Email22@go.minnstate.edu</a>	
23	8/24/2020	00145			Symptoms			<a href="mailto:Email23@go.minnstate.edu">Email23@go.minnstate.edu</a>	
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26	8/24/2020	00148						<a href="mailto:Email26@go.minnstate.edu">Email26@go.minnstate.edu</a>	Qu



HOUSING &  
RESIDENCE LIFE



ATHLETICS



HUMAN RESOURCES



# CONTACT TRACING PRIORITIZATION

## CICT Introduction

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**CICT**

Hello, This is Winona State Health Services, calling on behalf of the Minnesota Department of Health. I am calling for John Doe.

**John Doe**

Yes, this is me.

**CICT**

Hi John, my name is Mac \*Tennessee Statement\*



## Priority List

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**Ask-A-Nurse**

Spreadsheet: Symptomatic (ON campus)

Spreadsheet: Positive (ON campus)

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**Ask-A-Nurse**

Spreadsheet: Symptomatic (OFF campus)

Spreadsheet: Positive (OFF campus)

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**Ask-A-Nurse**

Spreadsheet: Status Check – Underlying Health Condition(s)

Spreadsheet: Status Check – Follow-Up Required

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**Ask-A-Nurse**

Spreadsheet: Close Contact or Exposure (ON campus)

Spreadsheet: Close Contact or Exposure (OFF campus)

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**Ask-A-Nurse**

Spreadsheet: Release Email – Off-Campus NON-Athlete in Isolation  
(Day Before Release)

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MDH: CICT

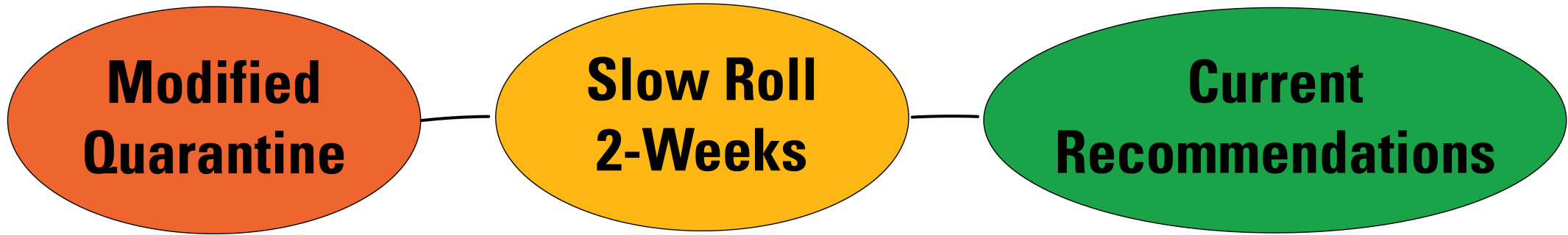
Ask-A-Nurse



	Scenario A	Scenario B	<i>Laying Low in a Modified Quarantine Senario B.1</i>	Scenario C
<b>Movement Restrictions</b>	No restrictions on movement or size of gatherings	Restrictions on movement and size of gatherings, but no stay at home order in place	<p><b>Triggers</b></p> <ul style="list-style-type: none"> <li>- Lack of cleaning supplies</li> <li>- Sufficient staffing for cleaning</li> <li>- High positive case load on campus</li> <li>- High number of isolating &amp; quarantining students</li> <li>- High potential risk factors i.e. everyone coming to campus from various places/returning from travel (thanksgiving)</li> <li>- State Wide Guidance from MDH</li> </ul> <p><b>What does this mean?</b></p> <ul style="list-style-type: none"> <li>- Everyone stays on campus</li> <li>- No gatherings/events/activities</li> <li>- MOSTLY online classes (expect those that have in person requirement)</li> <li>- No visitors internal &amp; external (res halls)</li> </ul> <p><b>Slow Roll</b> Slowly introducing more activities in 2-week intervals if <u>COVID cases are manageable.</u></p>	Significant restrictions on movement and gatherings, with stay at home order in place for part or all of the semester
<b>Limitations on service delivery</b>	<b>None:</b> full range of academic and support services available on campus	<b>Limited</b> restrictions on academic and support services, with mix of on-campus and remote delivery		Strict limitations on academic and support service delivery; remote delivery only
<b>Limitations on instructional delivery</b>	<b>None:</b> full range of instructional delivery modes possible	<b>Limited</b> restrictions on instructional delivery modes		Strict limitations on instructional delivery modes
<b>Dominant modes of instructional delivery</b>	Online course delivery coupled with <u>substantial on-campus instruction</u>	Online and remote course delivery is predominant, coupled with <u>modest to moderate on-campus instruction</u> (i.e., those courses that are best delivered in-person, and those courses with instructional components that cannot be delivered and learned remotely)		Online and remote course delivery is predominant, coupled with <u>minimal on-campus instruction</u> (limited to only those courses/programs exempt by executive order)
<b>Scheduling and facility implications</b>	Broad implications for class scheduling, to ensure proper distancing and health/safety protocols; the more in-person instruction offered, the greater the facilities implications.	Reduced implications for overall facility usage, but significant facility implications to ensure proper distancing and health/safety protocols in those courses/programs providing on-campus instruction		Courses with instructional components that cannot be delivered any way other than in-person will need to be completed when movement restrictions are lifted (possibly during spring semester), <i>or not offered at all</i>
Levels of Opening	1 Green   Low Transmission	2 Yellow   Medium Transmission		<b>3 Orange   High Transmission</b>

