



AMERICAN  
COLLEGE  
HEALTH  
ASSOCIATION

## ACHA COVID-19 Update: October 28, 2020

*These updates have been provided by ACHA's COVID-19 Task Force. Please forward this message to others on campus who may benefit. Non-members can subscribe to receive these and other messages [here](#). We will continue to update the [COVID-19 webpage](#) with important alerts and resources.*

### ACHA “Ask the Expert” Webinar Series

#### **Recording Available: Contact Tracing, Isolation and Quarantine—Systems for Small, Medium, and Large Colleges and Universities**

Hear from small, medium, and large colleges and universities about their experiences managing contact tracing, isolation, and quarantine during the fall term. Hear what’s working, what’s not, and how they adapted in real time to meet the need. The webinar includes a 30-minute presentation and a 30-minute Q&A session. [View the recording here](#).

#### **Registration Open: Creating Support Systems for Students in Isolation and Quarantine**

Please join us as our experts discuss the significant mental health needs of students in isolation and quarantine and how to put systems in place to best support these students. The webinar will include a 20-minute presentation and a 40-minute Q&A session.

**Date and time:** Friday, November 6, 2020, at 2:00-3:00 PM ET

**Cost:** Free

[Register here](#).

### ACHF and Hologic Webinar

#### **Case Studies: Best Practices in Sexual Health Promotion and Clinical Care in the COVID-19 Era**

Join health promotion practitioners and clinical providers as they discuss how they have implemented aspects of the ACHA Guidelines: [Best Practices in Sexual Health Promotion and Clinical Care](#) and how they have adapted their practices to COVID-19. There will be time for Q&A at the end.

**Date and time:** Friday, November 13, 2020, at 3:00 PM ET

**Cost:** Free

[Register here](#).

*This webinar is sponsored by the American College Health Foundation with support from Hologic.*

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## ACHA COVID-19 Virtual Summit 2: 344 Days and Counting

### Save the Date! December 8-9, 2020

With the arrival of COVID-19, our nation was reminded of the tremendous toll that infectious diseases can have on our students and our learning communities. This summit is designed to provide institutions with best practices and strategies for how to prepare and respond to vaccine and non-vaccine preventable diseases, such as COVID-19. This summit will provide an update on university response to COVID-19 and will explore strategies for mass vaccinations. The goal of this summit is to provide learners with strategies on how they can prevent infectious disease on campus and to provide them with the knowledge they need to effectively contain these diseases when an outbreak occurs. [Learn more here.](#)

## CDC Updates

### CDC Expands Definition of Close Contacts

CDC expanded its [definition of close contact](#) after [a study suggests COVID-19 can be transmitted in brief interactions](#) with an infected person. CDC's previous definition of close contact (15 minutes within six feet of an infected person) has been expanded to a cumulative exposure of 15 minutes over 24 hours. There are many more nuances that determine the risk of transmission, such as how infectious a person is, how well-ventilated the room is, how the virus might move through the air in a particular setting, whether people are wearing masks, etc. The 15-minute window had just been used as a benchmark to prioritize contact tracing and quarantine measures.

### Updates on Testing Clinical Specimens

CDC updated [interim guidelines for collecting, handling, and testing clinical specimens for COVID-19](#). The update includes clarification on language for the collection of specimens and the addition of saliva language.

## Data, Numbers, and Epidemiology

### MMWR: COVID-19 Outbreak Among a University's Men's and Women's Soccer Teams – Chicago, Illinois, July–August 2020

This [CDC MMWR](#) looked at a university in Chicago whose men's and women's soccer teams were at the center of a COVID-19 outbreak after returning to campus for pre-season training activities. Players were required to have two negative PCR tests prior to beginning training. Several social events ensued where mask-wearing and distancing were inconsistently practiced. Ultimately, 17 cases were identified among both teams, but the precise event where transmission occurred cannot be identified. In response, PCR testing was performed on all athletes and contacts, who were also isolated/quarantined in separate spaces, and the university implemented mandatory weekly testing for all athletes, students in residence halls, and those in the performing arts. The authors conclude "SARS-CoV-2 can quickly spread among college athletes. To control COVID-19 outbreaks on college campuses, more effective messaging and prevention strategies are needed to promote mask use and physical distancing in social settings. Also, findings support CDC considerations for institutes of higher education regarding the utility of periodic repeat testing of persons with known or suspected exposure to COVID-19, persons with possible exposure in the context of an outbreak, and asymptomatic persons without known exposure. These strategies can help improve the timeliness of outbreak detection and inform control measures in settings with moderate to substantial community transmission."

