



COVID-19 Frequently Asked Questions

NATIONAL DEFENSE UNIVERSITY



SYMPTOMS AND POTENTIAL EXPOSURE

? What are the symptoms of COVID-19?

Symptoms appear 2-14 days after exposure and can include:

- ✓ Fever or chills
- ✓ Fatigue
- ✓ Headache
- ✓ Sore throat
- ✓ Nausea or vomiting
- ✓ Cough
- ✓ Muscle/body aches
- ✓ New loss of taste or smell
- ✓ Congestion/runny nose
- ✓ Diarrhea
- ✓ Shortness of breath



Reported COVID-19 cases have ranged from mild symptoms to severe illness and death. Some infected individuals experience no symptoms at all.

? Can I do a self-screening for COVID-19 symptoms and risks?

The Centers for Disease Control and Prevention has developed a [screening tool](#) that asks about:



Your symptoms



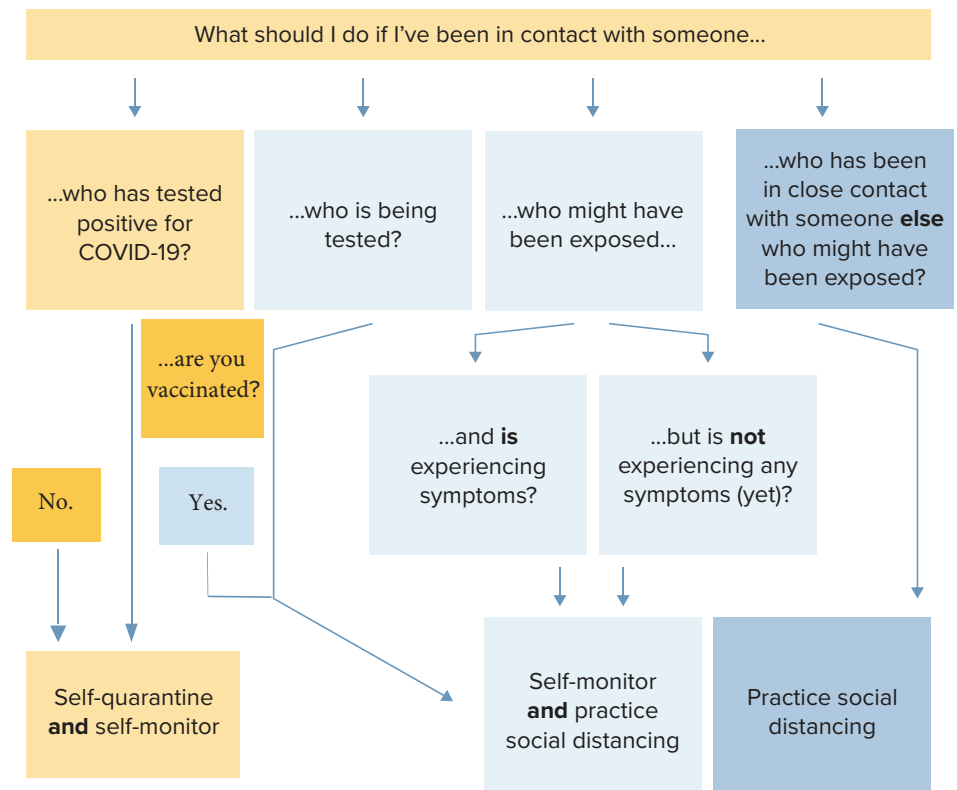
Your potential risks (e.g., recent travel history)



Contact with others who may have had COVID-19



? What should I do if I have been in close contact with someone who has tested positive for COVID-19 or is waiting for test results to come back?



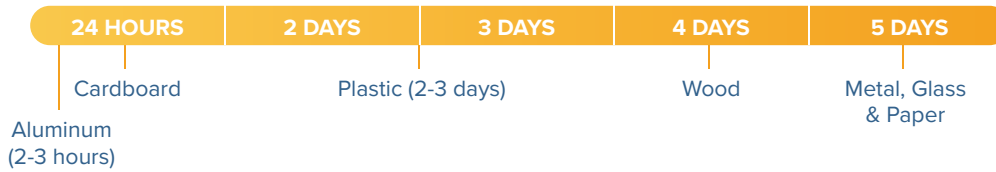
“Close contact” includes:

- ✓ anyone who has been within 6 feet or less for 15 cumulative minutes or more (in a 24-hour period) of an infected person starting from the 48 hours before the person began feeling sick until the time the person was isolated.

