

Adapted for Off-Campus Residential Living Groups: Infectious Disease Response for COVID-19

If a resident believes they have been exposed but show **no symptoms**, they should contact Student Health Services at 541-737-2324, and self-isolate and monitor their wellness for 14 days.

- [Social distancing](#) means staying out of crowded places, avoiding group gatherings, and maintaining distance (approximately 6 feet or 2 meters) from others when possible.
- If you get sick with fever (100.4°F/38°C or higher), cough, or have trouble breathing:
 - o Seek medical advice. Call ahead before you go to a doctor's office or emergency room.
 - o Avoid contact with others.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- 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. Soap and water should be used if hands are visibly dirty.
- Call the Student Health Services Nurse Advice Line if you have questions or feel sick 737-2724
- **Note for Roommates/Suitemates/Housemates:** if roommates are concerned about a resident in this situation they are in close proximity with, they should discuss this with chapter leadership, advisor(s), or house director (if applicable).

If a resident believes they have been exposed and **have symptoms**, should self-isolate and immediately call Student Health Services, or an emergency medical care provider, as appropriate.

- If SHS or medical staff are concerned that it is COVID-19 and that the student should be quarantined (regardless if a test has been performed), isolation spaces need to be identified for the resident.
 - o Personal Protective Equipment (PPE) for anyone helping the student transition is a face mask and gloves.
- Residents in the isolation spaces should not leave their space.

Students who have general concerns about their health, potential exposure and COVID-19, may contact the [Oregon Health Authority](#) hotline, by dialing 211 from their phone.