Attention College Students

Tala Al-Saghir
*Wayne State University School Of Medicine*, fz9400@wayne.edu

Deanna Harajli
*Wayne State University School Of Medicine*, hc3551@wayne.edu

Anneliese Rademacher
*Wayne State University School Of Medicine*, gt1817@wayne.edu

Abdullah Sahyouni
*Wayne State University School Of Medicine*, hf3292@wayne.edu

Matthew Trendowski
*Wayne State University School Of Medicine*, hf3877@wayne.edu

See next page for additional authors

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Authors
Tala Al-Saghir, Deanna Harajli, Anneliese Rademacher, Abdullah Sahyouni, Matthew Trendowski, and Thomas Vander Woude
As you may have guessed from social media, COVID-19 is a big deal! Here is some useful information that can be used to keep you and your loved ones safe.

**COMMON COVID-19 MYTH**

College-aged students with no pre-existing conditions are far less likely to contract COVID-19 than the general population, and those who do will develop symptoms that are no more severe than seasonal influenza.

**REALITY: COLLEGE STUDENTS ARE HIGHLY SUSCEPTIBLE TO CONTRACTING COVID-19**

According to the CDC, COVID-19 incidence was highest in persons aged 20–29 years from June to August 2020, and accounted for >20% of all confirmed cases.

**REALITY: COLLEGE STUDENTS ARE OFTEN CARRIERS FOR COVID-19**

College-aged students contribute to the increased likelihood of transmission to other age groups. The higher transmission rate is due to a lack of social distancing among college-aged students and their higher likelihood of transmission to others, whether pre-symptomatic or asymptomatic.

**REALITY: COLLEGE CAMPUSES ARE A HOT SPOT FOR TRANSMISSION**

Infection rates have surged in college towns where restrictions have eased since students returned this fall. In fact, reopenings have led to an estimated 3,200 additional COVID-19 cases per day.

**REALITY: RISKY BEHAVIOR INCREASES RISK**

A nationwide survey of American college students regarding their behavior and experiences during the COVID-19 pandemic during Spring 2020 found that college students were much more likely to engage in risky behavior, resulting in a higher incidence of transmission.

**REALITY: COVID-19 IS NOT THE FLU**

Published scientific studies have revealed that the infection rate for COVID-19 is higher than seasonal influenza. Therefore, COVID-19 is a more virulent illness.

Now that you know the truth, you may be wondering how you can reduce the spread of COVID-19. The solutions are quite simple:

1. **WEAR A MASK**
   Multi-layer cloth masks block release of exhaled respiratory particles that could contain COVID-19. Upwards of 80% blockage has been achieved in human experiments that have measured blocking of all respiratory droplets, with cloth masks typically performing on par with surgical masks.

2. **WASH HANDS REGULARLY**
   Using soap and water for at least 20 seconds or hand sanitizer that contains at least 60% alcohol can destroy the protective layer surrounding the virus, eliminating it from your hands.

3. **AVOID CLOSE CONTACT**
   That 6 feet social distancing rule you keep hearing about is actually important, and may not even be far enough. In fact, one recent study found that the transmission distance of the virus may be up to 13 feet. Bottom line: avoid close contact with people whenever possible.

Research for this infographic was conducted at Wayne State University School of Medicine by Tala Al-Saghir, Deanna Harajli, Anneliese Rademacher, Abdullah Sahyouni, Matthew Trendowski, and Thomas Vander Woude.