

What is COVID-19?

The [Centers for Disease Control & Prevention \(CDC\)](#) and the [Oregon Health Authority](#) are the two best and most accurate sources of information about COVID-19.

About COVID-19 FAQ Flyer - [English](#) | [Spanish](#)

Is there a vaccine for COVID-19?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventative actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment for COVID-19?

There is no specific treatment for COVID-19, but people with COVID-19 can seek medical care to help relieve symptoms.

Health, Wellness & Prevention

How can I protect myself against COVID-19?

People can help protect themselves from respiratory illness with everyday preventative actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Stay home if you are sick.
- Cover your sneeze or cough with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects or surfaces.

What should I do if I have symptoms?

Call your healthcare provider to identify the safest way to receive care. Let them know if you have traveled to an affected area within the last 14 days.

Should I wear a mask?

Scientists say there is little evidence that masks limit exposure or decrease risk of illness when used in the public setting. They might lead to a false sense of security and make people less likely to take other, more effective measures to decrease risk of infection. Masks do appear to be useful when they are worn by people who are ill to limit the spread of virus when the ill person coughs or sneezes.

I feel anxious about the Coronavirus. What can I do?

We understand this outbreak is causing concern among some of our College community. Students who would like to talk to someone can stop by or contact the Student Health & Wellness Resource Center in Morrow Hall, 541-278-5965.

You can help prevent the spread of colds and other viral ailments by doing the following:

- Cover your mouth and nose with your elbow or a tissue when you cough or sneeze, and immediately dispose of the tissue.
- Wash your hands often and avoid touching your eyes, nose or mouth.
- Clean and disinfect surfaces that are frequently touched.

What is social distancing?

The CDC defines Social Distancing as avoiding crowds and mass public gatherings, and when possible, maintaining a distance of at least three feet from others. Social distancing also means staying home when ill, avoiding contact with people who have symptoms of illness, and not shaking hands

What do I do if I get sick?

The CDC has recommendations for those who are sick with COVID-19 or suspect they are infected with the virus that causes COVID-19. Utilize the flyer below if unsure of what to do.

[English](#) | [Spanish](#)

When should I stay home?

Employees

If you are sick, stay home. Staff and student workers should continue to follow procedures for requesting sick time off and can find more information on the following webpages about sick time for [faculty](#), [classified](#), and [exempt-tech staff](#). Temporary and student hourly employees should consult with [Human Resources](#) (541-278-5837) or their supervisor. [Click here](#) for information regarding Family Medical Leave Act information.

If you develop symptoms — such as a fever, cough or shortness of breath — within 14 days of your return from personal or official travel to a [country with a Level # CDC travel advisory due to a COVID-19 outbreak](#) OR have been in direct (face-to-face) contact with someone who has confirmed COVID-19, please take the steps listed below.

Call your health provider in advance. Please do not show up at a clinic, urgent care or other health facility without calling first. Your provider will need to take special measures to protect other people in the clinic. Telemedicine may also be available, enabling you to consult a provider from home.

Practice good hygiene.

Avoid contact with others and do not travel while sick.

Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.

Avoid touching your eyes, nose, or mouth with unwashed hands.

Clean your hands by washing them with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer that contains 60%–95% alcohol immediately after coughing, sneezing, or blowing your nose. Soap and water should be used if hands are visibly dirty.

Monitor your symptoms closely. Take your temperature daily.

Stay home from school and work until at least 24 hours after your fever ends. If you must go out of the house or be around others, wear a mask and avoid close contact. Be especially careful around people who have compromised immune systems and/or are over the age of 65.

Take care of yourself. Rest as much as possible. Drink lots of fluids.