IMPORTANT DATES

August 17th - First Day of Fall Semester
September 2nd - First Wednesday of the Month
  • Emergency notification test at noon
  • Radio checks (tentative)

TRAINING DATES

• Fire Safety August 18th from 2:00pm-3:00pm (email Mike Guerrero to sign up) *Requirement for Basic Certification

• Weather Safety and Response August 25th from 2:00pm - 3:00pm (email Mike Guerrero to sign up)
IN THIS ISSUE

Forgot Your Mask? ................. 3
Quarantine versus Isolation. .......... 4
Key Time to Social Distance .......... 6
Student Health Ambassadors .......... 7
How to Hydrate ........................ 8
Forgot Your Mask? Get a Tidy-Whitey!

Additional reusable cloth masks are located at various locations on both campuses for anyone that forgot their mask, or just wants another one. We call them tidy-whitey masks! Why? They're white, and made by Hanes. You can also request tidy-whitey or disposable masks by dropping by OEM - please email us first to make sure someone is in the office: oem@kennesaw.edu

Kennesaw Campus

1. Student Center Information Desk
2. Talon Center
3. Clinic on Campus Loop Road
4. Clinic in Village
5. Library Front Desk
6. OEM

Marietta Campus

1. Student Center Information Desk
2. Talon Center
3. Clinic at Rec Center
4. Library Front Desk
5. OEM
Quarantine versus Isolation: Do You Know the Difference?

What’s the difference between quarantine and isolation? This is a common question, and is often incorrectly interchanged when discussing the current pandemic. According to the U.S. Department of Health and Human Services (HHS):

Isolation and quarantine are public health practices used to protect the public by preventing exposure to people who have or may have a contagious disease. Isolation separates sick people with a contagious disease from people who are not sick.

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. These people may have been exposed to a disease and do not know it, or they may have the disease but do not show symptoms.

So, if you hear of someone in "quarantine", just remember that these people are not sick, but have a "close contact" with a confirmed case of COVID-19. From a health and continuity perspective, it is vitally important for everyone to continue to wear a mask, wash your hands regularly, and maintain social distancing -- 6 feet for 15 minutes or longer. In other words, if someone in your office environment tested positive for COVID-19, and you were not within 6 feet for 15 minutes or longer, you would not be considered a close/high risk contact, and would not need to quarantine for 14 days. Most importantly, you would also be far less likely to get sick with COVID.

Remember, most people are asymptomatic before they starting feeling sick, so you will likely not know if someone has COVID-19. So, watch your distance -- make it a habit to stay beyond six feet for 15 minutes or longer. We need you to stay healthy!
COVID-19: Quarantine vs. Isolation

**QUARANTINE** keeps someone who was in close contact with someone who has COVID-19 away from others.

If you had close contact with a person who has COVID-19

- Stay home until 14 days after your last contact.
- Check your temperature twice a day and watch for symptoms of COVID-19.
- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

**ISOLATION** keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

If you are sick and think or know you have COVID-19

- Stay home until after
  - At least 10 days since symptoms first appeared **and**
  - At least 24 hours with no fever without fever-reducing medication **and**
  - Symptoms have improved

If you tested positive for COVID-19 but do not have symptoms

- Stay home until after
  - 10 days have passed since your positive test

If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.

[cdc.gov/coronavirus](http://cdc.gov/coronavirus)
Key Times to Social Distance!

KEY TIMES to Social Distance

 millennials are known for their love of taking selfies, but during the pandemic, the focus has shifted to practicing social distancing. this involves keeping at least six feet away from others to reduce the risk of spreading the virus.

millennials are also known for their love of travel, but during the pandemic, the focus has shifted to staying home to reduce the risk of spreading the virus. this involves limiting travel to essential trips and avoiding crowded places.

millennials are also known for their love of parties, but during the pandemic, the focus has shifted to avoiding mass gatherings. this involves limiting the size and duration of gatherings and encouraging virtual alternatives.
Student Health Ambassadors (SHA)

Seeking volunteer Student Health Ambassadors (SHA) for the Fall 2020 semester at KSU. These students will provide outreach information to the campus community on how to stay safe during the COVID-19 pandemic by providing written information, occasionally working at outreach locations, and simply walking around campus reminding people of the three Ws: **Wear a mask; Watch your distance; & Wash hands regularly.** They will also have disposable masks to provide to anyone they see without a mask. SHAs will also provide KSU administration with the pulse of the student environment. These volunteers will not have any compliance, enforcement or regulatory responsibilities.

