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What is the most effective strategy to limit the spread of the COVID-19 virus on college campuses?

	Masks	Testing	Hybrid classes
CDC staff. Oct., 2020 Considerations for Institutions of Higher Learning. <a href="https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/considerations.html">https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/considerations.html</a>	-Proper use of masks will ultimately lead to the reduction of the spread of COVID-19.	-Making testing easy and accessible will lead to the slower, more informed spread of the virus.	-offering these classes will allow students to make responsible choices and also be smart about their outings -gives the opportunity to not fall behind and be considerate of others
Longwood staff. Sept 2020. Covid-19 Information and Resources. <a href="http://www.longwood.edu/covid19/">http://www.longwood.edu/covid19/</a>	-Must wear masks on campus but not around town? -fine? At tech downtown, you will get a \$500 for not wearing a mask -will be given masks -encouraging students to have those tough conversations with peers and give grace	-Everyone was not testing when returning to campus because they are still limited in supplies -rapid tests now available	-option to zoom etc. in and stay home -no professor is allowed to make the student feel uncomfortable about the preference of attendance
Harvard Medical School Staff. Sept 2020. Preventing the Spread of the Coronavirus. <a href="https://www.health.harvard.edu/diseases-and-conditions/preventing-the-spread-of-the-coronavirus">https://www.health.harvard.edu/diseases-and-conditions/preventing-the-spread-of-the-coronavirus</a>	-don't touch your face, or mask because it spreads germs -try to be outdoors and social distance	-explains steps needed to find a vaccine and why it is taking a significant amount of time -reassures public that it will come and be safe for use	-addresses questions that most people have that there may not seem to be an obvious answer, like yes mail can come out of quarantine -very limited risk with mail
Peto, Julian, David, Hunter J, Riboli, Elio, Griffin, Julian L. October, 2020. Unnecessary Obstacles to COVID-19 mass testing. <a href="https://www.thelancet.com/journals/lancet/article/S0140-6736(20)31111-1">https://www.thelancet.com/journals/lancet/ar</a>		-mass testing is not as effective -hundreds of thousands of dollars - false positives lead to more unnecessary tests -more effective if not rushed and done by	

<p>ticle/PIIS0140-6736(20)32170-X/fulltext</p>		<p>professionals -unlike volunteers who are recruited to account for the mass testing numbers.</p>	
<p>Woehnker, Katie. Aug, 2020. Which Masks Are Most Effective and Why? <a href="https://www.hackensackmeridianhealth.org/HealthU/2020/08/26/which-masks-are-most-effective-and-why/">https://www.hackensackmeridianhealth.org/HealthU/2020/08/26/which-masks-are-most-effective-and-why/</a></p>	<p>-Face shields most effective at 96% -N95 95% effective -surgical masks three times more effective than homemade masks -Homemade masks cough only travels 2.5 inches -Bandana Gator cough travels 3 feet -No mask: cough goes up to 26 feet</p>		
<p>FDA staff. Aug, 2020. Help Stop the Spread of Coronavirus and Protect Your Family. <a href="https://www.fda.gov/consumers/consumer-updates/help-stop-spread-coronavirus-and-protect-your-family">https://www.fda.gov/consumers/consumer-updates/help-stop-spread-coronavirus-and-protect-your-family</a></p>	<p>-save ppe for people on front lines</p>	<p>-donate blood or plasma if you know you arent positive for covid to help those who are in need</p>	
<p>Valentine, Doug. 2002. Distance Learning: Promises, Problems, and Possibilities. <a href="https://www.westga.edu/~distance/ojdla/fall53/valentine53.html">https://www.westga.edu/~distance/ojdla/fall53/valentine53.html</a></p>			<p>-shares an overall negative look at distances learning in 2002 but now things have changed and distance learning is saving lives. It makes students still be able to attend class when they cant get to campus and allows for those at high risk to still have access to an education. -you cant open schools and then not acomodate for</p>

