Symptoms
• Running nose
• Sore throat
• Cough
• Difficulty breathing (severe cases)

How to Protect Yourself and Others

Proper hygiene and respiratory etiquette can help reduce the spread of the virus. Please wash your hands frequently and avoid touching your face. If you are sick, stay home. When you cough or sneeze, cover your mouth and nose with a tissue or flexed elbow and wash your hands with soap and water for at least 20 seconds. When soap and water are not available, use an alcohol-based hand rub that contains at least 60% alcohol. Wash your hands before eating and after using the toilet.

You can reduce your risk of infection if you:
• Avoid close contact with people who are sick.
• Avoid touching your face.
• Cover your mouth and nose when you cough or sneeze with a tissue or flexed elbow.
• Practice social distancing by staying at least 6 feet away from people who are sick.
• Stay home when you are sick.
• Cover your nose and mouth with a tissue or flexed elbow when you cough or sneeze.
• Clean AND disinfect frequently touched surfaces daily.

You might need to stay away from infected people in the following situations:
• If you are sick.
• If you have been in close contact with someone who is sick and you are at high risk of infection due to underlying medical conditions such as diabetes, heart disease, or lung disease.

If you have been in close contact with someone who is sick and you develop symptoms, please call your healthcare provider before going to the healthcare setting. This helps prevent you from spreading the virus.

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before medical procedures that involve a lot of contact with other people. The precautions you take will depend on how close you are to people and how long you spend with them. You should follow your local public health guidelines or policies to determine the proper use of facemasks. Facemasks can help you prevent spreading disease to others if you are sick, but they do not protect you if you have the virus that causes COVID-19. You should still wash your hands frequently and avoid touching your face.

If you are coming to campus, please wear a facemask and practice social distancing.

PREVENTION: SPRING BREAK EXTENSION & ONLINE INSTRUCTION

• All current online courses will be conducted as scheduled during the week of March 16.
• Spring break is extended to face-to-face classes until March 23.
• Face-to-face classes will transition into online classes starting March 24.
• Student should receive instructions to access their classes online during the week before March 23. Classes are to remain online until further notice.

DEFINITION:
Coronavirus disease (COVID-19) is an infectious disease caused by a new virus that was recently identified in Wuhan, China. This virus, called SARS-CoV-2, is a member of the family of viruses that cause respiratory infections. It is transmitted primarily through respiratory droplets from the nose or mouth when a person with the virus coughs or speaks. People may also pass the virus in feces and on surfaces. The incubation period of COVID-19 can vary from 2 to 14 days. The most common symptoms are fever, cough, and difficulty breathing.

SPECIAL EDITION: COVID-19 UPDATE

COVID-19 may only infect the old or the young.

MYTHS AND FACTS

FACT
Spraying alcohol, chlorine or bleach all over your body will protect you from those who could have the virus. These substances can kill any viruses that have already entered your body or protect you from those who could have the virus. This includes tables, doorknobs, light switches, countertops, handles, phones, keyboards, toilets, faucets, and sinks.

MYTH
COVID-19 only infects the old or the young.

No, spraying alcohol, chlorine or bleach all over your body will not protect you from those who could have the virus. These substances can kill any viruses that have already entered your body or protect you from those who could have the virus. This includes tables, doorknobs, light switches, countertops, handles, phones, keyboards, toilets, faucets, and sinks.

PROTECT YOURSELVES AND OTHERS

MYTH
You must wear a mask to protect yourself and others against COVID-19.

Spring Break Extension & Online Instruction

• All current online courses will be conducted as scheduled during the week of March 16.
• Spring break is extended to face-to-face classes until March 23.
• Face-to-face classes will transition into online classes starting March 24.
• Student should receive instructions to access their classes online during the week before March 23. Classes are to remain online until further notice.

Face-to-face course will transition into online classes starting March 24. Please look for access instructions from your field liaison.

Online seminar sections will be converted to online platforms beginning March 24. Please look for access instructions from your field liaison.

Students who have scheduled on-campus seminars for March 16-20 will be receiving alternative advising appointments. Students who have scheduled seminars in the Spring and Summer quarters will receive a Teams invitation for their virtual meeting that will be conducted as scheduled during the week of March 16.

If Tiara Thomas was your advisor, she is no longer with the School of Social Work. Your current advisor will be Ms. Patricia Green until a new advisor is appointed.

BSW Advising

To contact your advisor, please call (817) 272-2135.

IMPORTANT UPDATES

- SSW Advising
- School of Social Work Field Placement
- Spring Break Extension & Online Instruction
- COVID-19 update

BSW Field Placement:

• Face-to-face field seminar sections will convert to online platforms beginning March 16. Please look for access instructions from your field liaison.
• Online seminar sections continue as scheduled starting March 16.
• If you are unable and willing to go to your field placement site, you may do so.
• If you cannot, please contact both your field liaisons and your field instructor to determine alternative assignments to complete your internship.
• You must get approval from your field liaison before getting credits for the alternative assignments.
• Contact the Field Office only if you cannot make arrangements with your field liaisons and instructors.

For All Students (Online and face to face)

Students who have scheduled on-campus seminars for March 16-20 will be receiving alternative advising appointments. Students who have scheduled seminars in the Spring and Summer quarters will receive a Teams invitation for their virtual meeting that will be conducted as scheduled during the week of March 16.

If Tiara Thomas was your advisor, she is no longer with the School of Social Work. Your current advisor will be Ms. Patricia Green until a new advisor is appointed.