COVID-19
Health & Safety Training
For Students and Employees
Chemeketa Community College
Purpose

Provide the most current COVID-19 Health & Safety Training

Awareness of COVID-19 Facts

Discuss Safety Considerations

Show Protocols

Discuss Resupply Process

Summary - Provide tools & information to ensure your success and safety.
Continuing Spring Term 2022

Classes & Instruction will be offered:
● Face to Face (F2F)
● Hybrid
● Online
● Remote [Remote Learning Hub](#)

Services will be provided:
● [See what's open now](#)

Expectations:
Ensure a healthy & safe learning & working environment
Chemeketa will continue to follow our current preventive measures:
● To align our protocols with relevant health authorities
● To follow recommendations from the CDC & OHA
Expectations for on-campus activity:

- Effective March 12th, Chemeketa will follow the guidance of Gov. Brown and the Oregon Health Authority and no longer require face masks, face coverings, or face shields to be worn in indoor public spaces. Facemasks continue to be provided in classrooms.
- Health experts strongly recommend that individuals at high risk for severe illness continue wearing masks in indoors public settings.
- Chemeketa strongly recommends getting vaccinated if you are able to do so.
- Perform a daily wellness check before coming to campus:
  - If ill, stay at home
  - If unsure about your symptoms, check out the CDC COVID Self Checker & follow the recommended guidance. [CDC Coronavirus Self-Checker](https://www.cdc.gov)
  - Immediately notify your instructor or supervisor if you suspect that you are ill with, have tested for, are confirmed with COVID-19. **DO NOT COME TO CAMPUS.** COMPLETE this form: [Chemeketa COVID-19 Illness/Exposure Questions](https://www.chemeketa.edu/covid-19-illness-exposure-questions)
Custodial Crews on three shifts are cleaning several times a day:
  ○ High traffic areas
  ○ High touch surfaces &
  ○ Restrooms

Facilities/HVAC:
  ○ Systems are in accordance with OR-OSHA regulations
  ○ Are optimizing the amount of outside air circulation

Mask Wearing
  ○ As of 03/12, masks not required indoors; but recommend for individuals at high risk

COVID Response Team
  ○ Will continue to closely monitor changes to recommendations from health authorities
COVID-19 is a disease caused by SARS-CoV-2 virus that can trigger a respiratory tract infection.

It can affect your upper respiratory tract (sinuses, nose, & throat) or lower respiratory tract (windpipe and lungs).
Viruses constantly change through mutation, and new variants of a virus are expected to occur. Sometimes new variants emerge and disappear.

The Delta Variant
- Twice as contagious as previous variants
- Can cause more severe illness in unvaccinated people

The Omicron Variant
- Possibly twice as infectious Delta variant
- May cause mild illness in vaccinated people

[Link to CDC COVID Variants]
The best way to slow the emergence of new variants is to reduce the spread of infection by taking measures to protect yourself including getting a COVID-19 vaccine when available.

- Vaccines can keep you from getting sick, being hospitalized, or dying from COVID-19.
- All COVID-19 tests can detect all variants, but they will not identify which variant.
- **NOTE:** Face covering wear is not required, but recommended for individuals at high risk for severe illness.
How COVID-19 and its Variants Spread

Primarily from person-to-person

- **Between** people in close contact with one another (within about 6-feet)
- Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus.
- Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.
- Touching eyes, nose, or mouth with hands that have the virus on them.
- **Studies show** COVID-19 can be spread by those who do not show symptoms.

COVID-19 vaccines are safe, effective, and free! After you’ve been fully vaccinated, you can participate in many of the activities that you did prior to the pandemic. **Key Things to Know**

More info about vaccines
OSU PACE: Vaccine Safety Info

Available vaccine clinics:
- [How to find a COVID-19 Vaccine](#)
- [Cómo encontrar una vacuna contra el COVID-19 en Oregon](#)
- [Get Vaccinated Oregon: Welcome Page](#)
- [Vaccines.gov - Find COVID-19 vaccine locations near you](#)
Precautions: Know the Symptoms

Symptoms of COVID-19

- Fever or chills
- Cough
- Shortness of breath, difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

For more information go to: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html
Students and employees conduct a self-check for COVID-19 symptoms prior to start of activities; if symptoms are not attributable to another condition the person is excluded from that day’s activity and encouraged to seek medical advice.


If student/staff becomes sick during course of class/activity, they will be dismissed and encouraged to seek medical care or return to their home.

Students who test positive for COVID-19 or presumed to have COVID-19 will disclose this to their instructor and complete the Chemeketa COVID-19 Illness/Exposure Reporting Form immediately.

Employees are encouraged to seek medical care and expected to stay home.

Employees who test positive for COVID-19 or have symptoms will inform their supervisor and complete the Chemeketa COVID-19 Illness/Exposure Reporting Form immediately.