Volunteers must commit a minimum of four hours a week, but schedules will be extremely flexible. Before starting their shift, they will check-in at the COVID Dedicated Operations Center (C-DOC) on Campus Loop Road for updated information, materials, etc.

This program provides an additional educational component to promote safety on campus.

SHAs will be selected based on their willingness to help and availability. Each SHA will be provided with a SHA t-shirt that should be worn when working. This is a collaborative project between the Student Government Association, Student Health Services, Student Affairs, and the Office of Emergency Management.

The Student Health Ambassador Project will be managed by a KSU Public Health Student Project Manager, Havan Temesghen, with assistance from Christy Hendricks in the Office of Emergency Management.

Once an SHA completes the program, they will be given a participation certificate to demonstrate how they were part of the effort to keep campus safe during this unprecedented time.
Dehydration, a depletion or imbalance of fluids or electrolytes in the body, when coupled with extended exposure to heat or the sun, can cause heat exhaustion.

PREVENTING HEAT EXHAUSTION AND DEHYDRATION

If you know you’ll be exposed to high temperatures for an extended period of time, take the heat exhaustion and dehydration:

- drink plenty of water
- wear comfortable, loose-fitting clothes
- cover up your skin from the sun as much as possible with clothing, an umbrella, sunscreen, hats, glasses, etc.
- limit physical activity
**KEEPING HYDRATED**

**Why is water important?**

Dehydration is the loss of water from the body. As you age, you are more at risk for dehydration. 
- Your body’s ability to conserve water is reduced.
- Your thirst sense becomes less acute.
- You are less able to respond to changes in temperature.

**WATER TIPS**

1. Get in the habit of hydration
   Drink water when you wake up, at meal times, and between meals.

2. Carry a water bottle
   Carry a water bottle with you when you're on the go.

3. Choose hydrating snacks
   Try watermelon, cucumbers, citrus fruits, applesauce, or peaches. These foods can help keep you hydrated.

**CHOOSE HYDRATING FOODS**

Water and other beverages, fruits, and vegetables are great options to help keep your body hydrated.

<table>
<thead>
<tr>
<th>100% WATER</th>
<th>WATER</th>
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<tbody>
<tr>
<td>95-99% water</td>
<td>Fat-free (skim) milk</td>
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<tr>
<td></td>
<td>Soup</td>
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<td>Strawberries</td>
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<td></td>
<td>Watermelon</td>
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<td>Lettuce</td>
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<td>Cabbage</td>
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<td>Spinach</td>
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<td>Broccoli</td>
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<td>90-98% water</td>
<td>Peaches</td>
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<td>Papaya</td>
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<td>Apples</td>
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<td>Grapes</td>
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<td>Oranges</td>
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<td>Carrots</td>
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<td>75-79% water</td>
<td>Shrimp</td>
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<td>Bananas</td>
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<td>Corn</td>
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<td>Potatoes</td>
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<td>Avocados</td>
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<td>Cottage cheese</td>
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<td>60-69% water</td>
<td>Pasta</td>
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<td></td>
<td>Legumes</td>
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<td></td>
<td>Salmon</td>
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<td></td>
<td>Ice cream</td>
</tr>
<tr>
<td></td>
<td>Chicken breast</td>
</tr>
</tbody>
</table>

**Staying hydrated**

- Don’t wait until you’re thirsty to start drinking water. At that point, dehydration has already started.
- One sign of proper hydration is the color of urine. It should be clear or a pale yellow.
- Alcohol should be avoided.
- Minimize the number of beverages with caffeine. Because of its diuretic effect, caffeinated beverages can cause the kidneys to excrete more water.

To learn more about the Office of Emergency Management, please visit https://oem.kennesaw.edu/.

/kennesawstateOEM

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