Fully Vaccinated? [Click here](#) for recommendations.

? How long can the COVID-19 virus live on surfaces?

This is a general guide of how long the virus can live on some surfaces:



Individuals should [clean and disinfect](#) all surfaces in their environment daily.

After visiting public spaces or bringing in takeout food or packages, people should wash their hands for at least 20 seconds with soap and warm water.

? What safety precautions are in place for face-to-face classes?

With the current Health Protection Condition (HPCON) Bravo, the average capacity for classrooms will be <50% to maintain social distancing. With HPCON Bravo +, capacity will be <40%. Maximum room capacity will be posted inside and outside of classrooms. Seminars will be offered where one half of the class is in the morning and the other half of the class is in the afternoon. Classrooms with two doors will have signage indicating designated entry and exit doors. Classrooms with only one door will require students to allow one person at a time to enter or exit.

[Click here](#) for HPCON Guidance

? What is the difference between isolation and quarantine?



Isolation is for people who are already sick, beginning to show symptoms, and think they might have COVID-19, or tested positive for COVID-19. Those in isolation need to stay home at least 10 days after their symptoms begin and until their symptoms have improved and been without fever for at least 24 hours without fever-reducing medications.



Quarantine is for people who have been exposed through close contact (within 6 feet) but are not sick. It is a pre-emptive measure to prevent spread of disease when people may have been exposed to COVID-19.

*Those who are fully vaccinated and in close contact with a positive individual DO NOT need to quarantine and isolate as long as they are asymptomatic. They must wear a mask for 14 days after the close contact encounter and may return to work.



Isolation and quarantine both help prevent or limit the spread of disease. [Click here](#) to learn more.

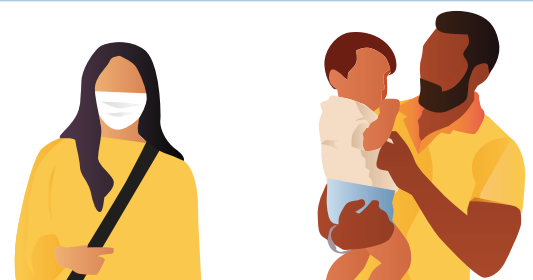
? I'm fully vaccinated but have COVID-19 symptoms. Should I get tested?

If you have symptoms of COVID-19, you should get tested and stay home. Although, you are not at high risk for hospitalization or severe illness, if you are infected you may pass the virus to an unvaccinated person, who could then get very sick.

[Click here](#) to learn more.



SOCIALIZING



? Can fully vaccinated people start gathering again?

2 weeks after their final vaccine dose people can:

- If you are [fully vaccinated](#), you can resume activities that you did prior to the pandemic.
- To reduce the risk of being infected with the Delta variant and possibly spreading it to others, wear a mask indoors in public if you are in an area of [substantial or high transmission](#). **Regardless of vaccination status, masking is required indoors for all NDU students, faculty, staff, and visitors.**
- You might choose to wear a mask regardless of the level of transmission if you have a weakened immune system or if, because of your age or an underlying medical condition, you are at [increased risk for severe disease](#), or if a member of your household has a weakened immune system, is at increased risk for severe disease, or is unvaccinated.
- If you've been around someone who has COVID-19, you should get tested 3-5 days after your exposure, even if you don't have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test result is negative. You should isolate for 10 days if your test result is positive.

? What precautions are being made about Coronavirus Safety?

Your health and safety are a top priority. Social distancing plans are in place in each building (3 feet separation for fully vaccinated personnel, 6 feet for those not fully vaccinated) and extra cleaning and sanitizing are scheduled. Extra hand sanitizers have been placed across campus. In addition, personnel must perform a self-assessment ([ALL HANDS SURVEY](#)) prior to coming to campus each day. Anyone with symptoms of illness is required to stay away from campus and seek medical advice/testing. NDU has mandated masking indoors for all personnel, regardless of vaccination status, in accordance with DoD direction. Other measures such as Air quality checks/HEPA filters, COVID Testing (travel, high risk, or non-vaccinated personnel), traffic flow, environmental cleaning/self-help are also in place.

? What should I do if I am sick?

