

March 2, 2020

Good morning,

The coronavirus (COVID-19) officially made its way to Oregon last week. This message is to inform you that we are actively staying in contact with local health departments and there are no connections of any cases of coronavirus with Clackamas Community College at this time.

Campus Services has been wiping touch points with disinfecting wipes twice a day and using an electrostatic sprayer daily for the last few weeks and will continue to do so. They will also be installing permanent and freestanding hand sanitizers this week.

Students, faculty and staff with flu-like illness are asked to self-isolate at home until at least 24 hours after you are free of fever, or signs of a fever, without the use of fever-reducing medicines.

Here's some information from the Oregon Health Authority on what you can do:

There are things everyone can do to prepare for this virus and prevent the spread of other viruses like influenza. That's because the same things that protect against cold and flu germs also prevent COVID-19.

To protect yourself, your family and your coworkers:

- Wash your hands often with warm water and soap for at least 20 seconds.
- Cover your mouth with a tissue, sleeve or elbow (not hands) when you cough or sneeze.
- Stay home if you are sick.
- Keep your immune system strong by eating a healthy diet, getting enough sleep and regular exercise, and by taking care of underlying health conditions.

There are also basic steps every household should take to prepare for any unexpected event:

- Learn about your employer's sick leave and telecommuting policies.
- Establish a childcare plan in the event your kids need to stay home from school.

- Make sure you have the kinds of foods, drinks, medications and pet supplies you would want if you needed to stay home and limit your contact with other people for a couple weeks.
- Get to know your neighbors, especially those who might need extra help like seniors or people living alone.

For more information about COVID-19, visit the [Oregon Health Authority](#). As the spread/containment for the coronavirus evolves, we will continue to follow the guidance of the Oregon Health Authority, county health guidelines and the college's pandemic procedures. We will also continue to keep you informed and supported.

For questions, please contact Public Information Officer Lori Hall at lori.hall@clackamas.edu.