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WHAT IS

Corona Virus

(COVID-19)

**AN EDUCATIONAL
INSTITUTION & STUDENTS
GUIDE.**

THE HOW TO GUIDE



GO

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**ABOUT THE SPREAD OF
COVID-19
ALSO KNOWN AS THE
CORONA VIRUS**



Center for Disease and Control released information on an outbreak of a respiratory disease that was caused by the new coronavirus. The virus was first detected in Wuhan, China and has now spread to more than 100 countries, this led to the World Health Organization calling it a pandemic disease, since it's now spread to multiple countries. This virus was unknown prior to its outbreak. The name for this virus is COVID-19, this stands for Coronavirus Disease 2019.

Population of the city in which this outbreak first occurred. Wuhan, China.

Wuhan, China has a population of 11.08 million people as of 2018, this is more than the population of London, New York City, and New Jersey. In December of 2019, China reported that they were providing treatment to cases for a disease, that they soon found out to be a new virus. Later, China reported its first death of a patient in January of 2020. The virus is said have spread from the Huanan Seafood Wholesale Market in Wuhan, Hubei Province.

First Case of Coronavirus in Washington, United States of America

In January of 2020, United States reported its first case of the corona virus in a male that had returned from Wuhan to Washington, he was reported to present himself at the urgent care clinic in the county of Snohomish, Washington, USA. This case was treated as a person under investigation definition by the CDC, where the following samples were collected from the patient:

- serum
- nasopharyngeal
- oropharyngeal swab specimens

The results confirmed that the patient tested positive for the corona virus, this led to the patient being transferred to an air isolation room (AIIR), CDC recommended precautions were followed by the healthcare worker those around this male patient with suspected infection.

W.H.O DECLARES COVID-19 A PANDEMIC?

While other countries have also reported the cases of this outbreak. On March 11, W.H.O declared that the COVID-19 is a pandemic disease.

A disease is termed Pandemic when it spreads to a larger geographical extent, such as an entire country or the whole world.

SPREAD OF THE COVID-19 VIRUS

The main sources of spreading of the COVID-19 is from contact, namely

- Human to Human Contact: Coughing and Sneezing
- Surface to Human Contact: Touch a surface that has virus on it followed by touch your nose, mouth, and eye.
- Object to Human Contact: Touching or Holding an object that has a virus on it followed by touch your nose, mouth, and eye.





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**HOW TO PREVENT THE
SPREAD?**



Human to Human Contact: Maintaining a 3 to 5 ft distance from you and another person is strongly advised during this pandemic. The virus is thought to be able to infect people through droplet spread. Droplet spread is when an infected individual coughs or sneezes without covering their mouth, this spread can cover a distance of 3-5 ft potentially infecting other people. Another thing to protect yourself is to avoid all handshakes, as this may serve as a direct transmission of virus from person to person. The person may not necessarily be infected but may be a carrier of the virus by previously touching their hand to a surface object on which the virus may be present. Avoid meetings if possible, try switching to video meetings or conferencing as this would drastically decrease the spread of the virus compared to a physical meeting. Avoid large crowded gatherings, and events or concerts. Avoid travels if possible.

Surface or Object to Human Contact: Ensure that you do not touch your mouth, nose and eyes, as you may have touched an object or surface with COVID-19 virus, and if you touch your mouth, nose and eyes after touching such object(s) and/or surface(s), you are transferring the virus into your system which may result in you being infected with the virus. So, avoid touching your mouth, nose and eyes. The virus can survive on the surface from a few hours to few days depending on various factors. If at home or your workplace, clean all surfaces such as doorknobs, door handles, keys, phones, tabletops. Avoid sharing your food with others. Avoid buying open ready to eat foods at stores. If buying food from restaurants or fast food chains, ensure that the workers are following proper and strict hygiene protocols put in place.

Respiratory Hygiene: Cover your mouth and nose when you sneeze with a napkin or tissue, make sure that you dispose of that napkin or tissue immediately. Doing so may not protect you if you are infected but would protect others around you. So, follow proper respiratory hygiene at all times during this outbreak as this can help the virus from spreading from person to person.