# *Slow Roll What does it look like?*

Follow normal COVID-19 policies to Mask Up, Back Up & Wash Up.



## **Week 1 (1/31–2/6)**

### **Social Gatherings -**

1 Households – Max of 10 people (Indoors)  
2 Households – Max of 15 people (Outdoors)

### **Classroom Occupancy**

25 Students Max

Max of 250 if all guidelines are followed:

Physical distancing  
Assigned seating

### **Gyms, Studios, Fitness Centers**

25% Normal Occupancy  
50 People Max per Facility  
Online fitness classes  
12 Feet Physical Distance at all times

### **Dining Halls**

50% Normal Occupancy  
Masks are required unless removed temporarily to eat or drink.

## **Week 2 (2/7–2/13)**

### **Social Gatherings - Indoors**

2 Households – Max of 10 people (Indoors)  
3 Households – Max of 15 people (Outdoors)

### **Classroom Occupancy**

No more than 50 students

Max of 250 if all guidelines are followed:

Physical distancing  
Assigned seating

### **Gyms, Studios, Fitness Centers**

25% Normal Occupancy  
150 People Max per Facility  
25 People Max at in-person fitness classes  
12 Feet Physical Distance at all times

### **Dining Halls**

50% Normal Occupancy  
Masks are required unless removed temporarily to eat or drink.

GREAT



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WARRIOR

3 Week Wellness Challenge  
@WELLWarriorsGHGH

HIBERNATI



Content

Sort by: Reach



Fri Jan 22, 6:59am  
Congratulations Warriors, ...



Reach 1K



Fri Jan 22, 3:09pm  
Waiting my COVID-19 Vac...



Reach 556



Thu Jan 21, 12:00pm  
Don't forget to always kee...



Reach 428



Mon Jan 25, 9:00am  
Happy Monday we hope e...



Reach 411



Tue Jan 19, 10:00am  
DRAWING TODAY for ever...



Reach 398



Fri Jan 22, 9:00am  
Get Out of Quarantine F...



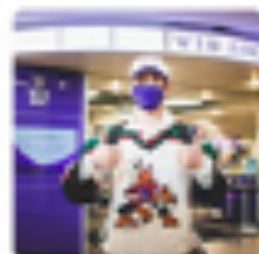
Reach 340



1K



556



428



411



398



340



324



324



# WSU Vaccine Planning & Prep

Registration/Redistribution Agreements

Equipment/Supplies/Logistics

Coordination

(on-campus/nursing)

Collaboration (county/WH)



## PHASE ONE

In order of priority

- Clinical and non-clinical healthcare workers doing direct and COVID-facing care
- Long term care facilities, rest homes and assisted living facilities
- Police, Fire and Emergency Medical Services
- Congregate care settings (including corrections and shelters)
- Home-based healthcare workers
- Healthcare workers doing non-COVID-facing care



## PHASE TWO

In order of priority

- Individuals with 2+ comorbidities (high risk for COVID-19 complications)
- Early education, K-12, transit, grocery, utility, food and agriculture, sanitation, public works and public health workers
- Adults 65+
- Individuals with one comorbidity



## PHASE THREE

Vaccine available to general public

**December - February**

Estimated timeframes

**February - April**

**April - June**





# When can I get Vaccinated?

There are various phases of rolling out the COVID vaccine in Minnesota. Currently we are in Phase 1A moving into Phase 1B.



**Phase 1A: Healthcare Workers**

**Phase 1B: Essential Workers & Adults 75+**

**Phase 1C: Adults 65-74 & People 16-64 with a High-Risk Medical Condition**

**Phase 2: Other Higher Risk Populations**

**Phase 3: General Population**



# What do we know about the Vaccine?



The COVID-19 vaccine is **HIGHLY RECOMMENDED**

for most. The COVID Vaccine is not recommended for those that are allergic to the ingredients listed in the vaccines.