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## Prevention and Treatment

### Mask Mandate Effectiveness

PreventEpidemic's Weekly Science Review recently examined the [effectiveness of mask mandates](#), stating that "there is growing evidence from the jurisdictions where mask mandates are in place that they are effective in reducing COVID-19. This is especially true when additional steps such as fair enforcement, provision of free or affordable masks and a scientific foundation are part of the mandates."

### Our Evolving COVID-19 Response

This [article](#) from Johns Hopkins Bloomberg School of Public Health magazine provides four lessons learned (airborne transmission, masks, shutdowns, and children and COVID-19) and one thing the U.S. still struggles to address (congregate settings) -- including where we started, where we are now, and how we got there.

### ACMT Webinar Series

The American College of Medical Toxicology (ACMT) released its upcoming webinar series, [Medical and Public Health Considerations of COVID-19](#). All are scheduled on Wednesdays at 3:00 pm ET and are free.

## Vaccines

### CDC Vaccine Updates and Recommendations

CDC released information on [ensuring the safety of COVID-19 vaccines](#) in the U.S. Safety is a top priority while federal partners work to make a COVID-19 vaccine(s) available.

CDC is making [COVID-19 vaccination recommendations](#) for the U.S. based on input from the Advisory Committee on Immunization Practices (ACIP), a federal advisory committee made up of medical and public health experts who develop recommendations on the use of vaccines in the U.S.

### Vaccine Confidence

A recent [poll indicates declining confidence in a COVID-19 vaccine](#). Another poll from STAT News and The Harris Poll shows that [only 58 percent](#) of the population said they will get the COVID-19 vaccine as soon as it becomes available. This is down from 69 percent from a poll conducted in mid-August.

## College Campuses

- [Tracking Coronavirus Cases at U.S. Colleges and Universities](#) (New York Times)
- [Monitoring the Coronavirus Outbreak in Metro Areas Across the U.S.](#) (New York Times)
- [Campus Reopening Plans: List of Colleges' Reopening Models](#) (The Chronicle of Higher Education) and [College Crisis Initiative \(C2i\)](#) (Davidson College)

### Colleges Turn to Wastewater Testing in an Effort to "Flush" Out the Coronavirus

This NPR piece describes the emerging field of [wastewater testing of campus residence halls](#) to monitor the coronavirus. The piece followed Dr. Andrea Bruder, a math professor piloting a wastewater testing program at Colorado College, a small private college in Colorado Springs, which is one of more than 65 colleges monitoring campus wastewater for SARS-CoV-2. The virus will appear in wastewater before respiratory symptoms appear; asymptomatic individuals will also shed the virus in waste. More targeted testing will follow if a specific residence hall is identified with increasing viral numbers. The article states that "Dorm wastewater offers an ideal testing scenario for colleges: People often poop where they live; researchers know exactly who lives in each dorm, which narrows down who could be infected; and testing wastewater is cheaper than regularly testing students, even when followed up by more targeting screening."

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## College Hotspots Cooling Down

This New York Times article describes how [some college towns have slowed the spread of COVID-19](#) after spikes in August and September.

## Mental Health

### Staying Engaged with Mental Health: A Student Toolkit

The Jed Foundation released [this toolkit](#), which was student-driven and developed by JED campus interns under the guidance of JED experts and aimed at students. The toolkit provides information on JED, mental health, self-care, signs and symptoms of depression and stress, and how students can advocate for mental wellness on campus with solid actionable recommendations.

See all updates here: [https://www.acha.org/ACHA/Resources/Topics/COVID-19\\_Update.aspx](https://www.acha.org/ACHA/Resources/Topics/COVID-19_Update.aspx)

ACHA COVID-19 Page: <https://www.acha.org/COVID-19>



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