



COVID-19 Return to Campus Safety Training

Fall 2020

From the president

Dear students and colleagues,

This pandemic challenges us to understand the science behind it, and how our individual behavior and responsibility can make a difference for our safety, and for public health writ large.

I implore you to look, listen and learn. Complete this mandatory reading. Then do your part to stay safe – for all of us.

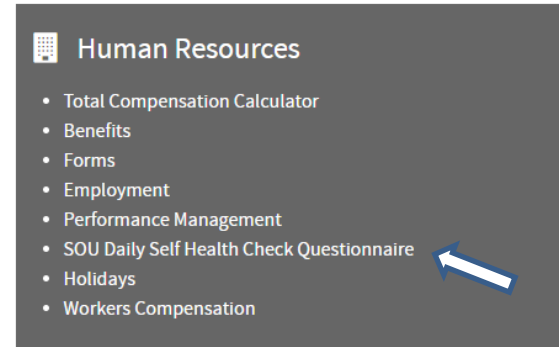
Sincerely,

Linda Schott, SOU President

Daily Health Screening

Complete SOU Daily Self Health Check Questionnaire.

A prompt should come up when logging onto inside.sou.edu, but if not, you can find the link to the daily health check on the inside.sou.edu homepage under Human Resources.



- **If you are sick**, stay home, call your health care provider and follow their guidance.
- **If you are at risk for severe complications** (older than age 65 or have medical conditions) you should stay home, even if you feel well.
- **If you are in public and start to have symptoms below** contact your health care provider. Otherwise, go home and self-isolate.



Fever



Chills



Cough



Shortness of breath
or difficulty breathing



Fatigue



Muscle or
body aches



Headache



New loss of
taste or smell



Sore throat



Congestion or
runny nose



Nausea or
vomiting



Diarrhea

Face Coverings

How to correctly wear a face covering



Wash your hands before putting on your face covering.



Put it over your nose and mouth and secure it under your chin.



Try to fit it snugly against the sides of your face.



Make sure you can breathe easily.

For more information visit
healthoregon.org/coronavirus or call 211



Face Coverings Prevent the Spread of COVID-19

It's simple: Wearing a face covering is one of the most effective things you can do to prevent the spread of COVID-19. Help us keep COVID-19 from spreading and keep Oregon's reopening on track by wearing a face covering if you're able.

Face coverings are required in all buildings with the exception of offices when in use only by a single person at a given time. Outdoor spaces require face coverings unless you are able to stay at least 6 feet apart.



How to wear a mask

Masks and face coverings are most effective when they cover both your nose and mouth. Remember to wash them regularly, and only wear them once they are completely dry.

SOU Face Covering Requirements

All staff, faculty, students and visitors are required to use face coverings when physically present in enclosed public or common areas. Face coverings are also required outdoors when 6 foot distancing is not possible. Face coverings should be worn in combination with other protective measures, such as physical distancing, hygiene etiquette, and proper hand washing.

Campus settings that require the use of face coverings include:

- All public spaces, including when outdoors on campus property
- Shared labs and computer labs
- Dining locations and retail spaces (e.g., bookstore, Landing, The Hawk, etc.)
- Common areas within university buildings (e.g., break rooms, bathrooms, etc.)
- All spaces that are designated as public spaces
- University vehicles occupied by more than one person



Types of Face Coverings Available at SOU

Cloth Mask



N95 respirators



Face Shield



Splash Goggles with shield



Cloth mask clear with clear cover



Disposable paper mask



Thermometers

HR has forehead strip thermometers for employees that need them. When using a thermometer:

- Wait 30 minutes after eating, drinking or exercising.
- Wait at least 6 hours after taking medicines that can lower your temperature, like Acetaminophen (also called paracetamol), Ibuprofen, Aspirin
- Be aware that your temperature can be influenced by the environment, such as sitting in a hot car.
- Contact a health care provider for temperatures above 100 °F