Hand Hygiene: Maintain hand hygiene by washing hands with an alcohol-based sanitizer/rub or with soap and water. When washing your hand with soap and water, ensure that you wash your hands for at-least 20 seconds. We may not realize but this is a powerful strategy against germs.

- **First Step:** turn on the water.
- **Second Step:** lather your hands with soap (liquid or gel preferred), avoid using soap bars and foam soaps.
- **Third Step:** scrub your hands for 20 seconds. To ensure that you are doing this for 20 seconds, select a song with lines that you can sing for 20 seconds or simple count to 20, doing so while scrubbing your hand will ensure that you are indeed spending the proper 20 seconds as recommended for hand scrubs. If you are in a place where there is no soap in any form, you must still wash your hands with water as it may do some good compared to not washing your hands at all.
- **Fourth Step:** use a paper towel to wipe your hands dry, avoid your hands from remaining wet after washing them, as wet hands are likely to transfer the germs that may remain on your hands. Using a paper towel as it seems does not only dry your hands but may also rubs off the germs that may have been left on your hand.



STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



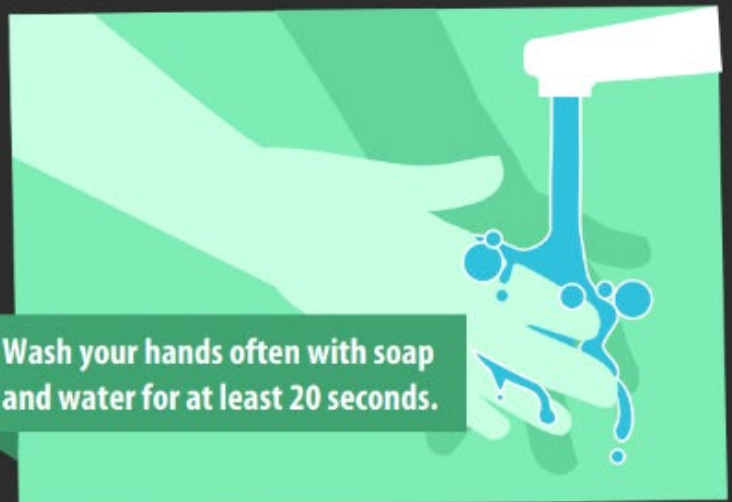
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.





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**WHEN TO PERFORM
HAND HYGIENE & MYTHS
ABOUT CORONA VIRUS**



When should hand hygiene procedures be followed?

1. Before and after eating.
2. Before, after and during food preparation.
3. Before and after you are meeting someone that you suspect of having symptoms.
4. After using the bathroom.
5. After changing baby diapers.
6. After coughing and sneezing.
7. Post touching any object or surface.
8. Post touching any pet or animal in your vicinity.
9. Post disposing garbage.

If you are in a location, place or setting that does not have access to water and soap, you may use alcohol-based sanitizer. Selecting the hand sanitizer with the right content is crucial, make sure that you use the one that has atleast 60 to 90% alcohol.

MUST KNOW: Myths of the Covid-19 Virus

1. Hot weather can kill the virus: COVID-19 Can be transmitted in hot areas.
2. Cold weather can kill the virus: No evidence shows this to be true.
3. Bathing with hot water will kill the virus: No evidence shows this to be true.
4. Hand Dryers are an effective way to kill the virus: No evidence shows this to be true.
5. Vaccines will protect against the virus: No vaccines are available for COVID-19.
6. Eating certain foods can kill the virus: No evidence exists.
7. Antibiotics can kill the virus: Antibiotics are to kill bacteria's not viruses.

