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 #13
● 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 #10

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; all are required to wear a face covering/mask, maximize physical distancing, and practice hand hygiene; the institution will engage in cleaning high-use high-touch surfaces and proactive contact tracing.
● [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](#)
   ● Wear a mask that 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 #20; 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 #20 for medical removal procedures.

Q: What is the difference between isolation and quarantine?
   ● QUARANTINE keeps someone who might have been exposed to the virus at home and away from others, and typically lasts 14 days.
   ● ISOLATION keeps someone at home who has been infected with the virus even if no symptoms exist, and typically lasts 10 days.
   ● [CDC Definitions](#)

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 #16
Q: Why do I have to wear a mask/face covering?
- Governor Kate Brown and the Oregon Health Authority have issued an updated Masking Requirements for Indoor and Outdoor Spaces.
- Face masks and face coverings are required indoors at all Chemeketa facilities regardless of vaccination status.
- Face coverings can be removed when in an area specifically designated for eating.
- Face coverings must fully cover both the nose and mouth.
- Mesh masks, lace masks, and other face coverings with openings, valves, holes, vents, or other visible gaps in the design or material are not in compliance with this requirement.
- Face coverings are required outdoors when physical distance cannot be maintained.
- For employees: wearing a face covering is a condition of work.
- Free surgical grade face masks are available at most public-facing and student-serving desks and areas. Face masks are also available in most classrooms and labs.

Q: How do I engage someone not wearing a mask?
- Be polite and professional, but don’t be confrontational.
- If someone will not wear a face covering in compliance with the legal guidance, contact Public Safety if they are students or members of the public.
- If they are employees, contact their supervisor or Human Resources.
- Sample engagement strategies:
  - “Hey there! Don’t forget, masks are required at Chemeketa.”
  - Don’t single out. “We are in this together and following the rules to keep everyone healthy.”
  - Have a spare mask on hand. “I’ve got an extra mask, if you forgot yours.”
  - Provide options: “We can help you via email or remotely if that works better for you. Here is our contact information.”
  - Don’t engage if the situation doesn’t feel right. Call or ask for assistance.
  - Ask for help. If any encounter escalates, ask for help from your supervisor or contact Public Safety at 503-399-5023.

Q: Do I have to wear a mask when eating or drinking?
- The Oregon Health Authority does not require a mask, face covering, or face shield when an individual is actively eating or drinking.
- Please eat outside if possible or in designated areas.
- Oregon Health Authority Guidance

Q: Can I take a break from wearing a mask while working?
- Employees should consult with their supervisors if they need to take a break from wearing a mask.
- Mask breaks should be taken outdoors away from other individuals or in a workplace used by one individual at a time that is enclosed on all sides with walls from floor to ceiling and with a closed door. OHA Masking Requirements

Q: Are gaiters or bandanas an acceptable face covering?
- Oregon OSHA and the Oregon Health Authority guidance says, “face covering means a cloth, polypropylene, paper or other covering that covers the nose and the
mound and that rests snugly above the nose, below the mouth, and on the sides of the face.” CDC recommends that gaiters be folded to make two layers.

- Surgical grade face masks are available at most public-facing and student-serving desks and areas. Face masks are also available in most classrooms and labs.

Q: **What is the most effective way to wear a face mask or face covering?**
- OHA: An effective mask “covers the nose and the mouth and ...rests snugly above the nose, below the mouth and on the sides of the face.” **OHA Masking requirements**
- CDC: “Wear a mask that covers your nose and mouth and secure it under your chin; (so that it) fits snugly against the sides of your chin.” **Your Guide to Masks**

Q: **Can I wear a face shield by itself?**
- OHA does **NOT** recommend that individuals wear a face shield instead of a mask or face covering. Face shields can be very good at blocking droplets that individuals release, but they are not as effective at limiting the release of aerosols that can go around the shield. **OHA Wearing Masks, Face Coverings and Face Shields**
- To discuss your situation and available accommodations, contact: Student **Accessibility Services** if a student or Human Resources (Alice Sprague or Heather McDaniel) if an employee.

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 12 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: **2021 Re-Open**

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**

Q: **Have additional questions?**
- Consult our **Chemeketa Coronavirus Resources & Information** website
- Email: safetysaves@chemeketa.edu