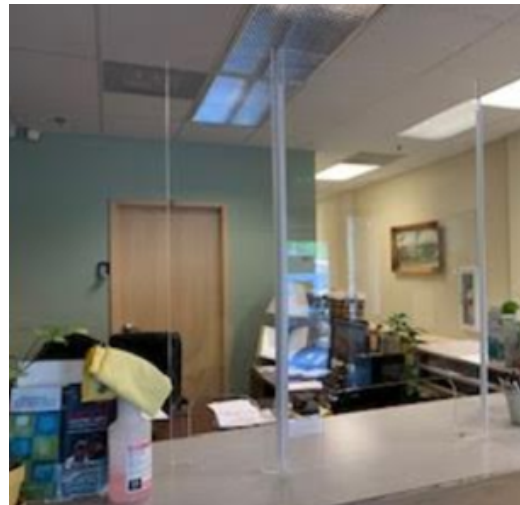
Hand Sanitizers

Over 200 hand sanitizer dispensers have been purchased for the SOU campus, and are located at main entrances and exits, as well as in classrooms.



Shields

Over 90 shields have been purchased to be placed around campus at visitor desks, as well as checkout desks, counters, labs and classrooms as needed.



SOU Custodian Cleaning and Disinfecting

- Frequently touched surfaces in shared spaces are disinfected twice daily.
- Private offices are maintained by the occupants.
- Examples of frequently touched surfaces and objects that will be routinely disinfected following reopening are:
 - Community or shared use tables and desks,
 - Doorknobs,
 - Door frames
 - Light switches,
 - Handles,
 - Toilets,
 - Faucets and sinks,
 - Drinking fountains

Students are encouraged to disinfect frequently touched surfaces prior to use.

