

# 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: 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 recommendations [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: [safetysaves@chemeketa.edu](mailto:safetysaves@chemeketa.edu)