Corona Virus and Readiness: BE ALERT>SUPPORTIVE>KIND>SMART>SAFE

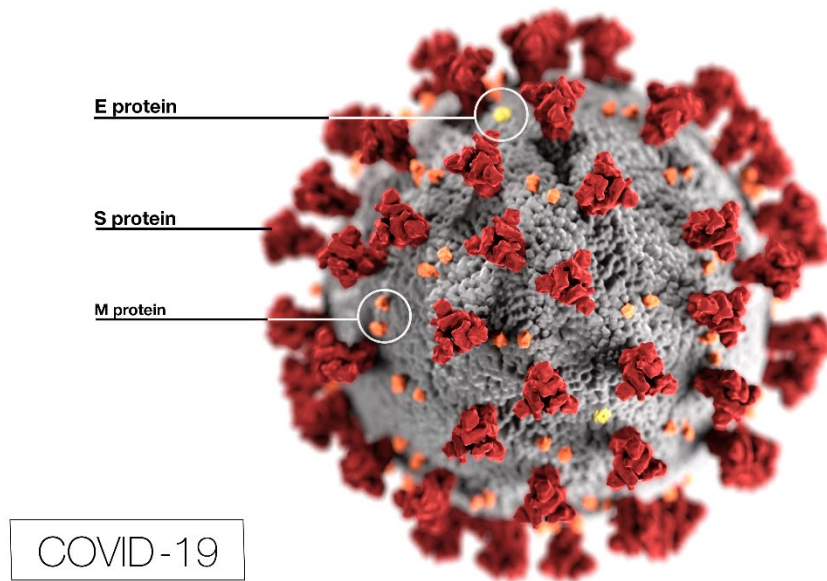
1. Be alert at all times with what is happening and the latest updates from the corona virus.
2. Be supportive by protecting those around you, be considerate by using proper hand hygiene and respiratory hygiene techniques. If you are sick, stay home and avoid contact with people.
3. Be kind to others, as we are all in it together, loosing you calm will not benefit anyone, share the knowledge you may have with others.
4. Be smart enough to know when to contact your doctor, if you feel the symptoms related to the virus, seek medical attention immediately, share your history of past few days or weeks with the healthcare provider.
5. Be safe by protecting your-self from the virus by following proper respiratory and hand hygiene protocols and procedures. Protect your children from touching objects and surfaces.

High Risk Population: Older Adults, Individuals with chronic conditions such as lung and heart diseases.





COVID-19 Virus under a microscope:



Signs and Symptoms: The following symptoms may appear 2-14 days after exposure.



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. When working with your local health department check their available hours.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



For more information: www.cdc.gov/COVID19



Children & Corona Virus:

As recommended by CDC, talk to your children about the Corona Virus:

1. Remain calm when explaining them about the virus. Do not yell or blame them. Be Patient.
2. Listen to what they have to say, try and make time to read books and play with your children.
3. Reduce your child's screen time from coronavirus news, as this may lead to increase in the level of anxiety.
4. Provide your kids with the most honest and accurate information, do not exaggerate than what it really means.
5. Educate and Demonstrate your children about hand and respiratory hygiene and have them demonstrate it to you, to ensure that they have understood the procedures.

For Parents:

1. Make sure that you instruct your children to avoid touch of unnecessary objects and surfaces.
2. Make sure that your children change their cloths more frequently when exiting and entering home.
3. Make sure that your children avoid foods that are prone to causing cough and cold.
4. Make sure that you watch your children and report any symptoms to your healthcare provider immediately.
5. Make sure you maintain a clean and a clutter free environment at home at all time.
6. Make sure that you frequently clean and disinfect frequently touched surfaces with proper household disinfectants.
7. Make sure you as parents also protect yourself from this virus from following the proper protocols.
8. Make sure that the garbage is being disposed of more frequently from your home.
9. Make sure that the cloths and linens are being washing more frequently than before.
10. Make sure that you instruct your children to maintain cleanliness.
11. Make sure to avoid your children from meeting individuals with symptoms.
12. Make sure to sanitize all your children toys more frequently.
13. Finally educate parents those around you with the knowledge that you may.