Disinfecting Computer Workstations

To disinfecting a computer workstation:

- Power down the system
- Spray microfiber cloth with 70% isopropyl alcohol provided
- Use microfiber cloth on keyboard, mouse and other highly touched surfaces
- Place the cloth in the dirty cloth container for cleaning



Disinfecting Surfaces

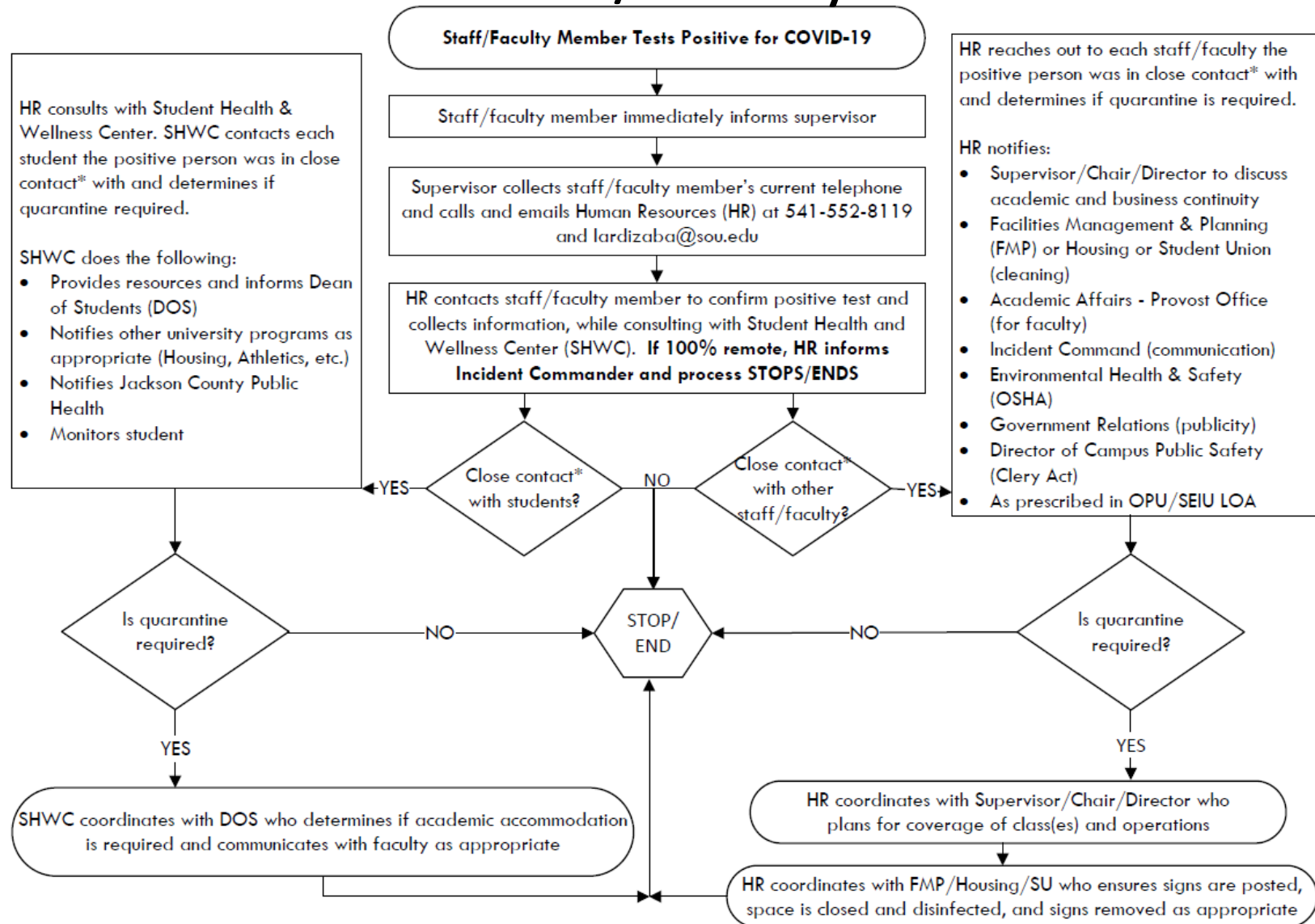
- Coronaviruses on surfaces and objects naturally die within hours to days. Warmer temperatures and exposure to sunlight will reduce the time the virus survives on surfaces and objects.
- Re-Juv-Nal is a disinfectant and cleaner. When used, it is diluted at 1:64, reducing its hazard from its concentrated levels.
- Spray microfiber cloth with Re-Juv-Nal provided.
- Use microfiber cloth on highly touched surfaces.
- Place the cloth in the dirty cloth container for cleaning



