Virtual Campus Forum

July 30, 2020
10:00 am to 11:00 am
Where We Are Now

Santa Clara County COVID-19 Cases Dashboard
Data last updated July 29, 2020

<table>
<thead>
<tr>
<th>Cumulative COVID-19 Cases</th>
<th>9612</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cumulative COVID-19 Deaths</td>
<td>187</td>
</tr>
</tbody>
</table>

Displaying: [Cases] [Deaths]

Values for the most recent 5 days will likely increase as additional results are received.

New and Cumulative Cases by Specimen Collection Date

<table>
<thead>
<tr>
<th>New Cases</th>
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</thead>
<tbody>
<tr>
<td>Mar 2020</td>
</tr>
<tr>
<td>Apr 2020</td>
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<tr>
<td>May 2020</td>
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<tr>
<td>Jun 2020</td>
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<tr>
<td>Jul 2020</td>
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</tbody>
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Cumulative Cases
Santa Clara County COVID-19 Cases Dashboard
Data last updated July 29, 2020


Displaying: Cases  Deaths

New and Cumulative Deaths by Date of Death

New Deaths

Cumulative Deaths
0  20  40  60  80  100  120  140  160  180

0  2  4  6  8  10  12  14  16  18


10  20  30  40  50  60  70  80  90  100

11  12  13  14  15  16  17  18  19  20

131  138  145  153  160  169  180  186

14  12  10  8  6  4  2  0
6,300 cases classified to U.S. Colleges & Universities

Every public 4-year college/university and private institution that participates in Division I sports: 270 colleges
Keeping Everyone Safe
Campus Emergency Response Team

Provide direction to the college regarding the best way to safely deliver instruction, services and educational resources to students due to the COVID-19 pandemic.
Subcommittees & Charges

- Classified professionals, faculty and administrator participants
- Aligned recommendations with the Center for Disease Control and Prevention, County of Santa Clara Public Health Orders
- Met weekly to develop, review and adopt recommendations for campus plan

<table>
<thead>
<tr>
<th>Instruction</th>
<th>Student Services</th>
<th>Operations</th>
</tr>
</thead>
<tbody>
<tr>
<td>To review and assess all instructional areas and recommend protocols and resource needs to safely deliver instruction and educational resources</td>
<td>To review and assess all student services areas and recommend protocols and resource needs to safely deliver services and support</td>
<td>To review and assess all campus operations (facilities, custodial, etc.) and recommend protocols and resource needs to safely support staff and faculty in the efficiently delivery of instruction, services, and educational resources</td>
</tr>
</tbody>
</table>
ALL CLASSES & SERVICES WILL BE OFFERED REMOTELY WITH THE EXCEPTION OF LIMITED ON-CAMPUS NURSING LABS

LIMITED ACCESS FOR LIVE-STREAMING AND VIDEO TAPING INSTRUCTION WILL BE COORDINATED AND ALLOWED WHEN NEEDED

STUDENTS WILL BE ALLOWED ON CAMPUS FOR LIMITED IN-Person SERVICES BASED ON A PRE-APPROVED PLAN OUTLINING SAFETY PROTOCOLS, REQUIREMENTS AND COMMUNICATION

EMPLOYEES WILL HAVE LIMITED CAMPUS ACCESS FOR ESSENTIAL FUNCTIONS THAT CANNOT BE DONE REMOTELY FOR DELIVERING INSTRUCTION, SERVICES AND CAMPUS OPERATIONS

MANAGERS WILL CONTINUE TO WORK WITH THEIR AREAS TO UNDERSTAND AND ADDRESS CONTINUED NEEDS IN ORDER TO DELIVER INSTRUCTION AND SERVICES
Campus Access Protocols

Monday & Wednesdays
9:00 AM to 2:00 PM

- Request access through your manager a week prior to need
- Approval will be sent the Friday before your request
- Complete online self-assessment before coming to campus
- Check-in online when get to campus
- Wear mask* & follow posted safety protocols
Hi, I’m Clara. I’m here to guide you through the Coronavirus Self-Checker.
Focus on Inclusion

Don’t Assume Why Masks Don’t Work for Everyone

• Individuals with asthma, chronic obstructive pulmonary disease (COPD), or other respiratory disabilities may not be able to wear a face mask because of difficulty in or impaired breathing.

