COVID-19 FREQUENTLY ASKED QUESTIONS

Q: What are the symptoms of COVID-19?
   ● Symptoms can range from mild to severe and can appear 2-14 days after exposure.
   ● Symptoms of COVID-19
   ● COVID-19 Health & Safety Training for Students and Employees -- see slide #11
   ● For more information, consult the Centers for Disease Control and Prevention [en Español] or contact your local health practitioner.

Q: How does COVID-19 spread?
   ● COVID-19 is thought to spread mainly from person-to-person when an infected person breathes out droplets, aerosols or small particles of the virus.
   ● How COVID-19 Spreads
   ● COVID-19 Health & Safety Training for Students and Employees -- see slide #9

Q: What is being done to ensure our health and safety while on campus?
   ● Our precautions: everyone performs a daily wellness check prior to coming to campus; all are required to stay home if ill; if ill, one should contact one’s instructor or supervisor; face masks/coverings are recommended if you are at high risk of severe illness, maximize physical distancing, and practice hand hygiene; the college will engage in cleaning high-use high-touch surfaces and proactive notification.
   ● COVID-19 Health & Safety Training for Students and Employees

Q: What is being done to clean the classrooms, offices and spaces?
   ● College custodial crew has implemented an enhanced cleaning protocol, focusing on high-use areas, high-touch surfaces and common areas. In the evening the crew cleans all labs and classrooms that conducted learning that day. Each night, they clean an area equivalent to a neighborhood.
   ● Science Brief: SARS-CoV-2 and Surface (Fomite) Transmission for Indoor Community Environments

Q: How is Chemeketa enhancing the air exchange and ventilation in buildings?
   ● All Chemeketa HVAC systems have been certified according to OR-OSHA rules.
     ○ Outside air circulation is optimized; fresh air exchanges are maximized.
     ○ Air filters are maintained and replaced as necessary to ensure the proper function of the ventilation system.
     ○ All intake ports that provide outside air to the HVAC system are cleaned, maintained and cleared of any debris that may affect the function and performance of the ventilation system.
     ○ Double filtration system is in place and includes filters on incoming and returning vents.
   ● Chemeketa is in compliance with the Oregon OSHA requirements Division 1, 437-001-0744, Rule Addressing COVID-19 Workplace Risks
   ● Due to the variability of HVAC systems on campus, no one-size-fits-all approach exists. Our HVAC strategy: ongoing assessment and optimization to maximize our systems.
**Q: What can I do to avoid getting sick?**

- Vaccination remains one’s best protection from contracting, spreading, and becoming seriously ill from COVID-19 and variants. One can get vaccinated through health providers, a pharmacy, or county health department. [How to find a COVID-19 vaccine](#)
- The best way to prevent the spread of respiratory illnesses, including COVID-19 and influenza, is to avoid exposure to the virus.
- Follow the CDC-recommended precautions: [How to Protect Yourself & Others](#)
- If you wear a mask, make sure it covers the nose and mouth to help protect oneself and others.
- Avoid crowds and poorly ventilated indoor spaces.
- Wash hands often with soap and water. Use hand sanitizer if soap and water are not available.

**Q: What if I get sick while on campus?**

- Leave campus as soon as possible and seek medical attention; contact Public Safety if assistance is needed: 503-399-5023
- [COVID-19 Health & Safety Training for Students and Employees](#)
- See slide #18; please remember: do not come to the college if ill

**Q: What do I do if someone shows up sick in my classroom or office?**

- Inform the individual of the “if sick, stay home” requirement and the need to leave campus and potentially seek attention. Contact Public Safety if such an individual needs assistance: 503-399-5023.
- Note: flexibility is key. If a person is ill they can still participate in other modalities (e.g. online, virtual, hybrid) until they are well enough to return.
- [COVID-19 Health & Safety Training for Students and Employees](#)
- See slide #18 for medical removal procedures.

**Q: Can I come to campus if I am just a little bit ill?**

- No. If sick, stay home. Notify your instructor or supervisor.
- Use the CDC’s [Coronavirus Self-Checker](#) and follow its guidance.

**Q: How should I notify someone if I am ill and think I might have a COVID infection?**

- Student: notify your instructor and complete the [Chemeketa COVID-19 Questionnaire](#)
- Employee: notify your supervisor and complete the [Chemeketa COVID-19 Questionnaire](#)
- [COVID-19 Health & Safety Training for Students and Employees](#), see slide #14
Q: If I choose to continue to wear a face covering/mask, can I eat or drink in a classroom?
   ● Yes, if the instructor has not restricted eating and drinking in the classroom.
   ● Follow local health authority guidance for mask wear while eating and drinking.

Q: What about COVID Testing?
   ● At this time, Chemeketa does not require COVID testing to attend class or for employment.
   ● Call 211 or click COVID-19 Testing in Oregon

Q: Does Chemeketa require a COVID vaccine to attend classes or work on campus?
   ● It is highly recommended that employees and students get vaccinated, but this is not required at this time.

Q: Where can I get a COVID vaccine?
   ● All people in Oregon aged 6 and over are eligible to receive the COVID-19 vaccine.
   ● How to find a COVID-19 vaccine

Q: What areas/support services will be open and available?
   ● Most buildings on all Chemeketa’s campuses and centers are open; see link to verify: Reopening

Q: What do I do if I have a health condition or a living condition that puts myself or others at risk?
   ● Employees: Contact: Alice Sprague or Heather McDaniel in Human Resources or Student Accessibility Services to discuss your situation and available accommodations.
   ● Employee Information Hub - COVID-19 Resources & Updates
   ● Health experts strongly recommend that individuals at high risk for severe illness continue wearing masks in indoor public settings.

Q: Have additional questions?
   ● Consult our Chemeketa Coronavirus Resources & Information website
   ● Email: safety saves@chemeketa.edu