BE SAFE → BE HEALTHY





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STEPS FOR EDUCATIONAL INSTITUTIONS AND STUDENTS



STEPS FOR EDUCATION INSTITUTIONS

Many institutions have stopped oncampus classes and have moved the students to an online class setting. Some institutions are however, still operating and holding classes oncampus by following strict hygiene protocols. Moving online is not an option for every school type since this involves planning, development, training and implementation. Apart from this, there is the financial aspect that needs to be taken into consideration. Therefore, many schools that do not have the capacity will be temporarily suspend all classes if the situation gets out of control.

If schools are still holding classes on oncampus, then Teachers/Instructors are advised to be a part of the safety protocol by following these basic steps:

While at school the staff members are advised to following strict protocols:

1. Wash your hands using hand hygiene protocols.
2. Avoid touching objects and surfaces.
3. Clean the doorknobs.
4. Clean and disinfect their table and maintain a clutter free environment on their table.
5. Maintain distance from the students atleast 3 to 5 feet, also advise students to have students maintain distance from each other at a distance of 3 to 5 feet.
6. Make hand sanitizer available for class use.
7. Ensure that students are also following proper hand and respiratory hygiene.

STEPS FOR STUDENTS

Students are left with no option as this is something out of everyone's control. There are options such as students switching to online classes and enrolling into programs that are offered online. We at NEIH offer a wide variety of online classes with over 14 subject categories to choose from, if you would like to view our online classes offerings, visit our website and scroll down to view the online classes we offer at www.americation.org

Students that attend oncampus classes will be required to following strict hygiene protocols namely the

1. Respiratory Hygiene Protocol:

- a. Cover your nose and mouth when coughing and sneezing.
- b. Do not come to the class if you are sick.
- c. Maintain 3 to 5 feet distance from fellow students.
- d. Dispose of the napkin used while sneezing or coughing immediately.
- e. Clean your table before you leave the classroom.

2. Hand Hygiene Protocol

- a. Wash your hands prior to entering the classroom.
- b. Use paper towel to open the doorknob.
- c. Do not eat or drink in the classroom.
- d. Use hand sanitizer as explained earlier.
- e. Wash hands after sneezing and coughing.
- f. Do not touch surfaces and objects when not required.
- g. Wash hands before and after eating





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ARE WE PREPARED

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For Current Students

No one is sure of the outcome of this virus and how this may affect our communities and those around us. We as an educational institution are prepared to ensure that our students can continue their education with NEIH via our Online Campus. To change your classes from oncampus to online, simply reach out to your instructor or contact us via email at info@americation.org and we will be happy to assist you.

For Prospective Students:

If you are looking to enroll into our school or a program that you are interested in that is offered at our school, then you may enroll with us by visiting our website www.americation.org/applynow or by contacting our admissions department at 973-642-4160 or by texting us at 973-642-4160.

Are online classes for me?

Online Learning has changed over the years and is way more advanced than what it used to be; students are very satisfied with their choosing of the online classes over oncampus classes. Benefits of online classes:

1. **You do not have to travel to the classroom setting:** Travelling involves planning, for online classes you do not need to travel to a traditional classroom setting, travelling also is said to increase stress and anxiety level.
2. **Save time:** For online classes you are not spending time on travelling from where you are to the campus, you can invest the same time in something more beneficial, and attending oncampus classes every day can add up to a lot of hours you save. These saved hours can be invested back into the online learning process.
3. **Save gas money or travel money:** Paying for affordable tuition is not the only factor why many students choose online classes, other factors include travelling money such as gas money, parking money, or ticket money for bus or train fare. When you attend online classes, you save all the extras, plus your online classes are affordable.
4. **Spend more time on the content:** Online classes is more time saving, since you directly login and attend your class. In a traditional classroom you have to wait for an instructor to enter the classroom and then wait for the same instructor to teach according to his or her teaching style and pace. In contrast, the online classes in more of you spending time on contents that you feel needs your focus and you also have the luxury to move as slowly or quickly as you wish.
5. **Self-paced learning:** Since you are not attending a traditional online classroom setting, you are creating a more personalized learning environment for your-self. You are more in control of your class than your instructor, since the class is now moving according to your pace. Some students perform better when working at their own pace rather than working with their teacher/instructor(s) pace.
6. **Access your classroom 24/7 during your enrollment period:** Traditional classroom classes have certain set timings during which you are required to be present, in contrast to this, the online classes are available 24/7, this means that you can login to your online campus using your secure username and password and start attending your classes any time of the day during your period of enrollment.