There are two types of vaccines approved in the US; Pfizer & Moderna.



**BOTH** types require a **second dose** (within 21-28 days depending on type) to be effective.



## Where can I get Vaccinated?

On-Campus at WSU Health & Wellness Services!

Health & Wellness Services is registered and ready to give you your vaccine when your day comes, with the help from WSU Nursing Students.

**MYTH: I can get COVID-19 from getting the vaccine.**



**FACT:** The current COVID-19 vaccines in the US do not contain the live virus that causes COVID-19.

HOWEVER, it is possible to have some side effects from the vaccine. These side effects are common with any vaccine, including flu shots.

### Vaccine Side-Effects

- A sore arm or muscle pain around the injection site.
- Feeling under the weather or fatigued 1-2 days after the shot.
- A mild-low grade fever (rare).

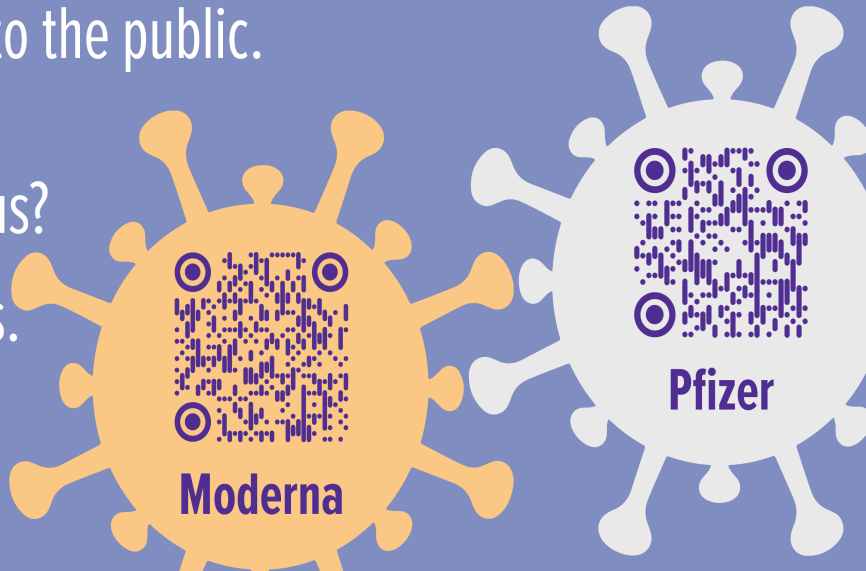
**MYTH: The government will insert a microchip into me when I get the vaccine.**



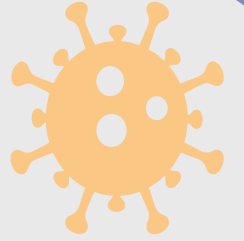
**FACT:** Neither vaccine (Pfizer nor Moderna) contain a microchip or tracking device. Both vaccines have published their ingredient lists on their websites that are available to the public.

Don't believe us?

Scan the codes.



**MYTH: I've already had COVID, so I don't need the vaccine because I'm immune.**



**FACT:** The COVID-19 Vaccine is recommended for everyone—regardless if they have had COVID or not.

After being ill with COVID-19, you have a built up immunity for 90-days. This is referred to as the “90-Day Immunity Window,” after this window ends, you will be just as likely to get the virus.



90-Day Immunity ≠ “Get Out of Jail Free” – you can become ill with COVID-19 again during your 90 days. Please continue to mask up, back up, & wash up.

@WSUHealth on  
Facebook at 2PM

**JAN  
27th**



# COVID-19 VACCINE DEBUNKED

By Health & Wellness Advocate  
Kennedy O'Connor



Health &  
Wellness  
Services



**WELL  
WARRIORS**  
WINONA @WSUHealth  
HEALTH & WELLNESS SERVICES



@WSUHealth

# Health & Wellness Services Budget

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HEALTHY BUDGET



HEALTHY RESERVE



ALWAYS OPERATE AT MOST  
EFFICIENT CAPACITY

# Redirecting Resources to Crisis

Solid, strong base to  
begin with

Grants reallocated to  
COVID-19 needs

CARES Funds Support

Reserve

Transition to  
Telehealth

# Loss in Revenue

COVID-Testing Costs  
Uncovered

Less people seeking  
general health care

Watching for  
Vaccine costs in

# Request Counselor Removed from Budget

Due to the COVID we will eventually not have a reserve.

The counselor on our budget eliminates our ability to get additional assistance from SFMC for the foreseeable future.