			everyone
<p>Bai, Nina. June, 2020. Still Confused About Masks? Here's the Science Behind How Facemasks Prevent Corona Virus.  <a href="https://www.ucsf.edu/news/2020/06/417906/still-confused-about-masks-heres-science-behind-how-face-masks-prevent">https://www.ucsf.edu/news/2020/06/417906/still-confused-about-masks-heres-science-behind-how-face-masks-prevent</a></p>	<p>-0.9 slowed growth rate after implementing mask rules          -over time slowed even more</p>		
<p>Wrighton, Mark S. and Lawrence, Steven J. Oct, 2020. Reopening Colleges and Universities During the COVID-19 Pandemic.  <a href="https://www.acpjournals.org/doi/full/10.7326/M20-4752?url_ver=Z39.88-2003&amp;rfr_id=ori:rid:crossref.org&amp;rfr_dat=c_r_pub%20%20pubmed">https://www.acpjournals.org/doi/full/10.7326/M20-4752?url_ver=Z39.88-2003&amp;rfr_id=ori:rid:crossref.org&amp;rfr_dat=c_r_pub%20%20pubmed</a></p>		<ul style="list-style-type: none"> <li>- Range 18 to 29 make up for 17% of the cases</li> <li>- deaths 0.4% in this age range</li> </ul>	
<p>Advisory Board Staff. Mar, 2020. Yes, Social Distancing Really Works. Here's how the 1918 flu epidemic proves it.  <a href="https://www.advisory.com/daily-briefing/2020/03/27/social-distancing">https://www.advisory.com/daily-briefing/2020/03/27/social-distancing</a></p>			<p>-2007 study shows that once social distancing was implemented the growth slowed for the flu epidemic.          -50% lower and lower epidemic curves is nonpharmaceutical interventions were made.          -maintain for two to eight weeks will lead to significant changes in curve.</p>

Synthesis paragraph:

Colleges have chosen to send students back to school however a plethora of regulations have been implemented in effort to slow the spread of COVID-19 in this close quarter's environment. The general guidelines and recommendations that everyone follows are stated in the CDC guideline such as the proper use of masks, effective testing, and the implementation of several alternatives to coming to class in person (CDC Staff, 2020). Each school has the right to judge the current standing of the campus as a whole and follow through with changes to the rules such as Longwood University's constantly reevaluated regulations of guest policies and class alternatives (Longwood Staff, 2020). While some have been against distance learning, a 2002 article shows a negative perspective on online learning but as things continue to progress there still must be opportunity for education and distanced learning is saving lives and providing more options for students to continue their education safely (Valentine, 2002).

Currently, the age range 18-29 makes up for 17% of the cases and only account for 0.4% of the deaths which contributes to the willingness for the universities to send students back to school (Wrighton, 2020). This is concurrent with other establishments doing constant research to understand how the virus affects our society. Harvard uses their website to explain in simple terms the steps behind making a safe vaccine, which reassures the society that there is hope for some of the normality to come back but for now to be as cautious as possible (Harvard Medical School Staff, 2020).

Others explain the effectiveness of different variations of masks to best inform the public on what is the best option for them as each prevents the spread of droplets at different rates (Woehner, 2020). In Bai's article logistics were given comparing how once non pharmaceutical regulations were set in place such as mandatory masks there was a slowed growth rate of the virus by 0.9% (Bai, 2020). However, there is a gap in information on how to handle this pandemic that could only be filled by data from similar situations such as the influenza pandemic of 1918. During this time, it was shown that once social distancing was implemented the curve of the disease flattened by 50%. These regulations are most effective when enforced for two to eight weeks therefore the universities have followed suit to make their classrooms socially distanced and giving hybrid options (Advisory Board Staff, 2020).

This goes hand in hand with the controversy behind testing. There is now evidence behind why mass testing is not as effective as the society would like it to which universities have chosen the logical and cost-effective route of prompt testing when needed (Peto, 2020). The general public has recently been concerned they are not doing enough to aid the situation. The FDA has responded with information on what individuals can be doing to help with the pandemic such as donating blood and plasma if you are healthy to aid those in need (FDA staff, 2020).