7. **Ease of assessments:** Attend class and quizzes at your own time, sometime restrictions may be in place for certain exams.
8. **Affordable tuition:** Majority of the online programs are affordable, and this is one of the top reasons why students enroll into an online program, even if it saves them a couple of hundred dollars, since every penny matter.
9. **Advance your career while you are working:** Traditional classes can be held at times during the day which you may not be able to commit to due to your work commitment or schedule. In contrast, the online option is the most convenient, here you do not have to take a leave from your job, you can simply start your education without having to worry about the class timings, since you will able to login to your classroom 24/7.
10. **You may be a full time and part time student and continue a program with us:** Many students while in college or universities enroll into shorter programs of study to advance their career or to sometimes find an entry level job that may not be possible with their degree program. Therefore, many college and university students enroll into online programs.
11. **Location, Location, Location:** Study from where-ever you are, just by connecting to internet using your laptop or desktop.
12. **An eco-friendly option:** You spend less on gas, the emission of carbon dioxide is reduced, reduced use of resources such as items to build a traditional classroom: plastic, wood, metal etc., reduced the use of paper, since its online digital, reduced use of ink by not being required to print assignments or other documents.
13. **Develop self-discipline:** When attending online classes, you develop self-discipline by making sure that assignments are done on time for your own success.
14. **Variety of classes:** With online classes you have a variety of options to choose from without waiting for classes to be held oncampus:
15. **Accessible content:** When attending online classes, you can assess contents virtually from your comfortable environment.
16. **Easier attendance:** When attending online classes, you are attending classes at your own availability.
17. **Easier focus:** As you are the only one who is attending the program, there is less distraction from any classmates that may be attending the same program online.
18. **Readily available resources to support online learning:** When learning online you have the option to simply browse contents that you need access to online on google without having to wait for the class to get over. In a traditional classroom setting, you must wait for the instructor or teacher to complete the lecture and only than you can browse the additional information that you are seeking.
19. **Any personality type can fit in:** Whether you are an introvert or extrovert, both can enroll into the online program.
20. **Global reach:** When attending online classes, you do not have to be in the same state, city or sometime even same country, you could be anywhere in the world and enroll into an online program of your choice.





NEIH is a career school offering both online and oncampus programs. Our areas of studies include:

1. [Healthcare Programs](#)
2. [Diet and Nutrition Programs](#)
3. [Sports and Fitness Programs](#)
4. [Construction Programs](#)
5. [Business Programs](#)
6. [Marketing Programs](#)
7. [IT Programs](#)
8. [Education Programs](#)
9. [Psychology Programs](#)
10. [Counseling Programs](#)
11. [Religion Programs](#)
12. [Auto Motive Programs](#)
13. [Veterinary Programs](#)
14. [Art, Design and Media Programs](#)

To learn more about our program, you may visit the following website at www.americation.org

Our Contact Information is as follows:

Address: NEWARK, NJ CAMPUS 24 Commerce St, Ste 401, Newark NJ 07102, USA

Phone: 973-642-4160

- For Admissions Press: Ext 1
- For Graduate Students Press: Ext 2
- For Current Students Press: Ext 3
- For Other Inquiries Press: Ext 4

Fax: 973-642-4162

Text Us: 973-642-4160

Emails: NEWARK, NJ CAMPUS

- General Inquiries: admin@americation.org
- Media Inquiries: info@americation.org
- Corporate Training: info@americation.org
- Admissions & Academics: admin@americation.org





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To learn more information about our programs and learning formats available, visit the respective program page on our website at www.Americation.org for details