Chemeketa recognizes the confidentiality of a student’s or employee’s medical condition and will protect that information as such unless otherwise provided by law.
Precautions - Know the transmission risk

Transmission Risk/Ability to Transmit

Asymptomatic:
   Infected but no symptoms

Pre-Symptomatic:
   Infected not yet developed symptoms, but develop symptoms later

Viral Shedding:
   Occurs when the virus is released from asymptomatic or pre-symptomatic infected person shedding viral particles while, talking, exhaling, eating, and other normal activities

Note: Infectious period can begin 48 hours prior to symptoms onset
Chemeketa COVID Illness and Exposure Reporting Process

If you become aware of a student or employee that has COVID-19 symptoms, or has tested positive for COVID-19, or has been directed to isolate; this is the reporting process for instructors and supervisors:

Student:
Determine if the student has physically been on one of Chemeketa’s sites for any reason at all within the last 14 days. Note: Physical access on campus may have been for a F2F lab or testing, or simply to pick up a lab kit, or drop off a textbook, etc.

- If online only with absolutely no physical contact on one of Chemeketa sites, there is no need to report and no further action is required; however if there is any chance the student will come on campus, they should complete the reporting form.
- If the student has been on site please submit the Chemeketa COVID-19 Illness/Exposure Reporting Form.

Employee:
Please use this form to report all employee COVID-19 issues (including COVID-like symptoms, or positive test, or awaiting results from a COVID-19 test).

- Employees may be eligible for the Families First Coronavirus Response Act leave.

Completion of this form will expedite and facilitate Chemeketa's COVID-19 assessment and notification efforts.
Potential Post-Recovery Effects

- Lung Damage
- Heart Damage
- Kidney Damage
- Neurological Effects
- Psychological Trauma
- Chronic Fatigue

Assumption: COVID-19 cares not about your age, gender, race or economic status

YOU control your risk to the virus
Your health and wellbeing are important to your fellow employees, our students, and our customers. To ensure everyone’s safety during the COVID-19 pandemic, we will abide by the following procedures for COVID illness and exposures.

1. Determine if any of these following situations apply to you:
     This link also contains the CDC Coronavirus Self-Checker.
   - Tested Positive for COVID-19
   - Have tested for COVID-19 and are awaiting results
   - Directed to self-isolate by a medical professional or local public health official

2. If you checked any of the situations above; immediately do the following:
   - Notify your supervisor;
   - Complete the [Form: Chemeketa COVID-19 Illness/Exposure Questions](#).
WHAT TO EXPECT:

Employee Responsibilities:
- Conduct a daily health check; if sick do not come to work; notify your supervisor
- If you are ill and being tested for, or may be confirmed or presumed to have COVID-19 immediately inform your supervisor and immediately complete our COVID-19 Illness/Exposure Questionnaire
- If working remotely and you become ill with, or test for COVID-19, immediately inform your supervisor and complete questionnaire

Supervisor:
- Help the employee complete COVID-19 Illness/Exposure Questionnaire
- Relay isolation information
- Keep in contact with employee

COVID-19 Human Resources Team:
- Assess, evaluate and provide recommendations to COVID situations
- Coordinate necessary notification of exposed and affected employees
- Provide sick, medical and family leave guidance and support
- Determine isolation and return-to-work timelines
- Relay isolation and potential exposure information to employees and supervisor
Medical Removal

- If an individual develops symptoms while at a campus or center, that individual should leave as soon as possible and seek medical attention; contact Public Safety for assistance 503-399-5023
- If they can’t leave immediately, they can do one of the following:
  - Move outdoors, if possible
  - Move to an indoor, unoccupied room
- If required, isolation rooms will be selected by Public Safety who will escort individual to room
- Any used isolation room will be cleaned and disinfected according to custodian COVID protocols
Disinfectant Wipes
(equipment used by multiple employees)

Disinfectant Spray (Waxie-730 hydrogen peroxide)
- High-touch surfaces (door knob, light switch)
- Keyboards/mouses (mist spray)
- Work surfaces
  - Spray & let evaporate (dwell time 1-minutes)

Paper Towels

Hand Sanitizer/Sinks (soap & water; best method)
Process for Resupply for Employees

**Facility Work Order System**
- Approved COVID Signage
- Hand sanitizer, paper towels, Waxie-730 & disinfectant wipes
- Face coverings/masks & face shields
- Special needs items (department buys, use COVID activity code)

Cleaning, Disinfection & COVID Supplies
Determine protocol for cleaning/disinfecting of work area

Custodians will clean/disinfect each night door knobs, desks, flat surfaces not computers, keyboards or lab equip.

How to clean using Waxie-730

Spray 6-8 inches from surface, and wet thoroughly

Allow surface to remain wet for 1 minute

Wipe with paper towels
Care:
Your health and well-being are important to your fellow employees, our students, and our customers.

Concerns:
- Virus Transmission: Potential outbreak and college closure
- COVID Illness: You, your loved ones or fellow students and fellow employees could get sick
- Non-compliance: Penalties and fines, or worse
- Liability: Potential Lawsuits

Chemeketa COVID-19 Health and Safety Precautions:
- Steps are effective
- Steps work
- Steps ensure compliance with regulatory requirements
- Steps are the RIGHT THING TO DO

YOU control your risk to the virus

Email covid19@chemeketa.edu for more information