Stay home if you don't feel well! If you are sick (fever, cough, and difficulty breathing), you should get a COVID test as soon as possible. We encourage voluntary home isolation if you begin to exhibit symptoms and urge you to contact your healthcare provider if your condition changes. Do not come to Health and Fitness for a test.

Report your condition to your College/Component COVID Reporting POC; students should notify their FSL/Advisor to discuss virtual participation if possible. Isolate until you receive COVID test results. If positive, the Contact Tracing Team will advise. If negative, you may return to campus when you are 24 hours without a fever and improving symptoms.

The list of POCs by College/Component:

- **National War College:** Faculty/Staff: COL Dennis Atkins/dennis.r.atkins.mil@ndu.edu/202-685-3667 (alt: Col. Charles "Salty" McElvaine, below) Students: Col. Charles "Salty" McElvaine /c.a.mcelvaine.mil@ndu.edu/202-685-2309 (alt: COL Dennis Atkins, above)
- **Eisenhower School:** Mr. Frank Pagano/Paganof@ndu.edu/(202) 433-5027 (alt: Lt.Col Douglas Luccio/douglas.g.uccio.mil@ndu.edu/202-685-1786, CDR Gregory Chapman/ gregory.r.chapman.mil@ndu.edu/(202)685-0821, Mr. Dale Erickson/EricksonD2@ndu.edu/(202) 685-8678)
- **College of Information and Cyberspace:** Faculty/Staff: Mr. Russell Quirici / russell.quirici@ndu.edu/202-685-3885 (alt: COL Jonathan Beasley, below) Students: COL Jonathan Beasley/Jonathan.r.beasley.mil@ndu.edu/202-277-8572(alt: Mr. Russell, above)
- **College of International Security Affairs:** Faculty/Staff: CDR Joshua Arenstein/joshua.m.arenstein.mil@ndu.edu/202-685-4309 (alt: COL Wayne Zuber/ below) Students: COL Wayne Zuber / wayne.Zuber.mil@ndu.edu/202-685-9461 (alt: CDR Arenstein, above)
- **Joint Forces Staff College:** Mr. John (Jay) Kennedy/john.c.kennedy.civ@ndu.edu/(757) 443-6326 (alt: Mr. Thomas Falconer/ Thomas.falconer@ndu.edu/(757) 443-6190)
- **Command Group:** CAPT Errol Henriques/errol.d.henriques.mil@ndu.edu/(202) 685-2129 (alt: COL Michael Greenberg michael.h.greenberg.mil@ndu.edu/(202) 685-3924)
- **Chief Operating Organization:** Ms. Delrese "Michelle" Germany/GermanyD@ndu.edu/(202) 685-3962 (alt: Ms. Deb Scavone/ SCAVONED@ndu.edu/(757) 443-6326)
- **Academic Affairs:** CDR Doug Schweikhart/douglas.p.schweikhart.mil@ndu.edu/(202) 685-3918 (alt: Ms. Cathy Reese/c.a.reese.civ.civ@ndu.edu/ (202) 685-3844)

GENERAL RESOURCES

? Where can I go for emotional health support?

It's natural to feel stress, anxiety, grief, and worry during this time. Everyone reacts differently, and your own feelings may change over time. Taking care of your emotional health will help you think clearly and react to urgent needs to protect you and your family.

The [COVID Coach app](#) is a resource that can help everyone in the military community maintain mental health during the pandemic. The app has four categories: "Manage Stress," "Learn," "Mood Check" and "Find Resources."

Chaplain (COL) "Mitch" Butterworth can provide confidential counseling, spiritual, and religious guidance. Email him at mitchell.a.butterworth.mil@ndu.edu



? Where can I find the latest information pertaining to COVID-19?

The following is a list of websites that should be consulted for additional guidance on occupational safety and health considerations during the COVID-19 pandemic:

- Centers for Disease Control (CDC): [Coronavirus Disease 2019 \(COVID-19\) | CDC](#)
- World Health Organization (WHO): [Coronavirus disease \(COVID-19\) \(who.int\)](#)
- Occupational Safety and Health Administration (OSHA): [Coronavirus Disease \(COVID-19\) | Occupational Safety and Health Administration \(osha.gov\)](#)
- Department of Defense (DoD): [Latest DOD Guidance \(defense.gov\)](#)