SOU Covid Supplied Posted Signs

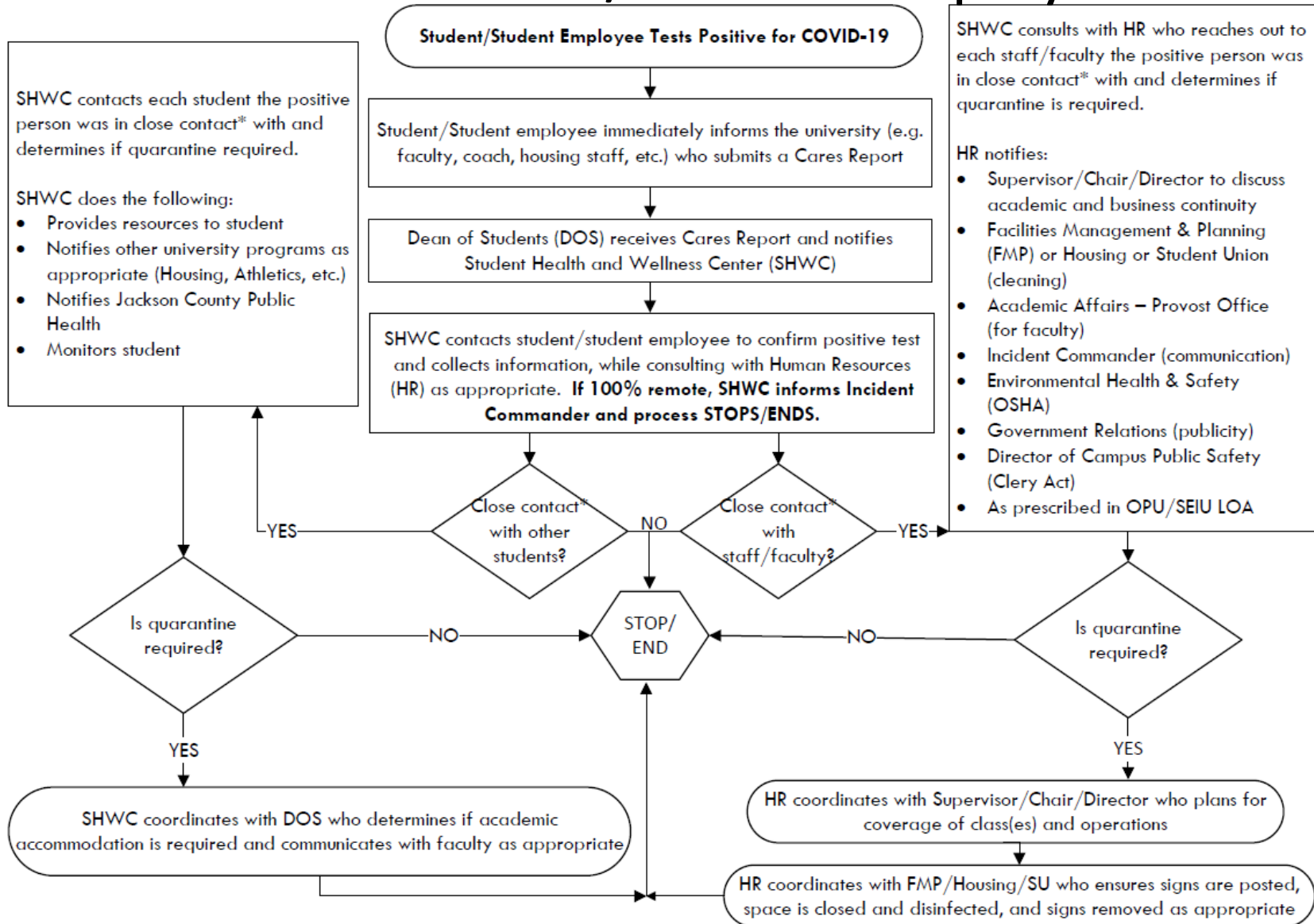


What to do in a Staff/Faculty COVID-19 Case



*Close Contact – Symptomatic: close contacts within 48 hours prior to symptom onset. Asymptomatic: close contacts within 48 hours prior to testing

What to do in a Student/Student Employee Case



Cleaning After a COVID Case

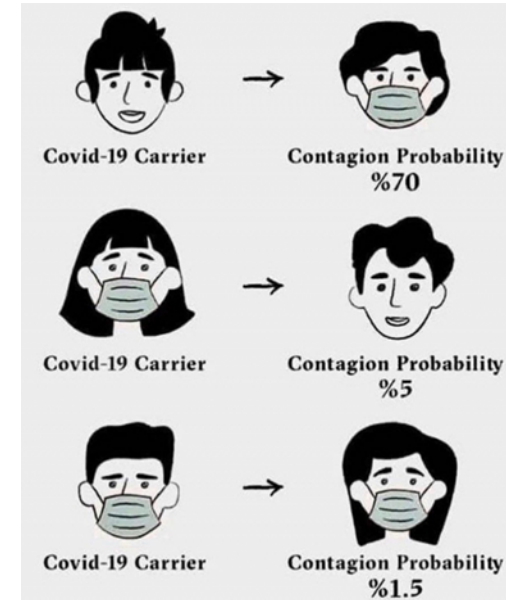
- The area is closed off for 24 hours if practical, or for as much time as can be provided.
- Signs will be posted “DO NOT ENTER” and “CLOSED FOR CLEANING”.



- Frequently touched surfaces will be disinfected after the waiting period.
- An additional cleaning involving vacuuming and other areas of the room may be required.

What to do if Someone is Not Wearing a Face Covering Indoors or When Needed Outdoors

- If not wearing face covering, remind them that it is required.
- If the face covering is not being worn correctly, instruct them on the proper use.
- If employee refuses to wear face covering, contact employee's supervisor or HR.
- If student refuses to wear face covering, file an SOU Cares report.



COVID-19 Resources

- SOU COVID-19 Resources
<https://sou.edu/campus/notifications/>
- SOU Resumption of Activities and Employee Resources
<https://inside.sou.edu/hrs/leaves-of-absence-and-accommodations.html>