• People with post-traumatic stress disorder (PTSD), severe anxiety, or claustrophobia (an abnormal fear of being in enclosed or narrow places), may feel afraid or terrified when wearing a face mask.

• Some people with autism are sensitive to touch and texture. Covering the nose and mouth with fabric can cause sensory overload, feelings of panic, and extreme anxiety.

• A person who has cerebral palsy may have difficulty moving the small muscles in the hands, wrists, or fingers. Due to their limited mobility, they may not be able to tie the strings or put the elastic loops of a face mask over the ears.

• A person who uses mouth control devices such as a sip and puff to operate a wheelchair or assistive technology, or uses their mouth or tongue to use assistive ventilators will be unable to wear a mask.

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Nevertheless We Persist
Taking Care of You

Apart, but Still Connected
## Continuing to Work Remotely

**Be clear on expectations.** Connect with your manager to make sure you are on the same page about projects and tasks. Ask questions and share ideas.

**Stick to a schedule.** Get up. Get dressed. Take a shower. Feed yourself. Schedule regular breaks like you would at work.

**Connect with others.** Schedule a call or online lunch with co-workers. Turn your camera on in meetings so you can be seen and see others. Find time for virtual hangouts with friends and loved ones.

**Prioritize your health.** Mediate, journal, take a walk, dance, listen to some music or learn something new. If you need furniture to help your workspace, submit a request for loaner furniture.

**Reach out for help.** You are not alone. If you feel isolated or need to talk to someone let us know. Check out the EAP services at 800-999-7222.
Equipment Needs

• Request loaner laptops, desks, desk risers, and office chairs through on-campus request form
• Responsible for pick-up and loading into car on open campus access day
• Must return items when campus reopens
• Responsible for lost items and damage
Take a well-being break

Steps to stress less

All the talk around COVID-19 may have you feeling anxious or stressed. We understand. We’re all in this together. And we want to check in with how you’re feeling.

Symptoms of anxiety include:
- Intense worry
- Fatigue
- Panic
- Obsession
- Nightmares
- Muscle tension
- Headaches
- Sleep problems
- Rapid heart rate
- Shortness of breath
- Chest pain
- Sweating

If you’re feeling anxious, try these steps to help you get through it:

Take control of the situation. There are steps you can take to limit your risks of getting COVID-19. Wash your hands often. Don’t touch your eyes, nose and mouth. And disinfect your home and work area regularly. For more suggestions, visit the Centers for Disease Control and Prevention (CDC) and World Health Organization (WHO) websites.

Take care of yourself. Eat nutritious food, exercise, limit alcohol consumption and make sleep a priority. Stay connected with family and friends online or by phone so you’re not lonely.

Stay informed by learning the facts. Be sure to get your information from credible sources, such as the CDC and the WHO.

Think about the impact you have on others. Take preventive measures seriously. Talking with family and friends about the positive steps you’re taking to stay safe will encourage them to do the same.

Limit your media exposure to COVID-19 news. Today’s news cycle is 24/7, and the exposure can add to the stress. Unplug and give yourself some down time.

For extra support
If you need more help, you have options:
- Your Employee Assistance Program (EAP) at (800)999-7222, or
- Your primary care doctor, or
- Telehealth resources — offered online via phone, and through mobile apps — focused on mental health and emotional wellness, or
- 1-800-688-7885, a confidential national hotline for crisis counseling from the Substance Abuse and Mental Health Services Administration. It’s toll-free and available 24/7.

change the conversation
COVID-19 related closures have sent many of us to our home offices, kitchen counters, and dining tables for remote study or work — or none at all. For many, having to unexpectedly leave or disengage with our community — even if just for a short time — can be stressful. For others, this pandemic may be exacerbating symptoms of anxiety or other mental illnesses.
Active Minds is here for you.
IN A CRISIS?

Text HOME to 741741 to connect with a Crisis Counselor

Free 24/7 support at your fingertips US and Canada: text 741741 UK: text 85258 | Ireland: text 50808

Text Us

Or, message us on Facebook.
Thank you for all you do!

You are valued.